

## The Jamie Eason LiveFit Trainer “Approved Foods” List

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

**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

**Grains** – rice, farro, quinoa, barley, spelt berries, whole wheat pasta, rice pasta, quinoa pasta

**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, peach, pear, raspberry, apricot, blackberry, blueberry, grape, cherry, mango, nectarine, guava
- acid (high water content, low cal): blackberry, orange, passionfruit, strawberry, tangerine, tomato, grapefruit, pineapple
- sweet (more calorie & nutrient dense; these are to be used before a workout because they are more insulin-responsive): banana, date, fig, persimmon, carob, plaintain

### **Vegetables** –

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

**Beans** – pinto, cranberry, chickpea, kidney, adzuki, mung, white beans, black-eyed peas, navy, mung pasta

**Superfoods** – spirulina, chia, flax

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

**Fermented** – saurkraut, tempeh, apple cider vinegar, balsamic vinegar, champagne vinegar, red wine vinegar, white vinegar, rice vinegar

**Misc** – salt, nutritional yeast, dry herbs, spices, coffee, tea, vanilla

## **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

- **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

Flatbread (Carbdown) Walmart 1 serving  
 Kashi Cereal (6 grams sugar or less) 1 ½ c  
 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 sweetener or natural sweetener + blueberries or raspberries
- 1 serving of Kashi Cereal (less than 6 g of sugar) with unsweetened almond milk
- 1 serving of Kashi Cereal (dry) and one piece of low fat string cheese **OR** 2 pieces of low fat string cheese and an apple
- 1 c fat free cottage cheese + 1 tbsp. sugar free jelly **OR** cinnamon & no-cal or natural sweetener
- 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 sweetener or natural sweetener) 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)