

FRESH START CAN-EAT FOOD LIST

Foods with Fiber

FRESH or FROZEN VEGGIES:

Green Leafy Veggies
Broccoli, Cauliflower
Squash (All Kinds)
Potatoes (All Kinds)
Green Beans
Chickpeas, Beans & Legumes
Peppers (All Kinds)

FRUIT:

Berries (All Kinds)
Apples, Banana
Pineapple, Mango, Kiwi
Avocado, Tomatoes
Cucumber & Melons
Grapefruit, Oranges, Lemons, Limes

FRESH or DRIED HERBS:

Cilantro, Basil, Oregano, Mint

WHOLE GRAINS:

Oats, Barley, Farro, Quinoa, Brown Rice

SEEDS & NUTS:

Chia, Ground Flaxseed, Cashews,
Almonds, Walnuts

OTHER:

Ginger, Garlic, Mustard

Foods with Protein

MEAT & POULTRY:

With all meats & poultry, look for LEAN versions - if it's ground, 93/7 or 90/10 or 99/1 - if it's cut, look for: sirloin, organic, grass-fed, no antibiotics. Locally grown is best!

Turkey

(Whole or Ground)

Chicken

(Breasts, Thighs, Legs,
Ground, Sausage)

Beef

Lean Ground, Sirloin or Roast

Eggs

(Cage free or Free Range,
Organic, Grain-Fed)

SEAFOOD:

Salmon, Cod, Halibut, Pollock
(Any Wild Caught Cold Water Fish)
Shrimp (on occasion)

PLANT PROTEIN:

Nuts, Seeds, Nut Butter
Quinoa
Avocado
Beans & Legumes
Kale & Other Leafy Greens

Foods with Healthy Fat

PLANT FATS:

Avocado

Seeds

Chia, Pumpkin (Pepitas), Sunflower,
Ground Flax seed, Hemp

Nuts

Whole or as Nut Butter

Nut Milk

(Almond, Cashew, Coconut)

OILS:

Olive Oil, Coconut Oil, Avocado Oil,
Walnut Oil

DAIRY:

Hard Cheese (Like Parmesan) or Soft,
Real Mozzarella
Goat Cheese, Feta
Cottage Cheese, Cream Cheese & Heavy
Creams (in moderation)
Unsalted Organic Butter or Ghee
Low-Sugar Greek Yogurt

The goal is to combine all 3 groups listed here as often as you can - that can be in a one-pan meal or as 3 different dishes. The body can "use" more of the nutrition in your food when you combine them!