


HAPPY BODY WELLNESS

LEAN PROTEIN	COMPLEX CARBOHYDRATES	FRUITS & VEGETABLES
<p>MEAT</p> <ul style="list-style-type: none"> ● Chicken Breast (24 g per 3 oz) ● Ground Beef, lean steak (23 g per 3 oz) ● Pork Chops, lean (24 g per 3 oz) ● Steak (23 g per 3 oz) ● Turkey Breast (24 g per 3 oz) ● Bison/ Buffalo (18 g per 3 oz) ● Venison (26 g per 3 oz) ● Jerky (13g per 1 oz) <p>DAIRY & EGGS</p> <ul style="list-style-type: none"> ● Cottage Cheese (14 g per 1/2 c) ● Eggs (6 g per 1 large egg) ● Greek Yogurt (23 g per 8 oz) <ul style="list-style-type: none"> ○ Siggis, Fage, Chobani ● Milk (8 g per 1 cup) ● Swiss Cheese (8 g per 1 oz) ● Whey Protein (24 g per scoop) <p>SEAFOOD</p> <ul style="list-style-type: none"> ● Halibut (23 g per 3 oz) ● Lobster (16 g per 3 oz) ● Octopus (25 g per 3 oz) ● Shrimp (26 g per 4 oz) ● Sockeye Salmon (23 g per 3 oz) ● Tilapia (21 g per 3 oz) ● Yellowfin Tuna (25 g per 3 oz) <p>CANNED FOODS</p> <ul style="list-style-type: none"> ● Anchovies (24 g per 3 oz) ● Chicken (21 g per 3 oz) ● Light Tuna (22 g per 3 oz) ● Sardines (21 g per 3 oz) <p>MEAT SUBSTITUTES</p> <ul style="list-style-type: none"> ● Seitan (21 g per 3 oz) ● Tempeh (16 g per 3 oz) ● Tofu (12 g per 3 oz) <p>MISCELLANEOUS</p> <ul style="list-style-type: none"> ● Dried Lentils (13 g per 1/4 cup) ● Edamame (8 g per 1/2 cup) ● Mixed Nuts (6 g per 2 oz) ● Navy Beans (20 g per 1 cup) ● Nut Butter (8 g per 2 tbsp) ● Quinoa (8 g per 1 cup) ● Soba Noodles (12 g per 3 oz) ● Wheat Germ (6 g per 1 oz) 	<ul style="list-style-type: none"> ● Amaranth ● Barley ● Beans (black, kidney, etc) <ul style="list-style-type: none"> ○ Bean Pasta ● Brown rice ● Bulgur ● Couscous ● Dried chickpeas <ul style="list-style-type: none"> ○ Chickpea pasta ● Farro ● High-fiber, low sugar cereal <ul style="list-style-type: none"> ○ Grain Berry ○ 365 Bite Size Wheat Squares ○ Kashi 7 Whole Grain Puffs ○ Ezekiel Golden Flax ○ Fiber One ● Kamut ● Lentils ● Millet ● Oatmeal- Old fashion or steel cut oats ● Popcorn – Boom Pop, ● Potato (Yam or white) ● Pumpkin ● Quinoa ● Rice (Brown, red, wild/ forbidden or black rice) ● Sweet potato/yams ● Squash ● Teff ● Whole wheat bread <ul style="list-style-type: none"> ○ Ezekiel ○ Arnold Whole Wheat ○ Nature's Harvest ● Whole wheat tortillas <ul style="list-style-type: none"> ○ Trader Joe's Sprouted Wheat ● Whole wheat pita bread ● Whole wheat pasta ● Whole grain granola bars (<200 calories, <7g of sugar, >3g fiber) <ul style="list-style-type: none"> ○ Health Warrior ○ KIND ○ Kashi ○ Larabar ○ Annie's Gluten Free ● Whole grain crackers <ul style="list-style-type: none"> ○ Multi-Seed Cracker ○ Triscuit (Low sodium) ○ Crunch Master ○ Mary's Gone Crackers ○ Glutino 	<p>VEGETABLES (Fresh, Canned or Frozen)</p> <ul style="list-style-type: none"> ● Artichoke ● Asparagus ● Broccoli ● Brussels sprouts ● Cabbage ● Carrots ● Cauliflower ● Celery ● Cucumber ● Green beans ● Green peppers ● Lettuce ● Mushrooms ● Onion ● Peas ● Spinach ● Tomato ● Zucchini <p>FRUITS (Fresh, Canned or Frozen)</p> <ul style="list-style-type: none"> ● Apple ● Apricots ● Banana ● Blackberry ● Blueberries ● Cherries ● Cranberry ● Grapefruit ● Grapes ● Kiwi ● Lemon ● Lime ● Mango ● Melon ● Mulberry ● Nectarine ● Orange ● Papaya ● Passion Fruit ● Peach ● Pear ● Pineapple ● Plum ● Pomegranate ● Prunes ● Raspberries ● Strawberries ● Tangerine/Clementine ● Watermelon



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Balanced Breakfast

Protein	Whole Grain	Fruit or Vegetable
<ul style="list-style-type: none"> • Egg Whites • Yogurt (Greek or low sugar) • Milk • Cheese • Turkey sausage • Turkey bacon • Canadian bacon • Peanut butter • Protein powder, flavored or plain. 	<ul style="list-style-type: none"> • Whole Grain Cereal • Low sugar granola • Flax meal • Whole Wheat/Grain Bagels • Whole Wheat/Grain English muffins • Oats • Brown rice • Whole Wheat/Grain toast • Whole Wheat/Grain waffles • Whole Wheat/Grain Pancakes 	<ul style="list-style-type: none"> • Take your pick! • Mixed Berries • Banana • Tomato, onion, peppers • Spinach 

1. Parfait – 1 cup non-fat/low-fat vanilla yogurt, frozen berries of your choice (thawed) ¼ cup granola.
2. Whole wheat English muffin toasted with 2 Tbsp. peanut butter.
3. Whole wheat bagel thin with cream cheese.
4. Omelet with chopped veggies topped with cheddar cheese.
5. Granola bar with a piece of fruit and glass of skim milk.

Wholesome Lunch

Protein	Whole Wheat/Grains	Fruit or Veggie
<ul style="list-style-type: none"> • Lean Deli Meats • Poultry (White Meat) • Tuna and other fish • Low-Fat Dairy – Greek yogurt, string cheese, cottage cheese • Ground Chicken, Turkey Beef (97/3, 93/7, 90/10) • Beans- Black, Red, White, Soy etc. 	<ul style="list-style-type: none"> • Whole Wheat/Grain Breads • Whole Wheat/Grain Pastas • Whole Wheat/Grain Tortillas • Whole Wheat/Grain Pita Bread • Whole Wheat/Grain Pita Chips • Quinoa, Brown Rice • Whole wheat crackers 	<ul style="list-style-type: none"> • Take your pick! • Just remember fruits are typically higher in sugars/carbs than vegetables. • Berries are typically your lowest sugar fruit. • Starchy Vegetables – Potatoes, peas, corn count as a carbohydrate

1. Banana Sushi- Spread a whole-wheat tortilla with nut butter and lay a banana in the middle, slice across
2. Burrito bowl- prepare brown rice, chopped veggies and meat or vegetarian protein ahead, pack in the morning or night before with a spoonful of salsa and sprinkle of cheese
3. Tuna/Chicken salad with crackers or toasted pita pockets
4. Make a colorful quinoa salad bowl by prepping quinoa ahead, adding your choices of chopped veggies, vegetarian protein like beans, tofu, edamame or shredded chicken or leftover fish, toss with a drizzle of dressing
5. Loaded sweet potato - Add black beans, edamame, chopped bell pepper, corn, jalapeno, sub Greek yogurt for sour cream, salsa

Smart Snacking

Carbohydrate	Protein
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