**Animal-Based Protein Sources:**

While individual needs will depend on age, sex, and level of physical activity, a good rule of thumb is 1.4-2.0 grams of protein per kg of bodyweight.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Chicken breast and thighs** |  | **Cod** |  | **Eggs** |
|  | **Turkey breast and thighs** |  | **Salmon** |  | **Yogurt** [opt for Greek] |
|  | **Lean cuts of beef** |  | **Trout** |  | **Cottage Cheese** |
|  | **Lamb** |  | **Scallops** |  | **Feta** |

**Fruits:**

If **weight loss** is your goal, use fruit more sparingly & consume more green leafy vegetables. Fruits that are lower in calories but loaded with **nutrients** include *blueberries, strawberries, blackberries, apples, watermelon, prunes, & grapefruit*. Fruit higher in carbohydrates needed for those exercising intensely include bananas, mangos, papaya, rockmelon, and pineapple.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Apples** |  | **Kiwi** |  | **Prunes** |
|  | **Apricots** |  | **Lemons** |  | **Raspberries** |
|  | **Bananas** |  | **Limes** |  | **Rockmelon** |
|  | **Blueberries** |  | **Oranges** |  | **Strawberries** |
|  | **Cranberries** |  | **Papaya** |  | **Tomatoes** |
|  | **Figs** |  | **Pears** |  | **Watermelon** |
|  | **Grapefruit** |  | **Pineapple** |  |  |
|  | **Grapes** |  | **Plums** |  |  |

**Vegetables:**

For those requiring a **higher energy** intake, sweet potatoes, onions, beets, & avocados are excellent choices. Also, incorporate spices, herbs, mushrooms, garlic, and lemon into your cooking for maximal flavor and no calories. Green leafy vegetables offer both water- & fat-soluble vitamins that your body needs to thrive.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Asparagus** |  | **Celery** |  | **Lettuce** |
|  | **Avocados** |  | **Corn** |  | **Mushrooms** |
|  | **Beetroot** |  | **Cucumbers** |  | **Olives** |
|  | **Broccoli** |  | **Eggplant** |  | **Onions** |
|  | **Brussel sprouts** |  | **Garlic** |  | **Parsnips** |
|  | **Cabbage** |  | **Green Beans** |  | **Potatoes** |
|  | **Capsicum** |  | **Green Peas** |  | **Spinach** |
|  | **Carrots** |  | **Kale** |  | **Squash** |
|  | **Cauliflower** |  | **Leeks** |  | **Sweet Potatoes** |

**Grains, Nuts, Seeds, and Legumes:**

While grains, nuts, & seeds are high in heart-healthy poly- and mono-unsaturated fats, fibre, minerals, & protein, those who are seeking weight loss need to consume grains in smaller portions.

Grains:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Barley** |  | **Brown Rice** |  | **Buckwheat** |
|  | **Millet** |  | **Oats** |  | **Quinoa** |
|  | **Rye** |  | **Whole Wheat** |  |  |

Nuts, Seeds, and Legumes:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Almonds** |  | **Cashews** |  | **Flaxseeds** |
|  | **Pumpkin Seeds** |  | **Sesame Seeds** |  | **Walnuts** |
|  | **Black Beans** |  | **Dried Peas** |  | **Black Beans** |
|  | **Chic Peas** |  | **Kidney Beans** |  | **Lentils** |
|  | **Tofu** |  | **Pinto Beans** |  | **Navy Beans** |