

Protein

Chicken breast

Ground Chicken

Turkey breast

Ground Turkey

Cod

Tilapia

Shrimp

Whole egg

Canned tuna

Bison

Fats

Natural peanut butter

Almond butter

Unsalted Cashews

Unsalted Almonds

Olive oil

Avocado

Carbohydrates

Red potatoes (cooked)

Sweet Potato (cooked)

Long grain brown rice
cooked

Quinoa cooked

Steel cut oats

Cream of Rice

Fiber (1/2 cup once or twice day)

Broccoli

Spinach

Kale

Asparagus

Brussel sprouts

Collard greens

Green Peppers