



Protein

Quick tips:

- If buying cured meats, look for nitrate/nitrite-free.
- One serving of protein is about the size of your palm.
- If you're a meat-eater, aim to consume a mix of protein sources, including plants. For example, try bison instead of beef or have an entirely meatless meal at least one day a week.

MEAT		POULTRY		FISH		
<ul style="list-style-type: none"> • Beef <ul style="list-style-type: none"> ◦ Lean ground ◦ Oxtail ◦ Shank ◦ Steak ◦ Stewing beef ◦ Other: _____ • Lamb <ul style="list-style-type: none"> ◦ Chops ◦ Ground ◦ Shank ◦ Other: _____ 	<ul style="list-style-type: none"> • Pork <ul style="list-style-type: none"> ◦ Bacon ◦ Chops ◦ Ground ◦ Ham ◦ Ribs ◦ Sausage ◦ Tenderloin ◦ Other: _____ • Wild Game / Other Red Meat <ul style="list-style-type: none"> ◦ Bison ◦ Boar ◦ Goat ◦ Rabbit ◦ Venison 	<ul style="list-style-type: none"> • Chicken <ul style="list-style-type: none"> ◦ Breasts or legs ◦ Feet ◦ Ground ◦ Quarters ◦ Thighs ◦ Whole ◦ Wings • Cornish hen • Duck • Eggs • Egg whites • Turkey <ul style="list-style-type: none"> ◦ Breasts/legs ◦ Ground ◦ Whole • Other: _____ 	<ul style="list-style-type: none"> • Catfish • Cod • Halibut • Herring • Pike • Salmon <ul style="list-style-type: none"> ◦ Canned ◦ Fresh • Sardines • Snapper • Tilapia • Trout • Tuna <ul style="list-style-type: none"> ◦ Canned ◦ Fresh • Other: _____ 	<ul style="list-style-type: none"> • Clams • Crab • Crayfish • Lobster • Mussels • Oysters • Octopus • Scallops • Shrimp/prawns • Squid • Other: _____ 	<ul style="list-style-type: none"> • Milk (or dairy-free milk alternative) • Cheese <ul style="list-style-type: none"> ◦ Cheddar ◦ Cottage ◦ Feta ◦ Goat ◦ Mozzarella ◦ Swiss ◦ Other: _____ • Whey protein powder • Yogurt • Other: _____ 	<ul style="list-style-type: none"> • Hummus • Beans / Legumes • Lentils • Tempeh • Tofu • Vegetarian protein powder • Other: _____
SHELLFISH / OTHER SEAFOOD		DAIRY		PLANT-BASED		

Produce

Quick tips:

- Most fruits and veggies are considered carbohydrates (some, like avocado, are a fat source).
- One serving of vegetables is about the size of your fist. One serving of fruit is about the size of your cupped palm.
- When possible, buy seasonal and local — they'll be fresher and taste better!

VEGETABLES			
<ul style="list-style-type: none"> • Artichoke • Asparagus • Bamboo shoots • Bean sprouts • Beets • Bell peppers (green, yellow, red, orange) • Bitter melon / gourd • Bok choy • Broccoli • Brussels sprouts • Green beans • Cabbage • Carrots • Cassava / Yuca • Cauliflower 	<ul style="list-style-type: none"> • Celery • Chayote • Corn • Cucumber • Dark leafy greens: <ul style="list-style-type: none"> ◦ Collards ◦ Kale ◦ Spinach ◦ Swiss chard • Daikon • Eggplant • Endive • Fiddlehead ferns • Jackfruit • Jalapeno peppers • Jicama 	<ul style="list-style-type: none"> • Kohlrabi • Kimchi • Leeks • Lettuces: <ul style="list-style-type: none"> ◦ Boston ◦ Iceberg ◦ Green leaf ◦ Red leaf ◦ Romaine • Mushrooms • Okra • Onions • Parsnips • Peas, green • Potatoes (red, white, sweet) 	<ul style="list-style-type: none"> • Radicchio • Radishes • Rhubarb • Squash: <ul style="list-style-type: none"> ◦ Acorn ◦ Butternut ◦ Pumpkin ◦ Spaghetti ◦ Zucchini • Taro root • Turnips • Yu Choy • Yam • Water chestnuts • Other: _____
FRUIT			
<ul style="list-style-type: none"> • Apples • Apricots • Bananas • Blackberries • Blueberries • Cantaloupe • Cherries • Coconut • Dried fruits 	<ul style="list-style-type: none"> • Dragon fruit • Figs • Grapefruit • Grapes • Guava • Honeydew melon • Kiwi • Kumquats • Lemons 	<ul style="list-style-type: none"> • Limes • Lychee • Mango • Nectarine • Oranges • Papaya • Peaches • Pears • Persimmons 	<ul style="list-style-type: none"> • Pineapple • Plums • Plantains • Pomegranate • Raspberries • Strawberries • Tangerine • Watermelon • Other: _____



Whole Grains

Quick tips:

- Opt for slow-digesting, high-fiber carbohydrates, which will contribute to healthy digestion and sustained energy levels.
- Read the labels on slightly processed carbohydrates (e.g., crackers, bread, pasta). Look for less than 10 grams of sugar per serving, “whole” grains, and minimal ingredients.
- When possible, limit your intake of highly processed carbs (e.g., sugary breakfast cereals, fruit juice, ice cream, soda).

WHOLE GRAINS		SLIGHTLY PROCESSED WHOLE GRAINS	
• Amaranth	• Millet	• Bread*	• Pasta*
• Barley, pearled	• Oats	• Bagels*	• Popcorn (air-popped)
• Brown rice	• Quinoa	• Cereal*	• Rye bread
• Buckwheat	• Sprouted grain bread	• Crackers*	• Spelt bread
• Bulgur	• Wheat berries	• Couscous	• Wheat tortillas
• Corn / Maize	• Wild rice	• Corn tortillas	• Wheat germ
• Kamut	• Other: _____	• Pasta (bean/legume)	• Other: _____

*Whole grain, made from 100% wheat, rye, spelt, etc.

Fats

Quick tips:

- One serving of fat from a fat-dense food (e.g., oils, butter, avocado) is about the size of your thumb.
- Choose minimally processed fat sources (such as those in the list below) more often than highly processed fat sources (e.g., baked goods, deep-fried foods).

WHOLE FATS	OILS	FAT-BASED CONDIMENTS AND SPREADS
<ul style="list-style-type: none"> • Avocado • Nut butter • Olives • Peanuts • Peanut butter • Seeds <ul style="list-style-type: none"> ◦ Chia ◦ Flax ◦ Pumpkin ◦ Sunflower • Seed butter 	<ul style="list-style-type: none"> • Whole-fat cheese • Whole-fat milk • Whole nuts <ul style="list-style-type: none"> ◦ Almonds ◦ Cashews ◦ Hazelnuts ◦ Pistachios ◦ Walnuts ◦ Other: _____ • Other: _____ 	<ul style="list-style-type: none"> • Avocado oil • Butter • Canola oil • Coconut oil (organic, unrefined, extra virgin) • Fish oil • Ghee (clarified butter) • Macadamia nut oil • Olive oil, extra virgin • Peanut oil • Sesame oil, cold-pressed • Walnut oil • Other: _____
		<ul style="list-style-type: none"> • Guacamole • Hummus • Mayonnaise • Natural nut butters (nonhydrogenated) • Pesto • Salad dressings, low-sugar • Tahini • Other: _____

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