

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

Lean Proteins

Beef, Lean (less than 10% fat)
Buffalo or Wild Game, Lean (less than 10% fat)
Chicken, Turkey and other fowl (all)
Cottage Cheese (Any Fat %)
Eggs
Dairy Milk
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

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

Healthy Fats

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

Fruit

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

90% or more of your daily food intake should come from ingredients found on this list. Watch the ingredients in your food and compare them to this list. For more info, see the searchable tiers on our site.