

## BEST PROTEIN SOURCES

1. Egg Whites
2. Fresh Fish (Cod, Halibut, Pollock, Red Snapper, Flounder, Salmon)
3. Skinless Turkey Breast
4. Skinless Chicken Breast
5. Canned Tuna Fish
6. Round Steak
7. Flank Steak
8. Top Sirloin Steak
9. Egg White or Whey Protein Powder
10. Shrimp, Scallops or Crab
11. Non-Fat or Skim Milk
12. Non-Fat Cottage Cheese
13. Non-Fat Light
14. Yogurt (Plain, Vanilla or Lemon)

## BEST COMPLEX CARBOHYDRATE SOURCES

1. Oatmeal
2. Yams or Sweet Potatoes
3. Brown Rice
4. White Rice
5. Shredded Wheat
6. Green Peas
7. Corn
8. Squash
9. Chick Peas
10. Black-Eyed Peas
11. Lima Beans
12. Lentils
13. Popcorn (hot air)

## BEST FIBROUS CARBOHYDRATE SOURCES

1. Green Beans
2. Broccoli
3. Asparagus
4. Brussel Sprouts
5. Lettuce
6. Cabbage
7. Spinach
8. Cauliflower
9. Cucumbers
10. Celery
11. Zucchini
12. Mushrooms
13. Green/Red Peppers

## BEST CONDIMENTS

1. Mrs. Dash
2. Salt & Pepper
3. Soy Sauce
4. Mustard
5. Salsa (w/ no sugar)
6. Frank's Red Hot or Tabasco
7. Lemon Juice
8. Red Wine Vinegar
9. Cinnamon
10. Nutrasweet/Splenda/Saccharin