



## The Big List of Foods You Can Eat

| Carbs                   | Meat / Poultry      | Seafood       | Fruits        | Veggies         | Healthy Fats           | Dairy                  | Condiments     |
|-------------------------|---------------------|---------------|---------------|-----------------|------------------------|------------------------|----------------|
| Kellogs All Bran        | Canned Tuna/Salmon  | Clams         | acai berries  | artichoke       | <b>Oils</b>            | Goat cheese            | cocoa          |
| Cream of Wheat          | Bison steak         | Cod           | apples        | arugula         | extra virgin olive oil | low fat cheese         | fish oil       |
| Kashi Ceraels           | Boneless chicken    | Flounder      | black berries | asparagus       | coconut oil            | low fat cottage cheese | flaxseed       |
| Mahogany Rice           | egg whites          | Grouper       | blueberries   | bell peppers    | flaxseed oil           | low fat / sugar yogurt | garlic         |
|                         | Ground beef 90% +   | Haddock       | cherries      | broccoli        | grapeseed oil          | low fat almond milk    | horseradish    |
| <b>Oatmeal / Rice</b>   | Ground Bison/Bufalo | Lobster       | cranberries   | brussel sprouts | pumpkin oil            | low fat coconut milk   | hot sauce      |
| Quinoa                  | Ground Chicken      | Mahi Mahi     | dates         | cabbage         | safflower oil          | low fat ricotta cheese | lemon juice    |
| Rolled Oats             | Ground Lamb         | Mussels       | grapefruit    | carrots         | sunflower oil          | skim milk              | lime juice     |
| Shredded Wheat          | Ground Turkey       | Rainbow Trout | kiwi          | cauliflower     |                        |                        | low fat hummus |
| Steel Cut Oats          | Lamb Chops          | Red Snapper   | lemon         | celery          | <b>Nut Butters</b>     |                        | mustard        |
|                         | Pork Tenderloin     | Salmon        | lime          | cucumber        | Almond butter          |                        | salsa          |
| <b>Types of Bread</b>   | Turkey              | Scallops      | mango         | eggplant        | Cashew Butter          |                        | sea salt       |
| Ezekiel Bread           | Venison/Elk         | Sea Bass      | nectarines    | garlic          | Sun Nut butter         |                        | spices         |
| Ezekiel English Muffins |                     | Shrimp        | oranges       | green beans     |                        |                        | stevia         |
| Ezekiel Hamburger Buns  |                     | Sole          | peaches       | green onions    | <b>Unsalted Nuts</b>   |                        | vinegar        |
| Ezekiel Hotdog Buns     |                     | Swordfish     | pears         | hot peppers     | Almonds                |                        | wheat germ     |
| Ezekiel Tortillas       |                     | Tilapia       | pineapple     | kale            | Brazil Nuts            |                        |                |
| P2B Protein bread       |                     | Tuna Steaks   | plums         | mushrooms       | Cashews                |                        | <b>Beans</b>   |
| P2B Protein Flatbread   |                     |               | pomegranite   | onions          | Pecans                 |                        | Black Beans    |
| Coconut Paleo bread     |                     |               | prunes        | radish          | Pistachios             |                        | Navy Beans     |
| Alomond Paleo Bread     |                     |               | rasberries    | sweet potato    | Pumpkin Seeds          |                        | Pinto Beans    |
| Whole grain flatbread   |                     |               | strawberries  | spinach         | Sunflower seeds        |                        | Kidney Beans   |
| Whole grain pitabread   |                     |               | tangerines    | sprouts         | Walnuts                |                        | Soy Beans      |
| Whole grain wraps       |                     |               | tomatos       | summer squash   |                        |                        | Tofu           |
|                         |                     |               | watermelon    | zucchini        |                        |                        |                |