



Food List

All of
NUTRITION

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PROTEIN is used by the body for tissue repair, muscle maintenance, growth, and the production of hormones and enzymes.

CARBOHYDRATES are the body's main source of energy and are required for proper function of the brain, central nervous system, and kidneys.

Meat

- Chicken breast
- Turkey breast
- Ground turkey
- Lamb roast
- Halibut
- Salmon
- Tilapia
- Tuna
- Trout
- Crab
- Lobster
- Shrimp
- Corned beef
- Beef, all cuts
- Ground beef
- Canadian bacon
- Pork tenderloin
- Pork chop
- Ham
- Hot dog
- Sausage
- Jerky
- Deli meat

Dairy

- Cottage cheese
- Hard cheese
- Mozzarella
- Feta
- Ricotta

- Parmesan
- Plain greek yogurt
- Alternatives**
- Tofu
- Textured vegetable protein (tvp)
- Tempeh
- Seitan
- Veggie burger
- Eggs
- Egg substitute
- Protein powder
- Plant based protein Powder
- Edamame
- Soymilk, unsweetened
- Nutritional Yeast
- Spirulina

Nuts/Seeds

- Peanut, Almond, and Cashew butter
- Almonds
- Cashews
- Chia hemp
- Peanuts
- Hazelnuts
- Madamia nuts
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Flax seeds

Fresh Fruit

- Apple
- Applesauce
- Apricots
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dates
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Mangos
- Nectarine
- Orange
- Peach
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Watermelon

Fruit Juice

- Apple juice
- Cranberry juice
- Orange juice
- Pineapple juice
- Prune juice
- Fruit juice blends

Vegetables

- Potato
- Sweet potato
- Yam
- Pumpkin
- Corn
- Peas
- Butternut squash
- Pumpkin
- Spaghetti squash
- Acorn squash
- Banana squash

Grains

- Quinoa
- Pasta
- Rice
- Hamburger buns
- Bread
- Roll
- Bagel
- English muffin
- Crackers
- Pancake
- Pita bread
- Tortilla
- Frozen waffles

Cereal

- Oatmeal
- Grits
- Bran flakes
- Granola

- Cereal
- Shredded wheat
- Wheat germ

Crackers/Snacks

- Popcorn
- Pretzels
- Animal crackers
- Graham crackers
- Club crackers
- Oyster crackers
- Saltine crackers
- Potato chips
- Tortilla chips
- Rice cakes

Desserts/Pastries

- Angel food cake
- Eclair
- Danish
- Brownie
- Cake
- Cookies
- Doughnut
- Pie
- Sweet roll
- Ice cream
- Sherbert/sorbet
- Frozen yogurt
- Candy
- Chocolate
- Caramel

Alcohol beverages

HYBRID foods have both protein and carbohydrates. They include legumes, beans, and dairy besides cheese.

Legumes

- Black beans
- Baked beans
- Cannellini beans

- Navy beans
- Kidney beans
- Fava beans
- Lima beans
- Lentils

- Pinto beans
- Chickpeas
- Split peas
- Hummus

Dairy

- Milk
- Plain yogurt
- Buttermilk



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VEGETABLES other than starchy vegetables, don't contain a high source of protein or carbohydrates. They are nutrient rich and full of fiber.

FATS are used in the maintenance of cell membranes, help cushion organs and provide insulation for the body. Fats are also an energy source.

- | | | |
|------------------|----------------|-----------------|
| Alfalfa sprouts | Eggplant | Pea pods |
| Arugula | Endive | Peppers |
| Artichoke hearts | Fennel | Radishes |
| Asparagus | Herbs | Red onions |
| Butter lettuce | Collard greens | Iceburg lettuce |
| Green beans | Kale | Radicchio |
| Wax beans | Mustard greens | Radish |
| Italian beans | Turnip greens | Romaine |
| Bean sprouts | Green onions | Sauerkraut |
| Beets | Kohlrabi | Spinach |
| Bok choy | Leeks | Summer squash |
| Broccoli | Mushrooms | Tomatillo |
| Brussels sprouts | Microgreens | Tomato |
| Cabbage | Okra | Tomato juice |
| Carrots | Onions | Waterchestnuts |
| Cauliflower | Shallot | Watercress |
| Celery | Garlic | Zucchini |
| Chard | Ginger | |
| Cucumber | | |

Oil

- Olive oil
- Avocado oil
- Flaxseed oil
- Canola oil
- Coconut oil
- Vegetable oil
- Grapeseed oil
- Corn oil
- Soybean oil
- Safflower oil
- Peanut oil

Fruit

- Avocado
- Olives
- Coconut

Dressings/Condiments

- Margarine
- Mayonaise
- Miracle whip
- Salad dressing

Dairy

- Butter
- Sour cream
- Cream
- Half/half

MIXED dishes that are made in a way that they include a carbohydrate and protein.

Pizza/Pasta

- Cheese pizza
- Pepperoni pizza
- Meat pizza
- Macaroni and cheese
- Lasagna
- Baked ziti
- Spaghetti & meatballs
- Cheese ravioli
- Beef ravioli

Soup

- Bean
- Chicken noodle
- Beef vegetables

One Pot Dinners

- Casseroles
- Hot dishes
- Chicken & dumplings
- Goulash
- Beef stroganoff

Sandwiches

- Hamburger
- Cheeseburger
- Sloppy joes
- Hot ham & cheese
- Grilled cheese
- Cheesesteak
- Meatball sandwich
- Cuban

Other

- Corndog
- Sushi rolls
- Quesadilla