

A Big Fat List Of Fat Fighting Foods!

If you can use one of each of these ingredients for your 3 “*main meals*” each day you’ll be off to a flying start with your supportive eating habits. Just add water to drink.

Fruit or vegetables will work for snacking in-between meals, be sure to add protein in the form of low-fat cottage cheese or yogurt, nuts, or almond butter.

<u>Proteins</u>	<u>Carbohydrates</u>	<u>Vegetables</u>	<u>Fats</u>
Chicken breast	Baked potato	Broccoli	Avocado
Turkey breast	Sweet potato	Asparagus	Sunflower seeds
Lean ground turkey	Yams	Romaine Lettuce	Pumpkin seeds
Swordfish	Squash	Carrots	Cold-water fish
Orange roughy	Pumpkin	Cauliflower	Natural peanut butter
Haddock	Steamed brown rice	Green beans	Low-sodium nuts
Salmon	Steamed wild rice	Green peppers	Olives and olive oil
Tuna	Pasta	Mushrooms	Safflower oil
Crab	Oatmeal	Spinach	Canola oil
Lobster	Barley	Tomato	Sunflower oil
Shrimp	Beans	Peas	Flax seed oil
Top round steak	Kidney beans	Brussels sprouts	
Top sirloin steak	Corn	Artichoke	
Lean ground beef	Strawberries	Cabbage	
Buffalo	Blueberries	Celery	
Lean ham	Apple	Zucchini	
Egg whites	Orange	Cucumber	
Trout	Fat-free yogurt		
Low-fat cheese	Whole-grain bread		
Low-fat cottage cheese	High-fiber cereal		
Wild-game meat	Whole-wheat tortilla		
	Whole grains		

Vegetarian Proteins

Tempeh
Seitan
Tofu
Texturized vegetable protein
Soy foods
Veggie burgers

Fats to Avoid

Butter
Fried foods
Mayonnaise
Sweets
Whole-fat dairy products

