# Master Food List

## Proteins
- Chicken Breast
- Turkey Breast
- Lean Ground Turkey
- Top Round Steak
- Crab
- Top Sirloin Steak
- Lean Ground Beef
- Lean Ham
- Wild Game Meats
- Lobster
- Shrimp
- Tuna
- Swordfish
- Beans
- Tilapia
- Egg Whites or Substitutes
- Low-fat Cottage Cheese
- Textured Vegetable Protein
- Soy (Tofu/Tempeh)
- Veggie Burgers

## Carbs
- Baked Potato
- Sweet Potato
- Yams
- Squash
- Corn
- Brown Rice
- Wild Rice
- Pasta
- Oatmeal
- Rice Cakes
- High-fiber Cereal
- Popcorn
- Tortillas
- Fat-free Yogurt
- Apples
- Oranges
- Whole Grain Breads

## Veggies
- Broccoli
- Asparagus
- Lettuce
- Carrots
- Cauliflower
- Green Beans
- Green Peppers
- Spinach
- Tomatoes
- Peas
- Onions
- Brussel Sprouts
- Artichokes
- Cabbage
- Celery
- Zucchini
- Cucumbers

## Fats
- Avocado
- Sunflower Seeds
- Pumpkin Seeds
- Cold Water Fish
- Low-fat Cheese
- Low-sodium Nuts
- Olives
- Olive Oil
- Sunflower Oil
- Flaxseed Oil
- Canola Oil
- Low-fat Salad Dressings
- Natural Peanut Butter
- AVOID (SATURATED):
  - Butter
  - Mayonnaise
  - Fried Foods
  - Whole-fat Dairy Products

## Meal Timing

### Breakfast
- Within 1 hour of waking
- 1 Protein and 1 Carb

### Snack
- 2.5-3 hours after breakfast
- 1 Protein and 1 Carb
  (or Protein Shake)

### Lunch
- 2.5-3 hours after snack
- 1 Protein, 1 Carb, 1 Vegetable

### Snack
- 2.5-3 hours after lunch
- 1 Protein and 1 Carb
  (or Protein Shake)

### Dinner
- 2.5-3 hours after snack
- 1 Protein and 2 Vegetables

### Snack
- 2.5-3 hours after dinner
- 1 Protein and 1 Vegetable
  (or Protein Shake)

# Muscle Metabolism Fat