

Food List for Best Results

*While there is NO diet with my program, this list will help you make better choices when starting to **slowly** change your meals. You can continue to use these as you adapt to your new style of eating.*

Green Foods

Feel Fuller Longer!

Green is the healthiest food category and is full of the least calorie-dense foods like fruits, vegetables, and whole grains. They are high in water and nutrients, they fill you up with a lower number of calories, and there's no guilt in eating Green list foods as the bulk of your diet.

- Apple
- Banana
- Blueberries
- Bread (whole grain)
- Broccoli
- Brussels Sprouts
- Carrots
- Cereal (whole grain)
- Cheese, non-fat (cottage, feta, etc)
- Cherries
- Coffee (black, 1% milk)
- Condiments (not creamy)
- Corn
- Cucumbers
- Egg Whites
- Green Beans
- Lettuce
- Milk (skim, almond, cashew)
- Oatmeal
- Onion
- Peas
- Pita (whole grain)
- Pasta (whole grain)
- Polenta
- Potatoes
- Rice (brown)
- Peaches
- Pineapple
- Salad Greens
- Soups (vegetable, miso, etc)
- Spinach
- Strawberries
- Sweet potatoes
- Tortilla (whole grain)
- Tofu
- Tomato
- Watermelon
- Yogurt (Greek, non-fat)
- Zucchini

Yellow Foods

Yellow foods are generally more calorie-dense and have less nutrition per serving than those on the Green food list. The yellow food list has a lot of lean meats, starches, and the carbs that didn't make the cut for the Green list, like white pasta and white rice. That's OK, though, because you'll be encouraged to incorporate these yellow foods in moderation.

Here are popular items from Yellow food list:

- Avocados
- Beans (baked, black, chickpeas)
- Beer
- Bread (white)
- Cheese (low-fat, cottage)
- Chicken (grilled)
- Couscous
- Cottage cheese (low-fat)
- Deli Meats
- Eggs (scrambled, boiled, etc)
- English muffins
- Fish (salmon, cod, tilapia)
- Guacamole
- Hummus
- Legumes
- Meat, lean (beef, pork, lamb)
- Milk (low-fat, 2%)
- Rice (white)
- Pasta (white)
- Peas
- Pita bread
- Potatoes (mashed)
- Protein powder
- Olives
- Quinoa
- Quiche
- Seitan
- Salmon
- Soda (diet)
- Tempeh
- Turkey (breast, sausage)
- Yogurt (Greek)

Red Foods

Red doesn't quite mean, "Stop!", but these are the most calorie-dense and least healthy foods. That means you would need to eat more of these Red foods to fill you up, and you should eat them less frequently and in smaller portions.

Foods on the Red list include red meats, processed foods, desserts, and wine. You can totally have wine, just not a whole bottle with dinner, well sometimes since life is life 😊.

While no foods are forbidden, think of foods on the Red food list something to enjoy in moderation. Eat and drink it slowly, and tell yourself it's just food, not a treat, to maintain a healthy relationship with this food. It's not "bad" it's just not in your best interest if you eat too much.

Here are popular foods on the Red food List:

- Bacon
 - Butter
 - Cake
 - Cheese (full-fat)
 - Chocolate
 - Cookies
 - Energy/snack bars
 - Flour
 - French fries
 - Fruit, dried (raisins, etc)
 - Ham
 - Hamburgers
 - Honey
 - Hot dogs
 - Mayonnaise
 - Meat, red (beef, pork, lamb)
 - Meat, fried
 - Milk (Whole)
 - Nuts
 - Oils
 - Orange Juice
 - Pancakes
 - Peanut butter
 - Pizza
 - Popcorn
 - Potato chips
 - Pretzels
 - Salad Dressing (creamy)
 - Salami
 - Sausage
 - Seeds
 - Sugar
 - Wine
 - Yogurt (full-fat)
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How Much of Each?



■ Green 30% ■ Red 25% ■ Yellow 45%