

FOODS TO ENJOY

CARBOHYDRATES

Grains: Bran, Wheat Germ, Wild Rice

Fruits: Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears, Plums, Pomegranate, Tomatoes, Raspberries, Strawberries

Vegetables: Artichoke, Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Broccoli, Kale Brussels Sprouts, Cabbages, Carrots(raw), Cauliflower, Celery, Chili Pepper, Collard Greens, Cucumber, Eggplant, Green Beans, Green Peas, Jicama (raw), Leeks, Mushrooms, Mustard Greens, Romaine Lettuce, Spinach, Turnip, Zucchini

Legumes: Beans (Black, Garbanzo, Great Northern, Kidney, Lima, Navy, Pinto, Soy, etc.), Lentils, Hummus

Beverages: Unsweetened Nut Milks, Tea, Coffee

All Herbs & Spices: Basil, Cinnamon, Herbal Teas, Garlic, Ginger, Oregano, Parsley, Shallot, Vanilla, Pepper, Lemon Pepper, etc.

PROTEINS

Meats: Beef, Chicken, Turkey, Jerky (low sugar), Duck, Fish, Crustaceans, Pork, Whole Eggs, Veal, Wild Game, Bacon

Dairy: (Choose Full Fat Options) Butter (grass-fed), Cheeses (cheddar, Blue, Brie, Mozzarella, Feta, Monterey Jack, Parmesan, Provolone, Swiss), Cottage Cheese, Cream Cheese, Ghee, Heavy Whipping Cream, Sour cream, Plain Unsweetened Greek Yogurt

Soy Products: Tempeh, Tofu,

FATS

Fruits: Avocado, Olives

Nuts and Seeds: Almonds, Almond Flour, Cassava Flour, Cashews, Coconut Flour, Chia, Flax, Hazelnuts, Natural Nut Butters, Peanuts, Pecans, Pumpkin Seeds, Pine Nuts, Pistachios, Roasted Nuts (unsalted/ unsweetened), Sesame Seeds, Sunflower Seeds, Walnuts

Oils: Avocado, Coconut, Fish, Flaxseed, Macadamia Nut, MCT, Sesame Seed, Olive Oil

Condiments: Balsamic Vinegar, Lemon Juice, Mayonnaise, Mustard, Peanut butter Powders, Ranch Dressing (low sugar), Salsa (no sugar added), Soy Sauce, Unsweetened Coconut Flakes, Vinegar

Sweeteners: Erythritol, Monk Fruit, Stevia

MODERATE

3-5 servings per week

CARBOHYDRATES

Grains: Barley, Brown Rice, Bulgur Wheat, Buckwheat Groats, Corn Tortillas, Couscous, Farro, Millet, Oatmeal, Steel cut/rolled oats Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Quinoa, Whole Wheat Tortillas (no hydrogenated oils), Whole Grain Bread,

Fruits: Bananas (ripe), Mango, Melons, Honeydew, Cantaloupe, Papaya, Pineapple, Plantains (not green, cooked), Watermelon

Vegetables: Beets (cooked), Butternut Squash, Pumpkin, Spaghetti Squash, Sweet Corn, Sweet Potatoes, Yams, Water Chestnuts, Plantains (green, cooked)

Wine: Dry Red Wine

LIMIT EATING

1 serving per week

CARBOHYDRATES

Grains: All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Granola Bars, Instant Oatmeal, Potato Bread, White Potatoes, White Bread, White Pasta, Rice Noodles

Fruits: Dried Fruit

Vegetables: Rutabaga, Turnip (cooked), All other Potatoes, Cooked Carrots

Processed Foods: Beer, Cakes, Candy Bars, Chips, Crackers Commercially-baked pastries, Condiments Containing, Cookies, Doughnuts, French Fries, Fruit Juices, Ice Cream, Muffins, Packaged Snack Foods, Popcorn, Rice Cakes, Tapioca, Soda Pop, White or Enriched Flour, White and Brown Sugar

Dairy: Sweetened Yogurts Condiments: Agave, BBQ Sauce, Coconut Sugar, Honey, Ketchup
Beverages: Alcoholic Beverages, Diet/ Regular Soda, Juices

PROTEINS

Meats: Highly Processed Meats, Breaded Fish / Chicken, Fried Meats

NOTE: if you are using the Feel Great System you may want to have TWO Balance before a meal containing these foods in the "limit eating" section