

# Food List Recommendations

## All Vegetables

### Fruits:

- Try to stick with Berries (Strawberries, Raspberries, blueberries, etc.)
- If you have an apple, stick to smaller ones or 1/2
- All other fruits (melons, bananas, etc.) are okay - but in moderation
- Avoid dried fruits

### Grains:

- Cream of Rice (1 oz. dry)
- Fiber One (1 oz.)
- Grits (1 oz.)
- Millet (4 oz. cooked)
- Oat Bran (1 oz. dry)
- Oatmeal (1 oz. dry)
- Quinoa (4 oz. cooked)
- Rice (4 oz. cooked)
- Shredded wheat (1 oz)

### Protein:

- 8 oz. plain yogurt
- 8 oz. milk
- 2 eggs
- 2 oz. cheese
- 4 oz. cottage cheese
- 4 oz. ricotta cheese
- 4 oz. chicken or turkey
- 4 oz. pork
- 4 oz. beef
- 4 oz. lamb
- 4 oz. fish / shellfish
- 8 oz. unsweetened soy milk
- 4 oz. tofu
- 8 oz. unsweetened almond milk
- 6 oz. beans
- 4 oz. hummus
- 6 oz. lentils
- 2 oz. soy granules
- 2 oz. nuts
- 4 oz. veggie burger

#### What to avoid:

Anything with Flour  
(white/processed)

Anything with sugars:  
(including fruit flavorings,  
syrops)

Anything with trans fats:  
(margarine, deep fried foods,  
chips, etc.)

All processed, concentrated,  
and refined foods (including  
juices, smoothies)