

Proteins

Bacon (uncured is best)
Beef, Lean (Greater than 10% fat)
Buffalo or Wild Game, Lean (Greater than 10% fat)
Canadian Bacon
Chicken, Turkey and other fowl (dark meat, skin)
Ham
Lamb
Pork (fatty cuts)

Carbohydrates

Agave Nectar
Alcohol (hard liquor)
Beer
Bread/Bagel products (if not 100% whole grain)
Tortilla Chips or Fried Tortillas
Crackers (if not 100% whole grain)
Honey
Juice (from concentrate)
Maple Syrup (pure)
Molasses
Pasta (if not 100% whole grain)
Popcorn (microwave)
Potatoes (if not fried)
Refried Beans
Rice (White)
Soy Sauce
Tortillas (flour, if not 100% whole grain)
Wine

Fats

Alternative Milks (flavored, unsweetened)
Butter, salted
Canola and Vegetable Oils
Cream
Half and Half
Mayonnaise