OPEX FITNESS REGINA

WHAT SHOULD YOU EAT?

Use this chart to make your grocery list, build your meals & eat healthier each day!

PROTEIN

Eggs & egg whites

Shellfish

Fish

Pork

Lamb

Lean Beef

Duck

Cottage Cheese

Turkey

Plain Greek Yogurt

CARBS

Potato

Whole or sprouted grain bread

Fresh & Frozen Fruit

Quinoa

Corn

Plain non-Greek Yogurt

Steel-cut, rolled & old-fashioned oats

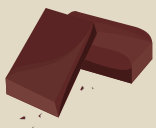
Milk

Sweet Potato

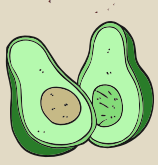
White Rice

FATS

Aged Cheese


Dark Chocolate

Olive Oil


Avocado & Avocado Oil

Almonds

Coconut & Coconut Oil

Cream

Nut Butters

Olives

Butter

EAT LESS OF

Protein Bars

Fruit Juice

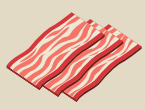
Pop

Sugar

French Fries

Canola Oil

Muffins


Bacon

Cookies

Chips

EAT THE RAINBOW

Beets

Red Onion

Red Pepper

Tomato

Radish

Red Cabbage

Rhubarb

Eggplant

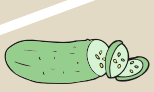
Purple Cabbage

Purple Asparagus

Rutabaga

Purple Carrots

Purple Peppers


Cucumber

Asparagus

Kale

Green Beans

Celery

Iceberg Lettuce

Brussel Sprouts

Green Pepper

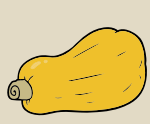
Broccoli

Spinach

Cabbage

Pumpkin

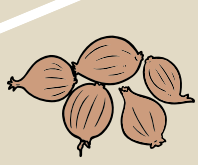
Yellow Carrots


Summer Squash

Carrot

Butternut Squash

Mushrooms


Shallots

Garlic

Cauliflower

White Carrot

Onion

SOURCE: WWW.PRECISIONNUTRITION.COM