

MY 'VPF' PRINCIPAL SAMPLE FOOD LIST

V
P
F
C

FIBROUS CARBS	PROTEINS	HEALTHY FATS	STARCHY CARBS
Cauliflower	Eggs	Avocados	Brown rice
Broccoli	Chicken	Extra virgin olive oil	Wild rice
Carrots	Turkey	Olives	Baked potato
Lettuce	Lamb	Coconut oil	Sweet potato
Spinach	Pork	Nuts and seeds	Quinoa
Asparagus	Fish	Nut and seed butters	Millet
Green beans	Shellfish	Flax seeds	Buckwheat
Peppers	Dairy products	Chia seeds	Oats
Mushrooms	Lentils and beans	Grass-fed butter	Lentils and beans
Celery	Quinoa	...	Peas
Cabbage	Organic soy		Corn
Parsley
Tomatoes			
...			

Choose one item from each column. Include VPF first and foremost.

Note: starchy carbs may be replaced with vegetables in the evenings when less energy is required. And remember, you don't have to go looking for starchy carbs, starchy carbs will find you!