

Healthy Foods

Proteins	Carbohydrates	Vegetables
● Buffalo ● Chicken breast ● Turkey breast ● Lean ground turkey ● Salmon ● Tuna ● Shrimp ● Top round steak ● Top sirloin steak ● Lean ground beef ● Buffalo ● Low-fat cottage cheese	● Baked potato ● Sweet potato ● Yams ● Squash ● Pumpkin ● Steamed brown rice ● Steamed wild rice ● Pasta ● Oatmeal ● Barley ● Beans ● Corn ● Strawberries ● Melon ● Apple ● Orange ● Fat-free yogurt ● Whole-wheat bread ● High-fiber cereal ● Whole-wheat Tortilla ● Whole grains	● Broccoli ● Asparagus ● Lettuce ● Carrots ● Cauliflower ● Green beans ● Green peppers ● Mushrooms ● Spinach ● Tomato ● Peas ● Brussels sprouts ● Artichoke ● Cabbage ● Celery ● Zucchini ● Cucumber ● Onion