

Recommended Food Guide

Select foods that you like from the list below for us to create your personalized Meal Plan. Feel free to choose as many as you like.

| PROTEINS | CARBS | VEGETABLE |
|--|--|--|
| <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"/> haddock | <input type="checkbox"/> oatmeal | <input type="checkbox"/> celery |
| <input type="checkbox"/> ham, lean | <input type="checkbox"/> orange | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> lobster | <input type="checkbox"/> pasta, whole grain | <input type="checkbox"/> green beans |
| <input type="checkbox"/> orange roughy | <input type="checkbox"/> potato, baked | <input type="checkbox"/> green peppers |
| <input type="checkbox"/> salmon | <input type="checkbox"/> pumpkin | <input type="checkbox"/> lettuce |
| <input type="checkbox"/> shrimp | <input type="checkbox"/> squash | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> steak, top round | <input type="checkbox"/> strawberries | <input type="checkbox"/> onion |
| <input type="checkbox"/> steak, top sirloin | <input type="checkbox"/> sweet potato | <input type="checkbox"/> spinach |
| <input type="checkbox"/> swordfish | <input type="checkbox"/> wild rice, steamed | <input type="checkbox"/> tomato |
| <input type="checkbox"/> tuna | <input type="checkbox"/> yam | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> turkey, breast | <input type="checkbox"/> yogurt, fat-free | |
| <input type="checkbox"/> turkey, lean ground | <input type="checkbox"/> peas | |

Notes: