



Foods to Enjoy

Apples, with skin	Cherries	Granola, raw	Olives	Squash
Artichokes	Chicken, skinless	Grapes	Onions	Squid
Arugula	white meat	Hummus	Pancakes, buckwheat	Strawberries
Asparagus	Citrus fruits	Juice, fresh-squeezed	Papayas	String beans
Avocados	Coffee, black or cappuccino	with pulp, no sugar	Peaches	Sunflower seeds
Bananas	with nonfat milk	Kale	Pears, with skin	Sweet potatoes
Beans	Collard greens	Kiwifruit	Peas	Tea, green or black
Beets	Corn	Lettuce, romaine, green or	Peppers	Tofu
Blueberries	Cottage cheese, nonfat	red leaf	Pineapple	Tomato sauce,
Bok choy	Cream cheese, nonfat	Mangoes	Plantains	no sugar
Boysenberries	Cucumbers	Meal replacement bar	Plums	Tomatoes
Bran	Duck, free-range	Melon, honeydew	Prunes	Tortillas
Bread, whole grain	Egg whites	Milk, 1%	Radishes	Turkey breast
Broccoli	Eggplant	Milk, nonfat	Raisins	Vegetable juice
Brussels sprouts	Endive	Milk, soy	Raspberries	Veggie burger
Cabbage	Fish, cold water (salmon,	Muesli, raw, no sugar	Refried beans, nonfat	Venison, free-range
Cantaloupe	mackerel, sardines)	Mushrooms	Rice, brown	Vinegar
Carrots	Fish, farmed	Mustard	Ricotta cheese, nonfat	Water
Cauliflower	Fish, freshwater	Nectarines	Salsa, natural, no sugar	Watermelon
Celery	Flaxseed	Nuts, raw	Soy nuts	Yams
Cereal, whole grain	Garlic, fresh	Oatmeal	Soy sauce	Yogurt, nonfat
Cheese, nonfat	Granola or energy bar	Olive oil	Spinach	Zucchini



TIPS FROM DANNY

Foods with unrefined or unprocessed carbohydrates, such as whole wheat or whole grain items like whole wheat bread and whole grain crackers, give you a constant stream of energy, helping you maintain your performance levels.

Foods to Avoid

Alcohol, hard liquor	Chocolate	Juice, sugar added
Bacon	Cinnamon bun	Lobster Newburg
Baked beans	Coffee, mocha, macchiato,	Nachos
Beef, ground, regular	ice blended, frappé	Onion rings
Beef taco, fried	Cookies	Pastries
Breakfast sandwich,	Cream cheese	Pies
fast food	Creamed veggies	Potato skins, fried
Cakes	Creamer, nondairy	Potatoes, fried
Candy	Doughnuts	Potpie
Cereal, sugared	French fries	Refried beans,
Chicken a la King	Gravy	with lard
Chicken, buffalo wings	Hamburger, fast food	Salad dressing,
or nuggets	Hot dogs	creamy
Chicken or fish	Ice cream	Sausage
sandwich, fried	Jerky, beef, pork,	Soft drinks
Chips, potato or corn	or venison	Tater tots
		Toaster pastries

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