

FOOD LIST



Fruit One

Banana, 1/2
Blackberries, 3/4 cup
Blueberries, 3/4 cup
Boysenberries, 1 cup
Raspberries, 1 cup
Strawberries, sliced, 1 cup

Fruit Two

Apple, 1 medium
Grapefruit, 1/2 large
Grapes, 1 cup
Kale, 1 medium
Mango, 1/2 small
Melon, 1 cup
Nectarine, 1 medium
Orange, 1 medium
Papaya, 1/2 small
Pear, 1 medium
Peach, 1 medium
Pineapple, 1 cup
Plums, 2 small
Tangerines, 2 small

Salad

Endive
Lettuce (any except iceberg)
Spinach

Select Ingredient One

Arugula
Celery
Chopped green onions
Cucumber
Parsley

Select Ingredient Two

Asparagus
Bell pepper
Broccoli
Carrot
Cauliflower
Green string beans
Mushrooms
Radish

Leafy Green Vegetable

Bok choy
Brussels sprouts
Cabbage
Chard
Collard
Kale



Grain

Cereal (less than 7 g of
sugar per serving)
Oatmeal, (cooked) 3/4 cup
Whole-grain bread
(no enriched flour), 1 slice
Flourless bread, 1 slice

Meat

Chicken breast (skinned)
Fish
Lean lamb
Lean steak
Pork tenderloin
Turkey

Meat Substitute

Beans, lentils, or legumes
(cooked), 3/4 cup
Hummus, 1/4 cup
Egg whites, 6
Egg substitute (plain), 3/4 cup
Cottage cheese (nonfat), 1/2 cup
Low-fat cheese, 3 slices
Plain yogurt (nonfat), 1 cup
Veggie burger (less than 5 g
of fat per serving)

Tofu
Tempeh
Seitan

Fat One

Ground flaxseed
(recommended), 1 Tbsp.
Flaxseed oil
(capsule okay), 1 Tbsp.
Fish oil (capsule okay)
Any omega-3 supplement
Olive or canola oil, 1 Tbsp.
Safflower, borage, flax,
evening primrose, sunflower, or
hemp oil, 1 Tbsp.

Fat Two

Olives, 16
Avocado, 1/4
Peanut or almond butter, 1 Tbsp.
Almonds, peanuts, or walnuts,
2 Tbsps. (1/8 cup, raw)
Sunflower, sesame, or pumpkin
seeds, 2 Tbsps. (1/8 cup, raw)

Slim In 6 Food Guide

Wenbin Ji



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