Suggested Food list

**What Should I Eat?**

In plain language, base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as we can get. Many have observed that keeping your grocery cart to the perimeter of the grocery store while avoiding the aisles is a great way to protect your health. Food is perishable. The stuff with long shelf life is all suspect.

If you follow these simple guidelines you will benefit from nearly all that can be achieved through nutrition. This is not an exhaustive list, there is plenty more out there that can be added. **When in doubt, always remember the motto:** Eat meats and vegetables, nuts and seeds, some fruit, little starch and no sugar! (refined sugar that is) If you are still not sure you can always drop us an email, we love questions. If you are wondering, then chances are, others are too.

**LEAN MEATS**

Cook the meats simply without too much added fat – broiling, baking, roasting, sautéing or browning, then pouring off excess liquid fat, or stir frying over high heat with a little oil (No deep fat frying).

**Lean Beef (trimmed of visible fat)**

- Flank Steak
- Top Sirloin Steak
- Extra lean hamburger (7% fat or less)
- London broil
- Chuck Steak
- Lean veal
- Any other lean cut

**Lean Pork (trimmed of visible fat)**

- Pork loin
- Pork Chops
- Any other lean cut

**Lean poultry (white meat, skin removed)**

- Chicken breast
- Turkey breast
- Game hen breasts
- Eggs (eat the yolk too😊)
- Chicken (enriched omega 3 variety)
- Duck
- Goose
Game meat
• Alligator • Ostrich • Bear • Pheasant • Bison (buffalo) • Quail • Caribou • Rattlesnake
• Elk • Reindeer • Emu • Squab • Goose • Turtle • Kangaroo • Venison • Muscovy duck
• Wild boar • New Zealand • Wild turkey • Cervena deer

Other meats
• Rabbit meat (any cut) • Goat meat (any cut)

Fish
• Bass • Perch • Bluefish • Red snapper • Cod • Rockfish • Drum • Salmon • Eel
• Scrod • Flatfish • Shark • Grouper • Striped bass • Haddock • Sunfish • Halibut
• Tilapia • Herring • Trout • Mackerel • Tuna • Monkfish • Turbot • Mullet • Walleye
• Northern • Pike • Orange • Roughy • Any other commercially available fish

Shellfish
• Abalone • Mussels • Clams • Oysters • Crab • Scallops • Crayfish • Shrimp • Lobster

Organ meats
• Beef, lamb, pork, chicken livers • Beef, pork and lamb tongues
• Beef, lamb and pork marrow • Beef, lamb and pork “sweetbreads”

FRUITS AND VEGETABLES
Eat fruits and vegetables with every meal, along with moderate amounts of nuts, avocados, seeds, and healthful oils (flax seed, canola, olive oil, and mustard seed). However, just because it’s a vegetable doesn’t mean it’s good – or that it’s on the list below. High carbohydrate, starchy tubers – potatoes, sweet potatoes and yams – are restricted.

Also, dried fruit should be eaten only in small amounts because it, too, can produce a high glycemic load (causing a rapid increase in the blood glucose level), particularly when you eat too much of it.
When you’re hungry or in doubt, start with a high protein, low fat food. Remember, lean protein is the most effective nutrient in reducing your appetite and boosting your metabolism to help you burn stored fat.

**Fruits**

- Apple • Cranberries • Apricot • Figs • Avocado • Gooseberries • Banana • Grapefruit
- Blackberries • Grapes • Blueberries • Guava • Boysenberries • Honeydew melon
- Cantaloupe • Kiwi • Carambola • Lemon • Cassava Melon • Lime • Plums • Cherimoya
- Cherries • Lychee • Mango • Nectarine • Pomegranate • Orange • Raspberries
- Papaya • Rhubarb • Passion Fruit • Star Fruit • Peaches • Peaches • Strawberries
- Pears • Tangerine • Persimmon • Watermelon • Pineapple • All other fruits

**Vegetables**

- Artichoke • Mushrooms • Asparagus • Mustard Greens • Beet Greens • Onions • Beets
- Parsley • Bell Peppers • Parsnip • Broccoli • Peppers (all kinds) • Brussels • Sprouts
- Pumpkin • Cabbage • Purslane • Carrots • Radish • Cauliflower • Seaweed
- Collards • Spinach • Cucumber • Squash (all kinds) • Dandelion • Swiss Chard
- Eggplant • Tomatillos • Endive • Tomato • Green Onions • Turnip Greens • Kale
- Turnips • Kohlrabi • Watercress • Lettuce • Celery • Rutabaga

**NUTS AND SEEDS**

If you are actively losing weight, eat no more than 4 ounces of nuts and seeds a day.

Also, except for walnuts, almost all nuts have high levels of omega 6 fats, and if eaten excessively, they can unbalance the ratio of omega 6 to omega 3 fats in your diet.
• Almonds • Pine Nuts • Brazil Nuts • Pistachios (unsalted) • Cashews • Pumpkin Seeds
• Chestnuts • Sesame Seeds • Hazelnuts • Sunflower Seeds • Macadamia Nuts • Walnuts
• Pecans

BEVERAGES
• WATER (1/2 your body weight in ounces daily)
• Coffee (black, no added sugar)
• Tea (in moderation, hot tea or cold tea, no added sugar, flavorings or sweeteners)

FOODS YOU CAN EAT IN MODERATION

Oils (4 tablespoons or less a day when weight loss is of primary importance)
• Olive • Avocado • Walnut • Flaxseed • Canola Oils • Coconut Oil

Paleo Style Sweets
• Dried Fruits (2oz)
• Nuts mixed with dried fruit and fresh fruits (no more than 4oz of nuts & 2oz of dried fruit/day)

FOODS TO AVOID
Excessive consumption of high-glycemic carbohydrates is the primary culprit in nutritionally caused health problems. High glycemic carbohydrates are those that raise blood sugar too rapidly.

They include rice, bread, candy, potato, sweets, sodas, and most processed carbohydrates. Processing can include bleaching, baking, grinding, and refining. Processing of carbohydrates greatly increases their glycemic index, a measure of their propensity to elevate blood sugar.
**Dairy Foods**

All processed foods made with dairy products

- Butter • Cheese • Cream • Nonfat dairy creamer • Skim milk • Dairy spreads
- Powdered • Milk Frozen yogurt • Ice Milk • Low-fat Milk • Ice cream • Whole milk
- Yogurt

**Cereal Grains**

- Barley (barley soup, barley bread, & all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, cornstarch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats & all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, rice flour, & all processed foods made with rice)
- Rye (rye bread, rye crackers, & all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna,
- Wheat tortillas, pizza, pita bread, flat bread, & all processed foods made with wheat or wheat floor)
- Wild rice

**Cereal Grain-like Seeds**

- Amaranth • Buckwheat • Quinoa

**Legumes**

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas • Chickpeas • Peanuts • Lentils • Snowpeas • Peas • Sugar snap peas
• Peanut butter • Miso • Soybeans & all soybean products, including tofu

**Starchy Vegetables**

• Starchy tubers • Sweet potatoes • Cassava root • Yams • Tapioca pudding • Manioc

• Potatoes & all potato products (French fries, potato chips, etc.)

**Salt-Containing Foods**

• Bacon • Processed Meats • Pork rinds • Cheese • Salami • Deli Meats • Frankfurters

• Ham • Hot Dogs • Ketchup • Pickled foods • Olives • Salted nuts • Salted spices

• Sausages • Smoked, dried, & salted fish & meat

• Virtually all canned meats & fish (unless you soak & drain them)

**Fatty Meats**

• Bacon • Fatty beef roasts • Beef ribs • Chicken & turkey legs • Fatty cuts of beef

• Fatty ground beef • Chicken & turkey skin • Fatty pork chops • Fatty pork roasts

• Lamb chops • Lamb roasts • Leg of lamb • Pork ribs • Pork sausage • T-bone steaks

• Chicken & turkey thighs & wings

**Soft Drinks & Fruit Juices**

• All sugary soft drinks

**Sweets**

• Candy • Honey • Sugars
### Fit City Foods Approved food list

*Fit City Foods* is a good way to get your lean meats and veggies - and owned by one of our own CFT members. [Click here to order online.](#)

We suggest buying meat in bulk and add some veggies and fruit for your meals. The prepared lunches/snacks are a good way to fill in that gap, when you are not able to prepare your meals. And it is convenient. **They deliver to CFT daily.** Just order the day before, for next day pick up.

<table>
<thead>
<tr>
<th>Bulk</th>
<th>Meals (lunch size)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced Steak</td>
<td>Zucchini Spaghetti</td>
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<tr>
<td>Cucumber Dill Salad</td>
<td>Tender Beef Salad</td>
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<tr>
<td>Blackened Tilapia</td>
<td>Fit City Salmon with veggies</td>
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<tr>
<td>Salmon</td>
<td>East Texas Sushi with veggies</td>
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<tr>
<td>Herbed Chicken</td>
<td>Salmon Spinach Salad</td>
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<tr>
<td>Sautéed Veggies/asparagus</td>
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<tr>
<td>Egg Muffins</td>
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