

Proteins

Chicken Breasts (skinless)
Turkey Breasts (skinless)
Lean Ground Turkey
Baked or Grilled Fish
Crab (steamed)
Lobster
Shrimp
Top Round Steak
Top Sirloin Steak
Ham
Eggs
Low-fat Cottage Cheese
Ice Cream (low-fat)
Milk
Cheese (low-fat)
Duck (skinless)
Venison
Rabbit
Mussels (steamed)
Clams (steamed)

Carbohydrates

Baked Potatoes
Sweet Potatoes
Yams
Squash
Pumpkin
Steamed Rice
Pasta
Oatmeal
Barley
Beans
Corn
Strawberries
Melon
Apples
Oranges
Yogurt (light)
Whole Wheat Bread
Bananas
Bran Cereals
Tortillas
Pancakes

Vegetables

Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green beans
Mushrooms
Spinach
Tomatoes
Peas
Artichokes
Cabbage
Celery
Zucchini
Cucumbers
Onions
Soy Beans
Lentils
Kidney Beans
Sweet Potatoes