



## Post-Jumpstart

# Foods We Love

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This is not a comprehensive list of foods, but the foods on this list are a safe bet! Remember to follow the portion guideline on the previous page.

## Lean Proteins 4-6 oz

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Beans (fresh or canned)* Ex: Black, lima, kidney, navy, pinto, soy, garbanzo, etc.	Edamame Pasta Eggs Fish Greek Yogurt (1 C) Protein Powder (Xyngular Lean) Shellfish	Soybean Pasta Tofu Tuna Turkey Turkey Bacon (2 slices) Turkey Sausage (2 links) *Limit once per day.
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**Pro Tip:** Prepackaged proteins like deli and processed meats typically contain high levels of sodium. Always choose nitrate free and/or low sodium options when possible.

## Non-Starchy Vegetables 1-2 C

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Alfalfa Sprouts Artichokes Arugula Asparagus Bell Peppers Broccoli Brussels Sprouts Cabbage Carrots Cauliflower	Celery Chili Peppers Collard Greens Cucumbers Eggplant Green Beans Kale Leeks Lettuce Mushrooms	Mustard Greens Okra Onion Radishes Scallion Spinach Turnips Watercress Zucchini
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## Healthy Fats 1Tbs

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Almonds (unsalted) Avocado (1/2 fruit) Avocado Oil Cheese Chia Seeds Coconut Oil	Flax Seeds Grapeseed Oil Macadamia Nuts (unsalted) Natural Almond Butter Natural Peanut Butter Olive Oil	Peanuts (unsalted) Pecans (unsalted) Pumpkin Seeds (unsalted) Sesame Oil Sunflower Oil Walnuts (unsalted)
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## Drinks 8 oz

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Black Coffee\*  
Black Tea\*  
Infused Water

Ex: Lemon, lime, mint,  
ginger, cucumber

Sparkling Water (flavored and  
unflavored)  
Unsweetened Almond Milk  
Unsweetened Cashew Milk

\*Monitor caffeine intake.

## Condiments

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Apple Cider Vinegar  
Balsamic Vinegar  
Dijon Mustard  
Hot Sauce (low sodium)

Mayonnaise  
Lemon Juice  
Lime Juice  
Red Wine Vinegar

Salsa (low sodium)  
Seasonings & Spices  
(fresh and dried)  
White Wine Vinegar

**Pro Tip:** Check your spices for low sodium labels.

## Snacks

Serving Per Snack: 1/2 Cup

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Almonds (unsalted)  
Avocado  
Cheese  
Cottage Cheese  
Dill Pickle (low sodium)  
Edamame  
Eggs  
Grilled Chicken

Hummus  
Kale Chips  
Macadamia Nuts (unsalted)  
Microwavable Popcorn  
Olives  
Parmesan Crisps  
Peanuts (unsalted)  
Peanut Butter and Celery

Pecans (unsalted)  
Pumpkin Seeds (unsalted)  
Sunflower Seeds (unsalted)  
Turkey Breast  
Turkey and Cheese Rollups  
Vegetables  
Walnuts (unsalted)

## Fruits\*

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Blackberries  
Blueberries  
Cantaloupe

Honeydew  
Peaches  
Raspberries

Strawberries  
Tomatoes  
Watermelon

\*Fruit is higher in sugar. Limit your serving to 1 C a few times a week.

## Food to Avoid

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Alcohol  
Bagels  
Canned Fruit with Syrup  
Crackers  
Cookies  
Donuts  
English Muffins  
Flour Tortillas  
Fried Foods

Fruit Juice  
High-Fat Foods  
Ex: Deli meat, margarine  
High-Sodium Foods  
Ex: Pork (bacon, sausage, salami)  
Pies  
Potato Chips  
Pre-Packaged Dinner Mixes  
Soda (including diet soda)

Sugar-Sweetened Beverages  
Sugar-Sweetened Dried Fruit  
Sweetened Breakfast Cereal  
Sweetened Oatmeal  
Vegetable Juice  
Vegetable Oil  
White Bread  
White Pasta

