

Real Food Meals

Fruit
Apples
Apricots
Banana**
Blackberries
Blueberries
Cantaloupe
Cherries
Dates**
Figs**
Fruit
Grapefruit
Grapes**
Honeydew
Kiwi
Mango
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raisins**
Raspberries
Strawberries
Watermelon

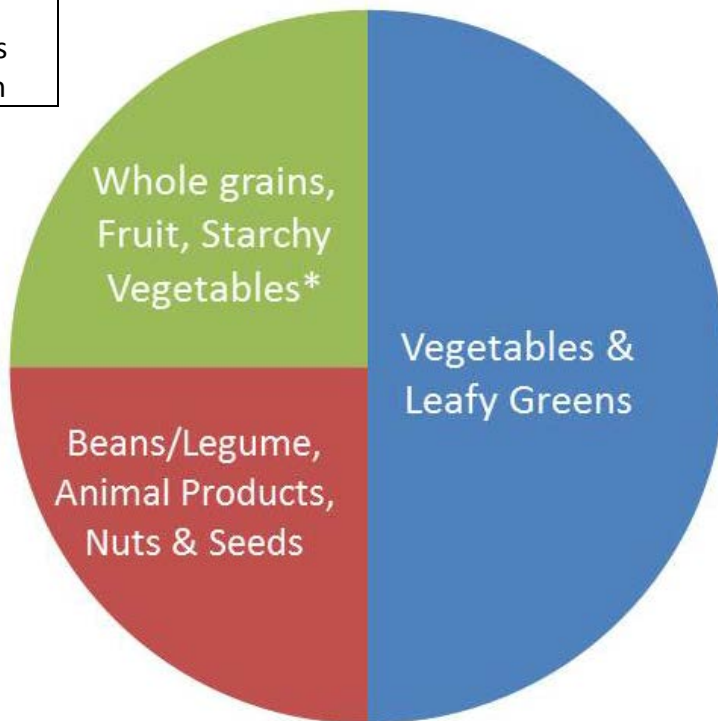
Vegetables & Leafy Greens	
Artichokes	Fennel
Arugula	Garlic
Asparagus	Green beans
Basil	Green onions
Beet greens	Hot peppers
Beets*	Kale
Bell peppers	Lettuce
Bok Choy	Mushrooms
Broccoli	Mustard greens
Brussels sprouts	Onions
Cabbage	Parsley
Carrots*	Parsnips
Cauliflower	Potatoes*
Celery	Radishes
Cilantro	Spinach
Collard greens	Summer squash
Cucumber	Sweet potatoes*
Eggplant	Swiss chard
Endive	Tomatoes
	Winter squash*

Whole Grains/ Pseudo-Grains
Amaranth +
Barley
Brown rice +
Buckwheat +
Corn +
Millet +
Oats
Quinoa +
Rye
Spelt
Teff +
Whole wheat
Wild rice +

Animal Products
Beef
Bison
Cheese
Chicken
Cottage cheese
Eggs
Fish
Milk
Seafood
Turkey
Yogurt

Beans/Legumes
Adzuki beans
Black beans
Black-eyed peas
Garbanzo beans
Green peas
Kidney beans
Lentils
Pinto beans
Soy beans
Tofu
Tempeh

Healthy Fats
Avocado
Butter
Coconut oil
Grapeseed oil
Nut butter
Nuts
Olive oil
Olives
Seeds
Sesame oil



Key:
 * Starchy vegetables
 ** High glycemic fruits
 + Gluten free whole grains