



<u>Low Carb Days</u>	<u>High Carb Days</u>
<p><b><u>Fats:</u></b> Whole Nuts Nut Butters Avocados</p> <p><b><u>Lean Protein:</u></b> Chicken Breast Turkey Breast Canned Tuna Mahi Mahi Scallops Shrimp Whey Protein Casein Protein Egg Whites Pork Tenderloin Eye Round Steak Low Fat Greek Yogurt</p> <p><b><u>Fattier Protein:</u></b> Whole Eggs Salmon &gt;93% Ground Meats Fattier cuts of beef</p> <p><b><u>Fibrous Carbs:</u></b> Spinach Romaine Mixed Greens Asparagus Brussels Sprouts Broccoli Kale Cauliflower Peppers Cucumber Onion Most Vegetables</p>	<p><b><u>Lean Protein:</u></b> Chicken Breast Turkey Breast Canned Tuna Mahi Mahi Scallops Shrimp Whey Protein Casein Protein Egg Whites Pork Tenderloin Eye Round Steak Low Fat Greek Yogurt</p> <p><b><u>Fruit:</u></b> Apple Strawberry Blueberry Blackberry Raspberry Peach Nectarine Melon</p> <p><b><u>Starches:</u></b> White Potato Sweet Potato White Rice Brown Rice Oatmeal (dry) Quinoa Beans Lentils Chickpea Granola (low fat) Cereal</p>