

Protein	Carbs - Veggies	Fruit	Fats	Spice & Season
		(sparingly, 1-2 a day)		
Chicken breast	Asparagus	Melon (4+ kinds)	Extra Virg Olive Oil	Garlic
London broil	Zucchini	Berries x (4+ kinds)	Almond Butter	Pepper (4 kinds)
Tuna	Brussels sprouts	Apples	Bacon Fat	Salt
Pork chops	Green beans	Pears	Tahini	Garam Masala
Ground sirloin	Spinach	Bananas (mostly Post Workout)	Cream	Onion powder
Ham	Kale		Lard	Basil
Shrimp	Broccoli		Avocado	Chili powder
Rib eye steak	Cauliflower		Walnuts (6 kinds)	Oregano
Talapia	Carrots		Olives	Dill
Chicken thighs	Pea pods		Macadamias	Tarragon
Buffalo	Cabbage (5 kinds)		Cashews	Horseradish
Lobster	Sweet potatoes		Pecasn	Cumin
skirt steak	Turnips		Butter	Rosemary
Pork ribs	Yams (4 kinds)			Bay leaf
T-bone steak	Beet / turnip			Curry (10+ kinds)
Swordfish	collard greens			Cardamon
Lamb	Eggplant			Ginger
Chuck Roast	Okra			File powder
Porterhouse Steak	Spaghetti squash			Paprika (3+ kinds)
Rabbit	Celery			Chiles (5+ kinds)
Duck				Sage
Chicken wings				Jerk spices
Eggs				Thyme
Goose				Parsley
Crawfish				
Tofu/Tempeh				
Quail				
Pork loin				
Corned beef				