

# BODY**FOR**LIFE

POWERED BY *EAS*®

## BFL APPROVED FOODS LIST

### **Protein**

Chicken breast  
Turkey breast  
Lean ground turkey  
Swordfish  
Orange roughy  
Haddock  
Salmon  
Tuna  
Crab  
Lobster  
Shrimp  
Top round steak  
Top sirloin steak  
Lean ground beef  
Buffalo  
Lean ham  
Egg whites or substitutes  
Trout  
Low-fat cottage cheese  
Wild-game meat  
Turkey Bacon

### **Complex Carbohydrates**

Potato  
Sweet potato  
Yams  
Squash  
Pumpkin  
Steamed brown rice  
Steamed wild rice  
Lentils  
Couscous  
Kashi  
Bulgur  
Whole-wheat pasta  
Oatmeal  
Barley  
Beans (black, kidney)  
Corn  
Strawberries  
Melon  
Apple  
Orange  
Fat-free yogurt  
Fat-free milk  
Whole-wheat bread

High-fiber cereal  
Whole-wheat tortilla  
Whole-wheat pita bread  
Whole grains

### **Vegetables**

Broccoli  
Asparagus  
Lettuce  
Carrots  
Cauliflower  
Green beans  
Green peppers  
Mushrooms  
Spinach  
Tomato  
Peas  
Brussels sprouts  
Artichoke  
Cabbage  
Celery  
Zucchini  
Cucumber  
Onion

### **Vegetable Proteins**

Tempeh  
Seitan  
Tofu  
Texturized vegetable protein  
Soy foods  
Veggie burgers

### **Healthy Fats**

Avocado  
Sunflower seeds  
Pumpkin seeds  
Cold-water fish  
Natural peanut butter  
Low-fat cheese  
Low-sodium nuts  
Olives and olive oil  
Safflower oil  
Canola oil  
Sunflower oil  
Flax seed oil

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## **What Not to Eat on Body-for-LIFE (except on your Free Day)**

### **Protein**

Pork bacon

Deep-fried meat such as fried chicken, chicken fingers, fish sticks, Buffalo wings, etc.

Hamburgers and fatty cuts of beef

Hot dogs

### **Simple Carbs**

Cookies

Cake

White rice

White bread

Crackers

Candy

French Fries

Chips

Doughnuts

Soda

### **Unhealthy Fats**

Butter

Lard

Mayonnaise

Coconut oil

Cream-based sauces

Full-fat dairy products