



# Health Beet

## Portion Plan Food List

Protein	Grains	Fruits	Vegetables	Condiments
chicken	brown rice	apple	sweet potatoes	olive oil
beans	bagels	all-fruit jam	asparagus	balsamic vinegar
cheese	barley	apricot	avocado	coconut oil
cottage cheese	bread	bananas	bell peppers	cream cheese
edamame	muffins	berries	broccoli	hot sauce
egg whites	oatmeal	blackberries	brussels sprouts	mustard
eggs	pancake mix	blueberries	carrots	salad dressings
feat cheese	pasta	cantaloupe	cauliflower	sour cream
fish	popcorn	cherries	cucumbers	syrup
greek yogurt	pretzels	grapefruit	green beans	
ground beef	quinoa	grapes	kale	
ground turkey	tortillas	honeydew	lettuce	
hummus	waffles	kiwi	mushrooms	
nut and seed butters	wraps	mandarin oranges	russet potatoes	
nuts		mango	spinach	
pork tenderloin		oranges	squash	
protein powder		pear	zucchini	
refried beans		plums		
roast		strawberries		
salmon		watermelon		
seeds				
steak				
string cheese				
tofu				
tuna				
turkey				
turkey bacon				

