



Recommended Food Guide

| Protein | Carbohydrates | Vegetables |
|--|--|--|
| <input type="checkbox"/> Beef, lean ground | <input type="checkbox"/> Apple | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Buffalo | <input type="checkbox"/> Barley | <input type="checkbox"/> Artichoke |
| <input type="checkbox"/> Chicken breast | <input type="checkbox"/> Beans | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Cottage cheese, low-fat | <input type="checkbox"/> Bread, whole-wheat | <input type="checkbox"/> Brussel sprouts |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Brown rice, steamed | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Egg substitutes | <input type="checkbox"/> Corn | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Egg whites | <input type="checkbox"/> Melon | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Greek Yogurt | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Orange | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Ham, lean | <input type="checkbox"/> Pasta, whole grain | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Potato, baked | <input type="checkbox"/> Green peppers |
| <input type="checkbox"/> Orange roughy | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Squash | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Steak, top round | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Steak, top sirloin | <input type="checkbox"/> Wild rice, steamed | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Swordfish | <input type="checkbox"/> Yam | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Peas | |
| <input type="checkbox"/> Tuna | | |
| <input type="checkbox"/> Turkey, breast | | |
| <input type="checkbox"/> Turkey, lean ground | | |