

# CUT THE CRAP

## HEALTHY FOOD CHOICES

**lean protein**

### MEATS 3 ounces=150 CAL

- Chicken Thighs
- Chicken Breasts
- Turkey Breast
- Pork Tenderloin
- Bison
- Ground Turkey

#### PROTEIN ALTERNATIVES 2 SCOOPS

- Whey Protein
- Orgain Plant Protein
- Collagen Peptides
- Bone Broth
- Tofu
- Beans and Brown Rice
- \_\_\_\_\_
- \_\_\_\_\_

### SEAFOOD 3 ounces

- Halibut
- Orange Roughy
- Cod
- Bass
- Wild Salmon
- Tuna
- Trout
- Mahi-mahi
- Herring
- Scallops
- Shrimp
- Crab
- Mackerel
- Lobster
- Sardines
- \_\_\_\_\_
- \_\_\_\_\_

### DAIRY 1 cup

- Whole Egg 1 ITEM
- Egg Whites 5 ITEMS
- Nonfat Greek Yogurt
- Nonfat Cottage Cheese
- Nonfat Milk
- \_\_\_\_\_

#### NON-DAIRY ALTERNATIVES

- Rice Milk
- Unsweetened Almond Milk
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**complex carbs**

### NON-STARCHY VEGGIES

2 CUPS = 100 CAL

- Artichokes
- Asparagus
- Baby Mixed Greens
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Cilantro
- Corn
- Cucumber
- Edamame
- Eggplant
- Greens (Collard, Mustard)
- Peas
- Jalapeno
- Kale
- Mushrooms
- \_\_\_\_\_
- \_\_\_\_\_

### NON-STARCHY VEGGIES

- Onions
- Snow Peas
- Spinach
- Sprouts
- Squash
- Zucchini

### STARCHY VEGGIES 1/2 CUP

- Kidney Beans
- Navy Beans
- Black Beans
- Pinto Beans
- Cannellini Beans
- Butternut Squash
- Chickpeas (Garbanzos)
- Corn
- Jicama
- Lentils
- Parsnips
- Peas
- Potatoes
- Jewel Yams
- Sweet Potatoes
- \_\_\_\_\_

### FRUITS 1 item or 1 cup

- Apples
- Apricots
- Bananas
- Black Cherries
- Blackberries
- Blueberries
- Cantaloupe
- Figs
- Grapefruit
- Kiwi
- Lemons
- Limes
- Mango
- Nectarine
- Oranges
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries

DRIED FRUITS:3 tablespoons