

GREEN TIER

(with servings)

Veggies

Artichokes
Asparagus
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Greens, Leafy (all types)
Green Beans
Jicama
Lettuce
Mushrooms
Okra
Onions
Peppers (bell and sweet)
Radishes
Sprouts
Squash
Tomatoes
Zucchini

One Serving (~40 Cal)

1/2 large
10 large spears
2 medium
unlimited
1 cup chopped
1 cup chopped
3.5 cups raw
1 cup sliced, 10 baby
1 cup chopped
unlimited
unlimited
1/2 medium
unlimited
2 cups cooked
1 cup sliced
unlimited
unlimited
1 cup
1 cup chopped
1 cup sliced
unlimited
unlimited
1 cup
2 medium or 1 cup cherry
1 cup chopped

Secondary Veggies and Grains

Beans (low sodium if canned)
Bread (100% whole grain, no HFCS)
Corn
Cous Cous (100% whole grain)
Edamame
Grains, Whole, Various (amaranth, millet, etc)
Lentils
Oats (rolled or steel cut)
Pasta (100% whole grain)
Peas
Purple Potatoes
Quinoa
Rice (Brown and Wild)
Rice Milk (unsweetened)
Spelt
Sweet Potato/Yams

One Serving (~95 Cal)

1/2 cup cooked or canned
1 slice
1 ear, 1/2 cup kernels
1/2 cup cooked
1/2 cup shelled
1/2 cup cooked
1/2 cup cooked
1/2 cup cooked
1/2 cup cooked
1/2 cup cooked
1/2 cup or 4 oz. cooked
1/2 cup cooked
1/2 cup cooked
3/4 cup
1 oz
1/2 cup or 4 oz. cooked

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Lean Proteins

Beef, Lean (less than 10% fat)
Buffalo or Wild Game, Lean (less than 10% fat)
Chicken, Turkey and other fowl (white only)
Cottage Cheese (Any Fat %)
Dairy Milk
Eggs
Fish (preferably wild caught)
Greek or Regular Yogurt, Plain
Pork Tenderloin and Chops
Shellfish
Soy Milk, unsweetened
Tempeh
Tofu, Firm
Protein Powder (pure, unsweetened)
Veal

One Serving (~140 Cal)

3 oz. cooked
3 oz. cooked
3 oz. cooked
1 cup
2 large
1 cup
4 oz. cooked
1 cup
3 oz. cooked
4 oz. cooked
1 cup
3 oz.
6 oz.
1 scoop
3 oz. cooked

Fruit

Apples
Apricots
Banana
Berries
Cherries
Citrus Fruits
Dates
Figs
Grapes
Kiwi
Mango
Melons
Peaches/Nectarines
Papaya
Pear
Pineapple
Plantains
Plums/prunes
Raisins

One Serving (~70 Cal)

1 small or 1 cup sliced
4 small
1/2 large or 3/4 cup sliced
1 cup
3/4 cup
3/4 cup or 1 medium
1 oz or approx 1.5 pitted
2 small
1 cup
2 medium
3/4 cup sliced
1 cup diced
1 large or 1 cup sliced
1 cup diced
1 small or 3/4 cup sliced
1 cup diced
1/2 large or 3/4 cup sliced
2 medium
1 oz

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Healthy Fats

Almond Milk (unsweetened)
 Avocado
 Butter, unsalted
 Cheeses, Various
 Coconut, unsweetened
 Coconut Milk (unsweetened)
 Coconut Oil
 Flaxseed
 Hummus
 Nuts
 Nut Butters
 Olives
 Olive Oil
 Seeds
 Seed Butters

One Serving (~50 Cal)

2 cups
 1 oz or 2 tbsp
 1.5 pat or 1/2 tbsp
 2 tbsp
 1 tbsp shredded
 1 cup
 1 tsp
 1 tbsp
 2 tbsp
 1 tbsp
 1/2 tbsp
 5 medium
 1 tsp
 1 tbsp
 1/2 tbsp

Free Foods

Lemon and Lime Juice
 Vinegars
 Mustard
 Herbs (fresh and dry)
 Spices
 Garlic
 Ginger
 Hot Sauce (Mexican)
 Flavor Extracts
 Black Coffee, Unsweetened
 Tea, Unsweetened
 Broths (low sodium, no sugar)
 Stevia
 Water

One Serving

Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free
 Free