



personal fitness studio

100 Best Foods You Can Eat

Vegetables

Alfalfa sprouts
Asparagus
Beets
Bell peppers
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Corn
Cucumbers
Eggplant
Garlic
Green beans
Kale
Lettuce greens
Mushrooms
Mustard greens
Onions

Parsnips

Peas
Pumpkin
Spinach
Squash
Sweet potatoes
Swiss chard
Tomatoes
Zucchini

Fruit

Apples
Apricots, dried
Bananas
Blueberries
Cantaloupe
Cherries
Cranberries
Dates
Grapefruit
Grapes
Honeydew

Kiwifruit

Lemons/Limes
Mango
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranates
Prunes
Raisins
Raspberries
Strawberries

Grains/Legumes

Barley
Brown rice
Buckwheat
Millet
Oats

Pasta, whole grain

Quinoa
Rye
Spelt
Whole wheat
Dried beans/Peas

Protein

Cod
Halibut
Salmon, Alaskan
Sardines
Tuna, tongol
Beef, grass fed
Chicken/Turkey
Lamb
Venison
Rice protein powder
Whey protein powder
Eggs, omega 3
Dairy, skim/lowfat:
• milk, cow's/goat's
• yogurt/kefir, plain
• cheese/cot. cheese

Fats

Almonds
Almond butter
Avocados
Cashews
Coconut oil, virgin
Flaxseeds
Olives
Peanut butter
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini
Walnuts

Herbs & Spices

Basil
Cayenne/Chili pepper
Cilantro/Parsley
Cinnamon

Cumin

Dill
Ginger
Mint
Mustard seeds
Oregano
Rosemary
Thyme
Turmeric

Natural Sweeteners

Agave nectar
Blackstrap molasses
Honey, raw
Maple syrup, pure
Xylitol/Stevia

Liquids

Tea, herbal/green
Water, purified

Real Results. Real Fast. Guaranteed.

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