

# Healthy, Realistic Eating Plan Cheat Sheet

## YES FOODS

All Fruits	Cottage Cheese	Popcorn, plain
All Vegetables	Eggs	Hummus
Potatoes	Fish, Shrimp	Brown rice
Avocado	Tuna	Oatmeal
Nuts	Turkey, Chicken	Other Whole Grains (Bulgar, Quinoa)
Nut Butters (natural)	Steak, Lean Beef	Salsa
Seeds	Lean Ground Beef	Pumpkin, Squash
Milk, Almond Milk	Lean Pork	
Yogurt (plain), Greek	All beans	

## Breakfast

Veggie Omelet  
Scrambled Eggs  
Cottage Cheese & Fruit  
Oatmeal  
Banana w/Peanut Butter  
Smoothies

## Lunch

Salads  
Turkey Burger on  
100% Whole Wheat Bun  
Veggies w/Greek Yogurt  
or Hummus  
Hard Boiled Eggs  
w/Tuna & Avocado  
Mexican Rice Bowl

## USE SPARINGLY

100% Whole Wheat Pasta  
100% Whole Wheat Bread  
Honey  
Dark Chocolate  
Lara Bars  
Dates  
Bacon, Lunch Meats  
(naturally cured)  
Cheeses  
Olive, Coconut, Avocado,  
Grape Seed Oils  
Butter

## Dinner

Chicken, Frozen Veggies,  
Grains, Side Salad  
Steak, Sweet Potato &  
Broccoli  
Stir Fry & Shrimp  
Mexican Rice Bowl  
Soups & Stews

## Snacks

Popcorn w/Olive Oil  
or Butter  
Banana "Ice Cream"  
Homemade Muffins  
Paleo cookies  
Oatmeal  
Scrambled or  
Hard Boiled Eggs  
Edamame  
Guacamole