



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	Oils	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
Oatmeal / Rice	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	Nut Butters		mustard
	Pork Tenderloin	Salmon	lime	cucumber	Almond butter		salsa
Types of Bread	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	Unsalted Nuts		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		Beans
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			