

Healthy Foods

Proteins

- Chicken breast
- Turkey breast
- Lean ground turkey
- Salmon
- Tuna
- Shrimp
- Top round steak
- Top sirloin steak
- Lean ground beef
- Buffalo
- Low-fat cottage cheese

Vegetables

- Broccoli
- Asparagus
- Lettuce
- Carrots
- Cauliflower
- Green beans
- Green peppers
- Mushrooms
- Spinach
- Tomato
- Peas
- Brussels sprouts
- Artichoke
- Cabbage
- Celery
- Zucchini
- Cucumber
- Onion

Carbohydrates

- 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

