PROTEIN

Chicken, beef, lamb fish, eggs, tofu, protein powder, cottage cheese

FAT

Healthy oils, nuts, seeds, avocado

NON STARCHY VEGETABLES

Leafy greens, broccoli, cauliflower, cabbage, mushrooms, onions, peppers, eggplant, asparagus, zucchini

CARBS

Whole grains, rice, quinoa, potatoes, sweet potatoes, legumes, fruit

