

Beautiful U Fitness University's Top Food Choices for Living a Fat Loss Lifestyle

Protein options:

Eggs and Egg Whites
Chicken (breast, thighs, legs)
Lean Ground Turkey
Lean Ground Beef - (preferably grass fed)
Canned Tuna or Chicken
Cod, Tilapia, Salmon, Mahi mahi
Whey Protein or Other Protein Powders (Jay Robb's egg white protein, Vega Sport, or Plant Fusion)
Non-Fat Greek Yogurt
LF Cottage cheese

Veggies

Romaine Lettuce, Spinach, Kale & other leafy greens
Broccoli
Green Beans
Brussel Sprouts
Cauliflower
Peppers (Red, Green, Orange, & Yellow)
Mushrooms
Onions & garlic
Cucumbers
Celery
Asparagus
Zucchini and other squash

Complex Carbs & Fruit:

Brown Rice
Oatmeal/Oat Bran
Sweet Potatoes
Citrus (Grapefruit, oranges)
Strawberries, blueberries
Apples, Pears

Fats:

Avocado
Almonds, walnuts
Peanut Butter
Coconut Oil

Other Foods:

Almond Milk
Protein Bars (Think Thin)
Salt Free Seasonings
Beef Jerky
Low Sodium Mustard & Low Sodium Salsa
Miracle Noodles - shiratake noodles