



The Jamie Eason LiveFit Trainer “Approved Foods” List

Oils – sunflower, coconut, walnut, avocado, olive, grapeseed, pumpkin seed

Fatty proteins – avocado, coconut, walnut, cashews, almonds, nut meal/flour, seeds, all natural peanut butter, salmon, sea bass, mackerel (Limit, high in mercury), bluefish, trout, mussels, bluefin tuna

Lean proteins – soul, flounder, cod, halibut, mahi mahi, red snapper, orange ruffly (Limit, high in mercury), ahi tuna (Limit, high in mercury), swordfish (Limit, high in mercury), tilapia, grouper, corvina, cobia, white eggs, chicken breast, extra lean turkey breast, london broil, top round, turkey, lamb, pork chops, game, bison, tofu, tempeh, shellfish, scallops

Flours – spelt, wheat, oat, chickpea, rice, quinoa

Sweeteners – maple, coconut sugar, apple sauce, birch sugar (xylitol), stevia in the Raw

Fruits –

- Melons: honeydew, cantaloupe, wintermelon
- sub acid (low cal): apple, papaya, pear, raspberry, blackberry, blueberry, cherry, mango, guava
- acid (high water content, low cal): orange, passionfruit, strawberry, tangerine, tomato, grapefruit
- sweet (more calorie & nutrient dense; these are to be used before a workout because they are more insulin-responsive): banana, date, fig, persimmon

Vegetables –

- flower bud: broccoli, cauliflower, globe artichoke
- seeds: beans
- leaves: kale, collard greens, spinach, arugula, beet greens, chard, turnip greens, endive, lettuce, mustard greens, watercress, garlic chives, cabbage
- leaf sheaths: leeks
- buds: brussels sprouts, capers
- stems: Kohlrabi
- stems of leaves: celery, rhubarb, lemon grass
- stem shoots: asparagus, bamboo shoots, ginger
- tubers: potatoes, jerusalem artichokes, sweet potatoes
- whole-plant sprouts: soybean, mung beans, and alfalfa
- roots: carrots, parsnips, beets, radishes, rutabagas, turnips

- bulbs: onions, shallots, garlic
- fruits in the botanical sense, but used as vegetables: tomatoes, cucumbers, squash,
- zucchini, pumpkins, peppers, eggplant, tomatillos, okra, breadfruit and avocado
- legumes: green beans, lentils, snow peas, soybean (these are genetically modified and can hold up your weight loss)

Superfoods – spirulina, chia, flax

Dairy – unsweetened almond milk, unsweetened rice milk, Greek yogurt, cottage cheese

Condiments – apple cider vinegar, balsamic or raspberry vinaigrette, red wine vinegar, white vinegar, rice vinegar, ketchup, reduced sodium soy sauce, reduced sodium teriyaki sauce, salsa or fresh Pico de Gallo, hot sauce or Cholula, low sugar steak sauce, chili paste, herb pastes, tomato paste, tomato sauce, yellow or Dijon mustard, low sodium broth, Worcestershire sauce, fat free cooking spray

Misc – salt, nutritional yeast, dry herbs, spices, coffee, tea, vanilla and almond extract

Female Carbs/Starch

- Barley $\frac{3}{4}$ c
- Beans (black organic beans are perfect) $\frac{3}{4}$ c
- Black-eyed Peas $\frac{3}{4}$ c
- Corn Tortillas (Food for Life brand is best) 2 or 3
- Cream of Wheat/Rice or Rye (from box) 1 serving
- Ezekiel bread (hamburger buns, hot dog, bread, made by Food for Life) 1 serving
- Kashi Cereal (6 grams sugar or less) $\frac{3}{4}$ c
- Lentils $\frac{3}{4}$ c
- Oatmeal (minute oats, NO packaged oatmeal!) 1 serving
- Pasta (whole wheat – prefer Ezekiel brand) 1 c
- Peas $\frac{3}{4}$ c
- Pita Bread (low carb) Kroger's (Joseph's pita bread is a great brand or Ezekiel) 1 serving
- Potato (white, only occasionally) 5 oz
- Rice (brown only) $\frac{3}{4}$ c
- Rice Cakes (lightly salted or salt free) 3
- Sweet Potato or Yam 4-6 oz
- Tortilla (low carb wheat, prefer Food for Life brand) 1 serving
- Couscous
- Always check the package for serving size!**

Male Carbs/Starch

- Barley 1 $\frac{1}{2}$ c
- Beans 1 $\frac{1}{2}$ c
- Black-eyed Peas 1 $\frac{1}{2}$ c
- Corn Tortillas (Food for Life brand is best) 4 or 5

Cream of Wheat/Rice or Rye (from box) 2 serving

Ezekiel bread (hamburger buns, hot dog, bread, made by Food for Life) 2 slices

Couscous

Flatbread (Carbdown) Walmart 1 serving
Lentils 1 ½ c
Oatmeal (minute oats, NO packaged oatmeal!) 2 servings (1 cup)
Pasta (whole wheat – prefer Ezekiel brand) 2 c (cooked)
Peas 1 ½ c
Pita Bread (low carb or Ezekiel) Kroger's (Joseph's pita bread is a great brand) 1 serving
Potato (white, only occasionally) 7-8 oz
Rice (brown only) 1 ½ c
Rice Cakes (lightly salted, salt free) 4
Sweet Potato or Yam 7-8 oz
Tortilla (low carb wheat, prefer Food for Life brand) 2 serving
*** Always check the package for serving size!**

Female “Small Meal” Option

- 4 small squares of homemade protein bars (carrot)
- ½ Low carb flat bread or ½ low carb pita (Joseph's Pita or Food for Life are great brand) with 4 oz. lean meat (no deli meats – real turkey or chicken)
- Low carb or sugar free vanilla yogurt (Kroger – Carb Master or One Carb – 3 g sugar – Check labels) or Greek yogurt with cinnamon & no-cal sweetner or natural sweetner + blueberries or raspberries
- 1 c fat free cottage cheese + 1 tbsp. sugar free jelly **OR** cinnamon & no-cal or natural sweetner
- 1 protein shake (low carb, low sugar and lactose free) with either water or unsweetened almond milk
- 3 oz. lean meat with 3 rice cakes (lightly salted or plain)
- 4 oz. lean meat with a 4 oz. sweet potato **OR** 2/3 c brown rice
- 4 oz. lean meat or ½ cup fat free cottage cheese (cinnamon & no-cal sweetner or natural sweetner) with 2 homemade protein bars (carrot cake)

Male “Small Meal” Option

- 1 serving Low carb flat bread or 1 low carb pita (Joseph's Pita or Food for Life are great brand) with 8 oz. lean meat (no deli meats – real turkey or chicken)
- Low carb or sugar free vanilla yogurt (Kroger – Carb Master or One Carb – 3 g sugar – Check labels) with cinnamon & Splenda + blueberries or raspberries and 1 plain rice cake with a tbsp of natural peanut butter
- 1 ½ c of Kashi Cereal (dry) and 2 pieces of low fat string cheese **OR** 2 pieces low fat string cheese and an apple

- 1 c fat free cottage cheese + 1 tbsp. sugar free jelly **OR** cinnamon & Splenda and 2 plain rice cakes with a tbsp of natural peanut butter
- 1 Lean Body Shake (Labrada Nutrition) + Skim Milk and ice (may add diet soda to taste like a float)
- 8 oz. lean meat with 3 lightly salted or plain rice cakes
- 8 oz. lean meat with a 6 oz. sweet potato **OR** 1 c brown rice
- 6 oz. lean meat with 4 small homemade protein bar squares (carrot cake or chocolate)