HELP WHAT DO I EAT!?!

NEED CARBS + FAT

- Chia Seeds
- Fruit & Nut Butter
- Berries & Coconut Milk
- Peanut Butter & Banana
- Chocolate Bar
- Coconut Cookies
- Nut Butter Fudge
- Avocado Toast
- Bread & Olive Oil
- Donuts
- Fries
- Dried Coconut Flakes
- Coconut Flour
- Potato Chips
- Tortilla Chips
- Popcorn & Butter
- Fried Plantains in Oil
- Chocolate Covered Fruit

NEED CARBS

- Fruit
- Dried fruit
- Potatoes
- Squash
- Root Veggies (Taro)
- Rice
- Honey / Syrup
- Corn Tortillas
- Popcorn (Plain)
- Jam/Jelly
- Gummies / Candy
- Kombucha
- Juice / Gatorade
- Cereal
- Breads
- Balsamic Vinegar
- Barbecue Sauce
- Sundried Tomatoes
- Wine / Beer

NEED PROTEIN

- Deli Meat
- Egg Whites
- Whey Protein
- Turkey Breast
- Chicken Breast
- Pork Tenderloin
- Turkey Jerky
- Soy / Tofu
- Shrimp
- Canned Tuna in Water
- Black Bean Pasta
- Cod / Flounder
- Non-fat Cottage Cheese
- Non-fat Ricotta
- Collagen Peptides
- Bone Broth (fat removed)

NEED FAT

- Olive Oil
- Olives
- Avocado
- Coconut Oil
- Coconut Milk
- Almonds
- Walnuts
- Brazil Nuts
- Nut Butter
- Mayonnaise
- Butter / Ghee
- Bone Marrow
- Fish Oil
- Sesame Oil
- Flaxseeds
- Hemp Hearts
- Salad Dressing
- 90%+ Dark Chocolate
- Almond Flour

NEED CARBS + PROTEIN

- Non-Fat Flavored Yogurt
- Oats + Yogurt + Whey
- Crackers & Deli Meat
- Protein Shake & Fruit
- Fruit & Non-fat Yogurt
- Egg Whites & Potatoes
- Tuna-Rice Poke-Bowl
- Quinoa or Wild Rice
- Beans / Lentils / Peas
- Whole Wheat Bread
- Cereal & Skim Milk
- Whole Grain Crackers
- Non-Fat Sorbet / Fro-yo
- Veggie Burger
- Fat Free Pudding
- Non-Fat Chocolate Milk

NEED PROTEIN + FAT

- Hummus
- Cheese...ALL The Cheese!
- Nut Butter
- Steak / Beef
- Eggs, Egg Yolks
- Canned Oysters / Sardines
- Bacon / Pork Belly
- Whole Milk
- Plain Whole Yogurt / Dairy
- Full Fat Sour Cream
- Cottage Cheese
- Chorizo / Sausage
- Chicken Thighs
- Salmon, Fatty Fish
- Coconut Milk Protein Shake
- Beef / Pork Jerky

HIGH VOLUME LOW MACROS

SNACKS

- Seaweed Strips
- Air-Popped Popcorn
- Sugar Free Jello
- Rice Cakes
- Shirataki Noodles
- Celery / Carrots

FRUITS & VEGGIES

- Cucumbers
- Celery
- Zucchini
- Cauliflower
- Mushrooms
- Cabbage
- Radishes
- Pickles
- Blueberries
- Strawberries
- Lemon / Lime
- Sprouts

BEVERAGES

- Seltzer Water
- Iced Tea
- Hot Tea
- Coffee
- Kombucha
- Cashew Milk
- Almond Milk
- Zero Vitamin Water
- Water & Lemon
- Flavored Water
- Chicken Broth

CONDIMENTS

- Salsa
- Mustard
- Apple Cider Vinegar
- Kimchi
- Sauerkraut
- Lemon/Lime Juice
- Coconut Aminos
- Hot Sauce
- Horseradish
- Fish Sauce
- Non-Fat Sour Cream
- Non-Fat Cottage Cheese
- Nutritional Yeast
- PB2 + Water
- Lakanto Maple Syrup