

Balancing Bites Nutrition

Food List

CARBOHYDRATES

Grains

- Bread
- Tortillas
- Corn
- Oats
- Rice
- Pasta
- Cereal
- Flour
- Chips
- Couscous
- Crackers
- Quinoa

Fruit

- All fruit

Dairy

- Milk
- Yogurt

Starchy Veggies

- Potatoes
- Sweet Potatoes
- Squash
- Carrots

Beans/Legumes

- Black Beans
- Pinto Beans
- Chickpeas
- Northern Beans
- Lentils

Non-Starchy Veggies

- Broccoli
- Cauliflower
- All Green Leaves
- Green Beans
- Cabbage
- Peppers
- Celery
- Brussel Sprouts
- Cucumbers

PROTEIN

- Ground Beef
- Steaks
- Lamb
- Pork Tenderloin
- Game (Venison, Bison)
- Tofu
- Protein Powder
- Tempeh
- Eggs
- Egg Whites
- Fish, wild caught (Salmon, Tuna, Tilapia, Halibut)
- Shellfish
- Greek Yogurt
- Cottage Cheese
- Chicken
- Turkey
- Ground Poultry
- Deli Meat

FATS

- Oil (Olive, Avocado, Coconut)
- Butter
- Avocado, Guacamole
- Sour Cream
- Raw Almonds
- Raw Peanuts
- Raw Pistachios
- Raw Pecans
- Raw Walnuts
- 1/2 and 1/2
- Nut Butter
- Seed Butter
- Olives
- Hummus
- Raw Seeds
- Mozzarella Cheese
- Cheddar, Provolone, Swiss
- Parmesan
- Bacon
- Salad Dressing
- Coconut Meat
- Coconut Milk
- Heavy Cream
- Ghee