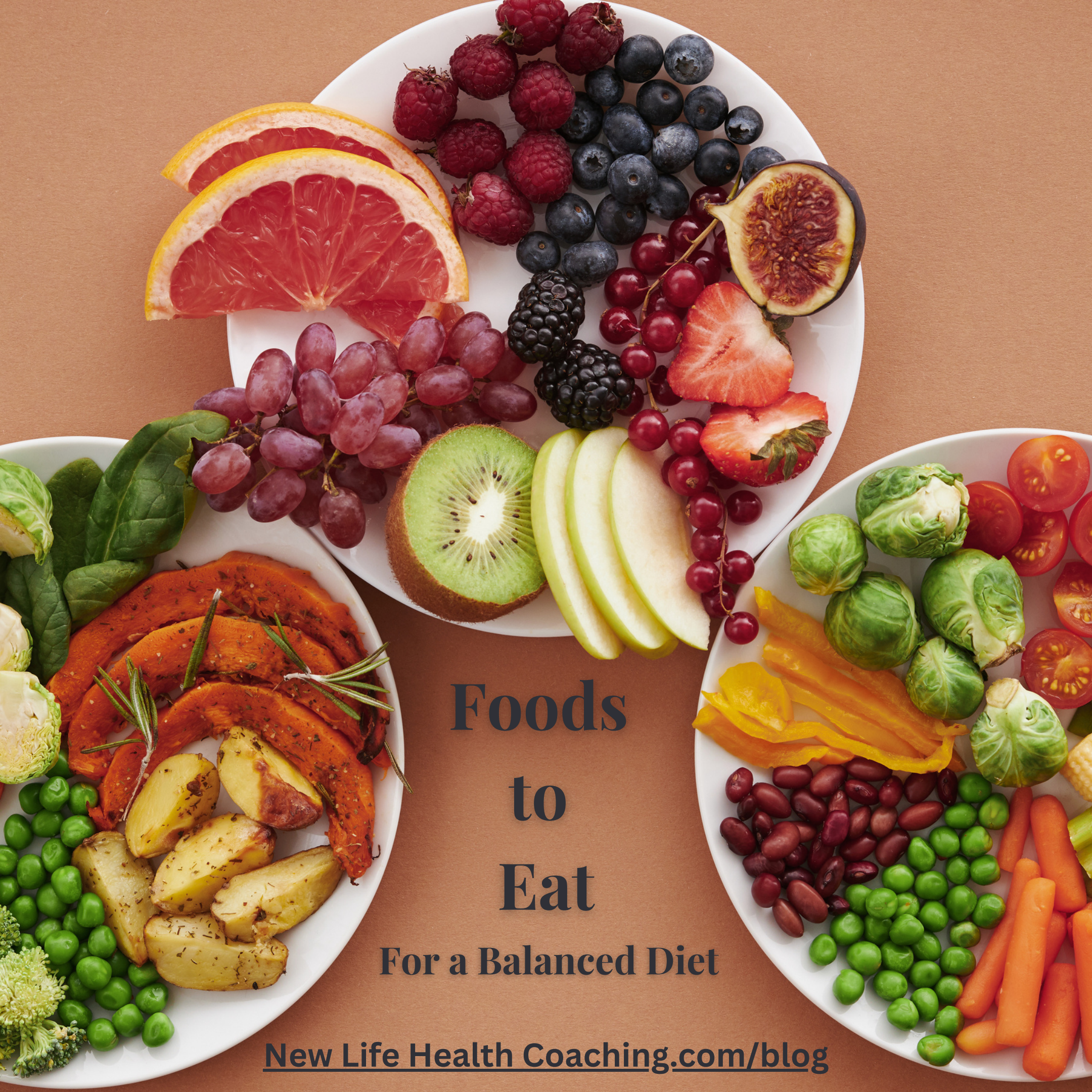




Foods to Eat

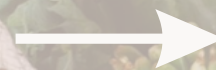
For a Balanced Diet

[New Life Health Coaching.com/blog](http://NewLifeHealthCoaching.com/blog)



Non-Starchy Vegetables

- Asparagus
- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cucumber
- Eggplant
- Green beans
- Snow peas
- Snap peas
- Bell peppers
- Mushrooms
- Zucchini
- Yellow squash
- Spaghetti squash
- Leafy greens like kale, spinach, collards, arugula & lettuce



Lean protein

- **Chicken**
- **Turkey**
- **Eggs**
- **Fish like salmon, cod, tilapia, tuna, or sardines**
- **Shellfish like shrimp, mussels, clams, or scallops**
- **Lean beef cuts like sirloin, flank, chuck, or tenderloin**
- **Lean pork cuts like center loin chop or tenderloin**
- **Greek yogurt**
- **Cheese**
- **Cottage cheese**
- **Tofu & tempeh**
- **Edamame**
- **Nuts/nut butter**



Carbohydrates

- Sweet potato
- Potato
- Parsnips
- Corn
- Acorn squash
- Butternut squash
- Green peas
- Plantains
- Pumpkin
- Brown rice
- Quinoa
- Oats/oatmeal
- Buckwheat
- Millet
- Beans & legumes
- Fruit & dried fruit
- Products made with whole grains like bread, tortillas, crackers & pasta

