

HELP, WHAT DO I EAT?



WORKING AGAINST GRAVITY

NEED CARBOHYDRATES + FAT

Chia Seeds	Nut Butter Fudge	Coconut Flour	_____
Fruit & Nut Butter	Avocado Toast	Potato Chips	_____
Berries & Coconut Milk	Bread & Olive Oil	Tortilla Chips	_____
Peanut Butter & Banana	Donuts	Popcorn & Butter	_____
Chocolate Bar	Fries / Sweet Potato Fries	Fried Plantains	_____
Coconut Cookies	Dried Coconut Flakes	Fruit Pies & Pastries	_____

VOLUME FOODS

SNACKS

Seaweed Strips
Air-Popped Popcorn
Sugar Free Jello
Rice Cakes
Shirataki Noodles
Celery / Carrots

FRUITS & VEGGIES

Cucumbers	Pickles
Celery	Blueberries
Zucchini	Strawberries
Cauliflower	Lemon / Lime
Mushrooms	Sprouts
Cabbage	
Radishes	

BEVERAGES

Seltzer Water	Almond Milk
Iced Tea	Zero Vitamin
Hot Tea	Water
Coffee	Water & Lemon
Kombucha	Flavored Water
Cashew Milk	Chicken Broth

CONDIMENTS

Salsa	Fish Sauce
Mustard	Coconut Aminos
Kimchi	NF Sour Cream
Sauerkraut	NF Cottage Cheese
Lemon Juice	Nutritional Yeast
Lime Juice	Apple Cider Vinegar
Hot Sauce	PB2 + Water
Horseradish	Sugar Free Syrups

MY FAVORITE SNACKS

NEED CARBOHYDRATES

Fruit	Breads
Dried fruit	Cereal
Potatoes	Juice
Squash	Gatorade
Root Veggies	Rice
Sundried Tomato	Wine
Honey / Syrup	Beer
Corn Tortillas	Banana
Popcorn (Plain)	Candy
Jam / Jelly	Gummies
Kombucha	_____
Barbecue Sauce	_____
Balsamic Vinegar	_____
_____	_____
_____	_____

NEED PROTEIN

Deli Meat	Shrimp
Egg Whites	Soy / Tofu
Whey Protein	Cod
Turkey Breast	Flounder
Chicken Breast	Bone Broth
Pork Tenderloin	_____
Turkey Jerky	_____
Nonfat Ricotta	_____
Canned Tuna	_____
Black Bean Pasta	_____
Collagen Protein	_____
Cottage Cheese	_____
_____	_____
_____	_____

NEED FAT

Olive Oil	Butter / Ghee
Coconut Oil	Bone Marrow
Olives	Fish Oil
Avocado Oil	Flaxseeds
Coconut Milk	Hemp Hearts
Almonds	Salad Dressing
Walnuts	90%+ Dark
Brazil Nuts	Chocolate
Nut Butter	Almond Flour
Mayonnaise	Sesame Oil
_____	_____
_____	_____

NEED CARBOHYDRATES + PROTEIN

Non-Fat Yogurt	Whole Grain Crackers
Oats + Yogurt + Whey	Non-Fat Sorbet / Fro-yo
Crackers & Deli Meat	Veggie Burger
Protein Shake & Fruit	Fat Free Pudding
Fruit & Non-fat Yogurt	Non-Fat Chocolate Milk
Egg Whites & Potatoes	_____
Tuna-Rice Poke-Bowl	_____
Quinoa or Wild Rice	_____
Beans / Lentils / Peas	_____
Whole Wheat Bread	_____
Cereal & Skim Milk	_____

NEED PROTEIN + FAT

Hummus	Chorizo / Sausage
Cheese	Chicken Thighs
Nut Butter	Salmon, Fatty Fish
Steak / Beef	Coconut Milk Protein Shake
Eggs, Egg Yolks	Beef / Pork Jerky
Canned Sardines	Protein Shake with Avocado
Bacon / Pork Belly	_____
Whole Milk	_____
Plain Whole Yogurt	_____
Full Fat Sour Cream	_____
Cottage Cheese	_____