



VEGGIES

Kale, Watercress, Collard Greens, Spinach, Brussels Sprouts (5), Broccoli, Asparagus (10), Beets (2), Tomatoes (2), Tomatilloe (3), Pumpkin, Squash (summer, winter, or chayote), Sting beans, Peppers, Pablano Chilies, Banana Peppers (3), Carrots (10 baby), Cauliflower, Artichokes (1/2 large), Eggplant (1/2), Okra, Cactus, Jicama, Snow Peas, Cabbage, Cucumbers, Celery, Lettuce, Mushrooms, Radish, Onions, Sprouts.

FRUITS

Raspberries, Blueberries, Blackberries, Strawberries, Pomegranate (1), Guava (2), Starfruit (2), Watermelon, Cantaloupe, Orange (1), Bitter Orange (1), Tangerine (2), Apple (1), Apricots (4), Grapefruit (1/2), Cherries, Grapes, Kiwi (2), Mango, Peach (1), Nectarine (1), Pear (1), Pineapple (1), Banana (1/2 regular, dwarf red or green), Papaya, Figs (2), Honeydew Melon, Mamey (1/2), Tamarind (1/4 cup), Salsa, Plain tomato

PROTEINS

Sardines (7), Boneless or skinless chicken or turkey breast, Duck Breast, Squab, Goat, Ground turkey or chicken, Fish (catfish, tilapia, trout, cod, salmon, halibut, tuna, mahi-mahi), Game chopped or ground (bison, ostrich, venison, rabbit), Eggs (2 large whole or 8 whites), 1% Plain Greek yogurt, 2% Plain yogurt, Octopus, Squid, Shrimp, Crab, Lobster, Clams, Extra lean red meat (cooked or ground), Shakeology, Tripe (6 oz.), Tempeh, Tofu, Pork tenderloin, Canned tuna, low sodium fat free turkey or ham slices (6), light ricotta cheese, 2% cottage cheese, Protein powder 1.5 scoops (42 grams), Veggie burger, Turkey bacon (4).

CARBS

Sweet potatoes, Yams, Plantains (1/2), Quinoa, Beans (kidney, black, garbanzo, white, lima, etc. cooked), Lentils, Edamame, Peas, non-fat refried beans, Brown rice, Wild rice, Potato (mashed or 1/2), Corn on the cob (1), Amaranth, Millet, Buckwheat, Barley, Bulgar, Oatmeal (rolled or steel cut), Whole grain pasta, Whole grain Couscous, Whole grain crackers (8 small), Whole grain cereal, 1 slice whole grain bread, Whole grain Pita bread (1 small), 1 Whole grain waffle, 1 small whole grain pancake, 1/2 whole grain English muffin, 1/2 whole grain bagel, 1 small whole wheat tortilla, 2 small corn tortillas, masa flour or cornmeal (1/4 cup), Hominy, Cassava (yuca - 2 oz.)

HEALTHY FATS

Avocado mashed or 1/4, 12 whole almonds, 8 whole cashews, 14 whole peanuts, 20 whole pistachios, 10 pecan halves, 8 walnut halves, Hummus, Coconut milk, Crumbled feta, Crumbled goat cheese, Low moisture shredded mozzarella, Shredded Cheddar, Shredded provolone, Shredded Monterey Jack, shredded Parmesan, Cotija Cheese, Oaxaca Cheese, Queso Fresco.

SEEDS: DRESSINGS

Raw Nuts, Raw pumpkin seed, Raw sunflower seeds, Raw Sesame Seeds, Ground Flaxseed, Chia Seeds (4 tsp), 10 Medium olives, Chopped nuts, Unsweetened shredded coconut, The Master's Salad Dressing Recipes (see page 48 of the Master's Hammer and Chisel Guide).

OILS: BUTTERS

Extra Virgin Olive oil, extra virgin coconut oil, Flaxseed oil, Walnut oil, Pumpkin seed oil, Nut Butters (peanut, almond, cashew, etc.), Seed Butters (pumpkin, sunflower, etc.).

FREEBIES

Water, Coffee & Tea, Lemon/Lime Juice, Vinegars, Mustard, Herbs (fresh & dry), Spices (not SALT), Garlic, Ginger, Green Onion, hot sauce (Tobasco or Mexican only), Chile varieties, Pure flavor extracts, cinnamon, nutmeg, cloves, etc.