

<b>A+ FOOD</b> <b>BEST</b>	<b>Complex Carbs</b> Yams & Sweet Potatoes Oatmeal (unsweetened) Steamed Brown Rice Quinoa Lentils	<b>Protein:</b> Extra lean ground turkey Tilapia Chicken Breast Egg Whites Whey Protein Salmon no more than 3 times per week Any white fish, except cat fish  <b>Veggies:</b> Spinach Kale Broccoli Brussel Sprouts Asparagus Collard Greens Red Pepper zucchini	<b>Fats:</b> Flaxseed Oil Udo's Choice Oil Blend Fish Fat
<b>A FOODS</b> <b>GOOD</b>	<b>Complex Carbs:</b> White Potatoes Red Potatoes White steamed Rice  <b>Veggies:</b> onions mushrooms Tomatoes	<b>Protein:</b> Regular ground Turkey Shellfish Non-fat Cottage Cheese Top Round Steak Bison	<b>Healthy Fat:</b> Coconut oil Natural Peanut butter Avacado
<b>B FOODS</b> <b>OK</b>	<b>Complex Carbs:</b> 100% Whole Grain Cereal 100% Whole Grain Pastas 100% Whole Grain Bread 100% Whole Grain Cooked Cereal Whole Grain Pitas Whole Grain Muffins Grits	<b>Protein:</b> Flank Steak Extra Lean Top Sirloin Low Fat Sliced Turkey Non-fat Sour Cream Non-fat Cream Cheese 1% low fat Cottage Cheese	
<b>C FOODS</b> <b>NOT GOOD</b>	<b>Carbs:</b> Pasta Bagels Cheerios Instant Oatmeal Kellog Raisin Bran Total Cereal Wheat Bread Unsweetened Fruit Juice Low Fat Yogurt	<b>Protein:</b> Sliced Low Fat Ham Low Fat Sausage Ground Beef Chicken Thighs Turkey, Dark Meat Turkey, Ostrich 2% Cream Cheese 2% Cottage Cheese 2% Sour Cream	
<b>D FOODS</b> <b>NOT ACCEPTABLE</b>	<b>Carbs:</b> Sweetened Box Cereal Enriched White Bread Crackers, Muffins, Baked Goods	<b>Protein:</b> Ground Beef Moderate Fat Cut Meat Roast Beef Ham	Sour Cream Cottage Cheese

