

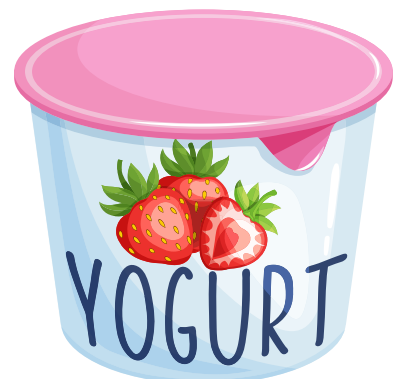
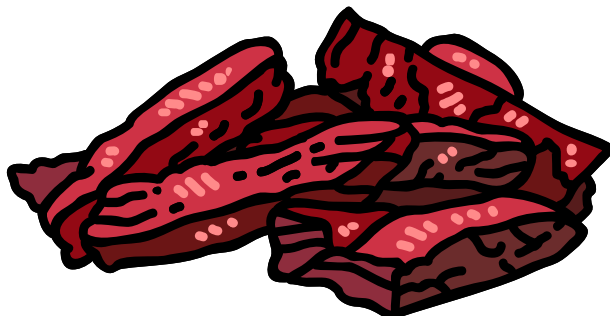
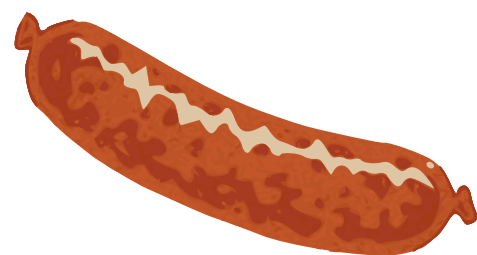
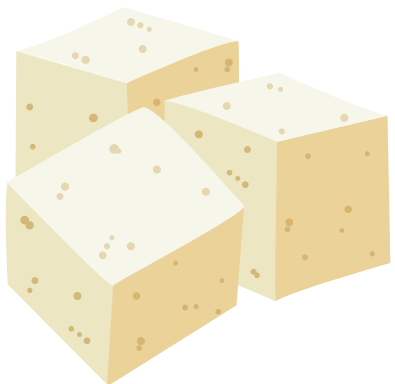
Protein sources to "eat more" of...

- Whole Eggs
- Egg Whites
- Fish
- Shellfish
- Chicken
- Duck
- Turkey
- Lean Beef
- Lamb
- Pork
- Plain Yoghurt
- Cottage Cheese
- Wild Game
- Tempeh
- Lentils
- Beans



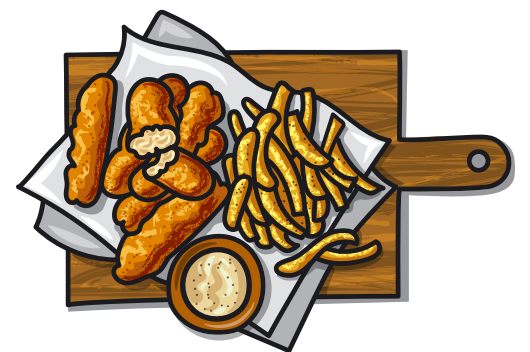
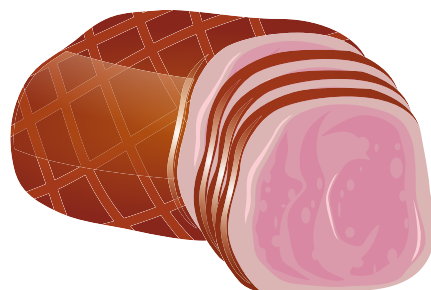
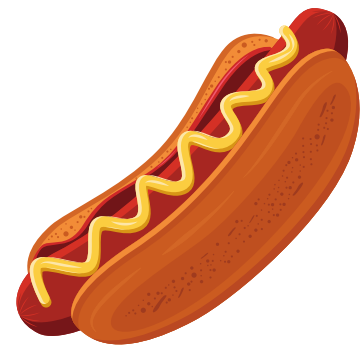
Protein sources to "eat some" of...

- Beef (med lean)
- Tofu
- Edamame
- Bacon
- Jerky
- Beef Sausage
- Chicken Sausage
- Lean Deli Meat
- Flavoured yoghurt
- Protein Powder
- Protein Shakes
- Protein Pancake
- Protein Balls
- Uncultured cottage cheese



Protein sources to "eat less" of...

- Fried Meats
- Chicken Nuggets
- High Fat Mince
- Processed Soy
- Ham
- Salami
- Hot Dog
- Pepperoni
- Protein Bars
- Deep Fried Fish
- Processed Burger Patties
- High Mercury Fish



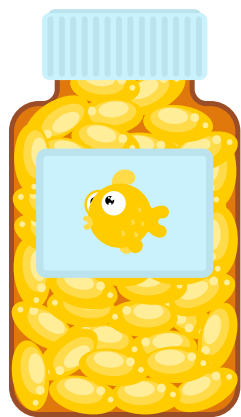
Fat sources to "eat more" of...

- Extra Virgin Olive Oil
- Walnut Oil
- Avocado Oil
- Matured Cheese
- Egg Yolks
- Cashews
- Pistachios
- Almonds
- Brazil Nuts
- Pecans
- Peanuts
- Natural Peanut Butter
- Butter
- Olives
- Unprocessed coconut



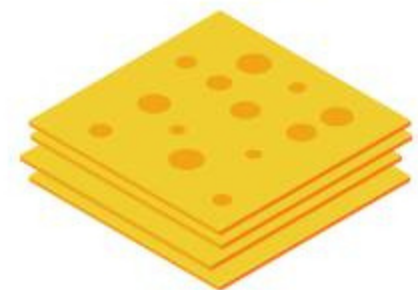
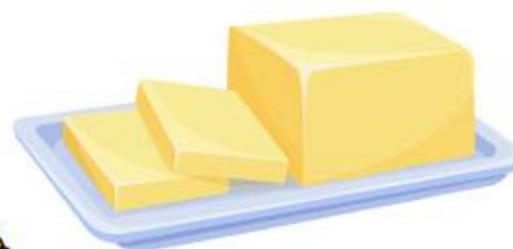
Fat sources to "eat some" of...

- Virgin Olive Oil
- Sesame Oil
- Flaxseed Oil
- Coconut Oil
- Coconut Milk
- Peanut Oil
- Dark Chocolate
- Cream
- Fish Oil
- Flavoured Nuts
- Trail Mix
- Expeller Pressed Canola Oil
- Peanut Butter
- Nut Butters



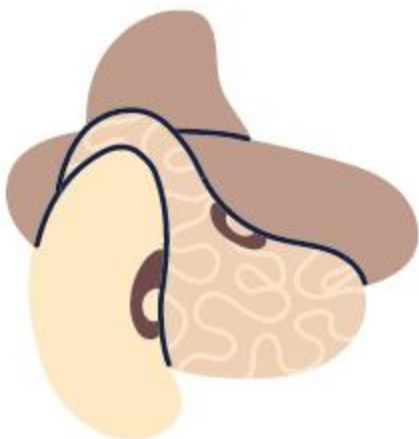
Fat sources to "eat less" of...

- Bacon
- Sausages
- Butter
- Margarine
- Processed Cheese
- Corn Oil
- Sunflower Oil
- Canola Oil
- Safflower Oil
- Marinades with Oils
- Dressings with Oils
- Shortening



Carb sources to "eat more" of...

- Beans / Lentils
- Steel Cut Oats
- Buckwheat
- Quinoa
- Wholegrain,
black or wild rice
- Potatoes
- Sweet Potato
- Wholegrain
pasta
- Corn
- Fresh Fruit
- Frozen Fruit
- Plain Yoghurt
- Farro
- Wholegrain
bread, bagels,
muffins or wraps



Carb sources to "eat some" of...

- Couscous
- White Rice
- Granola
- Instant Oats
- Milk
- Veggie Juices
- Pancake/Waffles
- Wholegrain
- Flavoured
- Yoghurt
- Breakfast Bars
- Canned Fruit
- White Bread, Muffins, Bagels
- White Pasta
- Dried Fruit

Crackers



Carb sources to "eat less" of...

- Cereal Bars
- Fruit Juices
- Flavoured Milk
- Honey, syrups
- Canned fruit w/
added sugar
- Soft Drink
- Crackers,
Pretzels & Chips
- Fries
- Candy Bars
- Donuts, Cookies
- Pastries, Muffins
& Cakes
- Sugar
- Food with more
than 10+g sugar
added

