

TRAIN

LIKE A COMPETITOR

MEMBERSHIP

FOOD EXCHANGE LIST

LOW CARB VEGETABLES

- spinach
- kale
- broccoli
- cauliflower
- bell peppers
- zucchini
- carrots
- asparagus
- kimchee
- cucumbers
- mixed greens

- cucumbers
- onions
- garlic
- dried and or fresh herbs
- sweet potatoes
- beets
- butternut squash
- celery
- tomatoes
- eggplant

FRUITS

- avocados
- fresh blueberries, strawberries, blackberries, or raspberries (You can buy them frozen to save money.)

- pomegranate
- grapes (green or red)
- bananas
- cherries
- papaya, and kiwi

DAIRY (limit), EGGS, MISC

- eggs (preferably pasture- raised)
- kefir
- coconut yogurt
- almond milk yogurt
- organic Greek yogurt
- organic low/fat free cheeses

MEAT, FISH, VEGETARIAN PROTEINS

- organic chicken breasts
- wild caught salmon
- wild caught cod, flounder, halibut
- tempeh
- plant based or whey protein

- shellfish such as shrimp or scallops
- ground turkey or grass-fed beef or pork
- vegetarian protein sources such as extra-firm tofu

BEANS, LEGUMES, GRAINS, ROOT VEGETABLES

- canned beans such as garbanzo beans, black beans, or kidney beans
- canned or dried lentils
- quinoa

- wild or black rice
- sweet potato
- parsnips
- turnips
- beets

FATS, OILS

- virgin olive oil
- avocado oil
- coconut oil
- tahini
- hummus

NUTS, NUT BUTTERS

- almonds
- pumpkin seeds
- almond butter
- cashews
- cashew butter
- macadamia

- walnuts
- pistachios
- pecan
- ground flaxseeds
- brazil nut
- hazelnut

CONDIMENTS

- apple cider vinegar
- balsamic vinegar
- agave nectar
- hot sauce
- coconut aminos
- low sugar marinades

- salsa
- mustard
- vanilla extract
- salt and pepper
- stevia or truvia
- low fat organic mayo

SPICES

- turmeric
- ginger
- cinnamon
- red pepper flakes
- garlic powder

- nutmeg
- pink sea salt
- paprika
- curry powder
- chili powder
- vanilla

MISCELLANEOUS

- chicken or beef bone broth
- aluminum free baking powder
- baking soda
- organic chocolate 70-80%, cacao nibs
- sun-dried tomatoes

SNACKS

- organic chocolate 70-80%, cacao nibs
- unsweetened dried fruits like raisins, figs, mango, or apple rings
- coconut flakes
- edamame

- green smoothies (homemade, low sugar)
- kale chips
- gluten free pretzels
- gluten/grain free granola
- tofu
- seaweed sheets

BEVERAGES

- pH 9+ water (recommend 64-120 ounces)
- hot or iced green tea
- herbal teas such as peppermint, hibiscus, and ginger
- sparkling water
- kombucha
- coffee (organic)
- red wine