

# RAW FITNESS FOOD LIST

Eat only these foods and use hand size portions

Always consult with your doctor before starting any Nutrition Program.

## (P) PROTEIN



SERVING = PALM

- Chicken breast
- 93/7 or 99 ground turkey
- 90/10 or leaner ground beef
- Ground chicken breast
- Any white fish
- Ahi tuna
- Any shellfish
- Egg whites
- Full egg
- Cottage cheese NF
- Greek yogurt NF

## (C) CARBS



SERVING = FIST

- Sweet potato
- Red or yukon potato
- Any bean/legume
- Cooked brown rice
- Cooked white rice
- Dry rolled oats
- Any berries
- Cooked quinoa
- Ezekiel or Dave's Killer Bread (2 slices)

## (F) FATS

SERVING SIZE =  
SEE BELOW

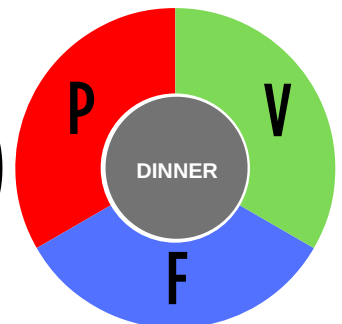
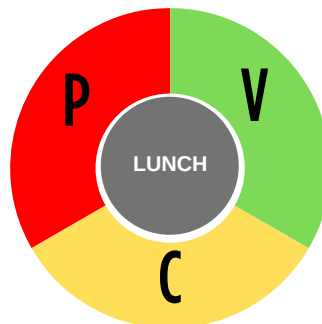
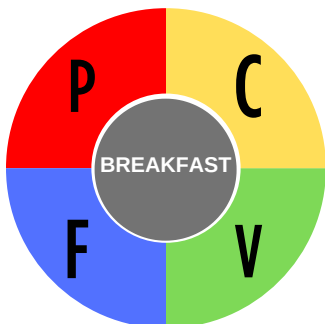
- 1 tbsp peanut butter
- 1 tbsp almond butter
- 1 tbsp coconut oil
- 1 tbsp olive oil
- 2 oz avocado
- 1 oz almonds or cashews
- 1 tbsp sugar free coffee creamer
- 2 tbsps Barlean's Fish Oil
- 1 tbsp flax seeds
- 1 tbsp chia seeds
- 2 caps EFA

## SPICES

- Garlic
- Mustard
- Cinnamon
- White or red vinegar
- Mrs. Dash
- Flavor Gods
- Salsa
- Fresh herbs
- Pepper
- Bragg Liquid Amino
- Apple cider vinegar
- Balsamic vinegar
- Hot sauce (Cholula, Frank's, Siracha)
- Walden Farms dressings
- Baking powder
- Baking soda

(V) ALL VEGETABLES ARE GOOD FOR YOU AND UNLIMITED IN SERVING SIZE

## SAMPLE DAILY MEAL PLAN



## SUGGESTED SUPPLEMENTS

