PROTEIN	CARBOHYDRATES	VEGETABLES	FATS
3 oz Any White Fish	1/4 c Cooked Quinoa	Arugula	11 Almonds
3 oz Salmon	1/3 c Brown Rice	Kale	1tbsp Peanut Butter
3 oz Tuna	1 Slice Sprouted Wheat Bread	Red/Purple	1tbsp Almond Butter
3 oz Trout	1/2c Steel Cut Oats	Radishes	1/4c Raw Nuts
3 oz Shrimp	1/2c Sweet Potato (orange)	Red Onion	1/4 Avocado
3oz Chicken	1/2c Pinto Beans	Red Bell Pepper	2tbsp Flax Seeds
3oz Turkey (93% lean ground)	1/2c Black/ Kidney Beans	Onions	1.5tsp Flax Oil
3 oz Beef (96% lean)	1/2c Black Eyed Peas	Mushrooms	1.5tsp Olive Oil
3 oz Beef Tenderloin	1/2c Lentils	Asparagus	1.5tsp Safflower Oil
3 oz Pork	1/2c Rolled Oats	Broccoli	1.5tsp Sunflower Oil
3 oz Bison	1c Cherries	Brussels Sprouts	1.5tsp Avocado Oil
6 Egg Whites	1c Raspberries	Cucumber	1.5tsp Coconut Oil
1 Cup Egg Whites	1c Strawberries	Cabbage	8 oz Unsweetened Coconut Milk
8 oz Non-fat Milk	1/4c Watermelon	Spinach	1tbsp Chia Seeds
1/2c Non-fat Cottage Cheese	1/2c Grapefruit	Rhubarb	2tbsp Hummus
1c Non-fat Greek Yogurt	1c Cantaloupe	Tomatoes	
1 scoop Whey Protein powder	1 med Orange	Carrots	
Protein bar	2 Small Tangerine	Rutabagas	
	3/4c Pineapple	Green Pepper	
	1c Blackberries	Yellow Pepper	
	3/4c Blueberries		
	1c Grapes		
	1 Kiwi		
	1 Pear		
	1 Apple		
		1 serving = ~1 cup raw	