

# A HEALTHY, REALISTIC FAMILY EATING PLAN

## YES FOODS

All Fruits  
All Vegetables  
Potatoes  
Avocado  
Nuts  
Nut Butters (natural)  
Seeds  
Milk, Almond Milk  
Yogurt (plain), Greek

Cottage Cheese  
Eggs  
Fish, Shrimp  
Tuna  
Turkey, Chicken  
Steak, Lean Beef  
Lean Ground Beef  
Lean Pork  
All beans

Popcorn, plain  
Hummus  
Brown rice  
Oatmeal  
Other Whole Grains  
(Bulgar, Quinoa)  
Salsa  
Pumpkin, Squash

## BREAKFAST

Veggie Omelet  
Scrambled Eggs  
Cottage Cheese & Fruit  
Oatmeal  
Banana w/Peanut Butter  
Smoothies

## USE SPARINGLY

100% Whole Wheat Pasta  
100% Whole Wheat Bread  
Honey  
Dark Chocolate  
Lara Bars  
Dates  
Bacon, Lunch Meats  
(naturally cured)  
Cheeses  
Olive, Coconut, Avocado,  
Grape Seed Oils  
Butter

## DINNER

Chicken, Frozen Veggies,  
Grains, Side Salad  
Steak, Sweet Potato &  
Broccoli  
Stir Fry & Shrimp  
Mexican Rice Bowl  
Soups & Stews

## LUNCH

Salads  
Turkey Burger on  
100% Whole Wheat Bun  
Veggies w/Greek Yogurt  
or Hummus  
Hard Boiled Eggs  
w/Tuna & Avocado  
Mexican Rice Bowl

## SNACKS

Popcorn w/Olive Oil  
or Butter  
Banana "Ice Cream"  
Homemade Muffins  
Paleo cookies  
Oatmeal  
Scrambled or  
Hard Boiled Eggs  
Edamame  
Guacamole