

DEFINE THE FIGHT FOOD LIST

PROTEINS

Lean Protein

- Bison (extra-lean)
- Chicken Breasts & Tenderloins
- Egg Whites
- Hemp
- Lean Fish
- Shellfish
- Tofu
- Turkey
- Venison
- Protein shakes
- Greek Yogurt

Non-Lean Proteins

(no fat with these options)

- Beef (filet)
- Beef (ground)
- Eggs (whole)
- Non-lean fish
- Lamb
- Pork (ham, pork chops, etc.)

FATS

- Avocado
- Oils
 - Avocado
 - MCT
 - Coconut
 - Macadamia
 - Olive
- Raw Nuts and Natural Nut Butters
- Seeds
 - Chia
 - Flax
 - Pumpkin
 - Sunflower
 - Olives
- Salmon
- Dark Chocolate

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CARBOHYDRATES

Fruits

- Apples
- Bananas
- Berries
 - Blackberries
 - Blueberries
 - Raspberries
 - Strawberries
- Cherries
- Grapes
- Grapefruit
- Mangos
- Melon
 - Cantaloupe
 - Honeydew melon
 - Watermelon
- Oranges
- Etc.

Dense-Carb Vegetables

- Beets
- Brussels Sprouts
- Carrots
- Eggplant
- Onions
- Peas
- Potatoes
- Squash
- Yams and Sweet Potatoes
- Zucchini

Grains/Dense Carbs

- Beans (fresh or dried)
- Brown Rice
- Quinoa
- Oatmeal
- Millet

FREE FOODS

Herbs

- Basil
- Bay Leaves
- Cilantro
- Parsley
- Rosemary
- Thyme
- Etc.

Spices

- Cinnamon
- Garlic
- Ginger
- Nutmeg
- Peppercorns
- Saffron
- Etc.

Low-Carb Vegetables

- Asparagus
- Bell Peppers
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Green Beans
- Kale
- Lettuce (all types)
- Spinach
- Tomato
- Etc.

Natural Sweetener

- Stevia

Condiments

- Vinegars
(Balsamic, Red Wine, etc.)
- Extracts
(Almond, Vanilla, etc.)