



**Protein/Meat**

Yellowfin Tuna  
 Cod Fish  
 Whitefish  
 Turkey Breast  
 Soy Protein  
 Kidney Beans  
 Chicken Breast  
 Tofu  
 Black Beans  
 Salmon  
 Liver  
 Shrimp  
 Flounder  
 Lobster  
 Clams  
 Mussels  
 Trout  
 Duck  
 Venison  
 Herring  
 Sardines  
 Buffalo Steak  
 Crab  
 Scallops  
 Halibut  
 Egg Whites  
 Albacore

**Vegetables**

Cauliflower  
 Broccoli  
 Turnip Greens  
 Mushrooms  
 Asparagus  
 Chinese Cabbage  
 Zucchini Squash  
 Watercress  
 Spinach  
 Seaweed  
 Chives  
 Tute  
 Red Leaf Lettuce  
 Mustard Greens  
 Peas  
 Carrots  
 Green Beans  
 Yellow Squash  
 Artichoke  
 Eggplant  
 Lentils  
 Soy Beans  
 Collard Greens  
 Okra  
 Brussels Sprouts  
 Arugula  
 Kale  
 Lima Beans  
 Bok Choy

**Whole Grain**

Whole Grain Bread  
 7-Grain Bread  
 Whole Grain Pasta  
 Brown Rice  
 Wild Rice  
 Oatmeal  
 Whole Wheat Cereals  
 Granola  
 Wheat Germ  
 Millet  
 Kamut  
 Shredded Wheat  
 Rolled Oats  
 Rye Bread  
 Buckwheat  
 Bulgur



**Fruit**

Guava  
 Blackberries  
 Raspberries  
 Cantaloupe  
 Peaches  
 Black Currants  
 Watermelon  
 Kiwi  
 Passion Fruit  
 Kumquats  
 Apricots  
 Mullberries  
 Strawberries  
 Oranges  
 Grapefruit  
 Raisins  
 Plums  
 Prunes  
 Rhubarb  
 Tangerines  
 Blueberries  
 Grapes  
 Apples  
 Bananas  
 Lemon  
 Figs  
 Pears  
 Nectarines  
 Pomegranates  
 Avocados

**Fats**

Olive Oil  
 Flaxseed Oil  
 Peanut Oil  
 Sunflower Oil  
 Vegetable Oil  
 Butter  
 Cheese  
 Foods with High Fat%

**Starch**

Potatoes  
 Corn  
 White Rice  
 Pasta  
 White Bread



Always consult your physician before beginning any diet or nutrition plan.

Use with the Creative Fitness Daily Meal Planner.

