**GREAT FOOD CHOICES**

### PROTEIN
- Bacon
- Beef, ground (lean)
- Beef, steak
- Beef, chuck or roast
- Chicken
- Clams
- Cottage cheese
- Crab
- Duck
- Egg
- Elk steak
- Fish fillet (no breading)

### VEGETABLES
- Asparagus
- Green beans
- Broccoli
- Cauliflower
- Cabbage
- Celery
- Cucumber
- Eggplant

### NUT & SEEDS
- Almond meal (flour)
- Coconut butter
- Coconut (unsweetened)
- Almonds
- Brazil nuts
- Hazel nuts
- Macadamia nuts

### DAIRY
- Blue cheese
- Brie
- Butter (full fat)
- Cheddar
- Cottage cheese
- Cream cheese (full fat)
- Mexican blend
- Monterey jack
- Mozzarella

### NUT & SEEDS (continued)
- Pecans
- Walnuts
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

### DAIRY (continued)
- Parmesan
- Provolone
- Ricotta (whole milk)
- Swiss
- Heavy whipping cream
- Sour cream (full fat)
- Yogurt (greek full fat)