



Non starchy Vegetable List:
spinach, green pepper, lettuce (romaine, iceberg, etc.), onion, mushroom, brussels sprouts, asparagus, string beans, broccoli, cauliflower, cucumbers, radishes, celery, kale, collard greens, turnip greens, pea pods, zucchini, tomatoes, spaghetti squash, cabbage, eggplant, alfalfa sprouts, swiss chard, fennel, okra, jicama, scallions, leeks, turnips

- Chicken breast
- Turkey breast
- Lean beef (sirloin, filet)
- Lean pork (pork chop, pork loin)
- Eggs
- Low fat dairy
 - Greek yogurt
 - Cottage cheese

Choose 1 serving of healthy fat, per meal:

- 2 Tbsp low fat dressing
- 1 T olive oil
- ¼ avocado
- 1 oz of nuts