




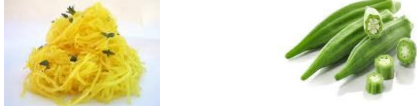











Sources of Healthy Fats, Lean Proteins and Non-starchy Vegetables

Healthy Fats	Lean Proteins	Non-starchy Vegetables Serving = 5 grams or less of total carbohydrates
 <p>½ avocado</p>	 <p>4 oz turkey</p>	 <p>1 cup sliced cucumber 1 cup kale</p>
 <p>5 olives</p>	 <p>4-6 oz salmon</p>	 <p>½ cup spaghetti squash 1 cup okra</p>
 <p>2 tbsp extra virgin olive oil</p>	 <p>2 eggs *limit yolk intake to 3-4 per week</p>	 <p>8 spears of asparagus 1 cup sliced peppers ½ cup brussel sprouts</p>
 <p>¼ cup of unsalted nuts</p>	 <p>4 oz white meat chicken</p>	 <p>1 cup whole snow peas 1 cup sliced mushrooms</p>
 <p>2 tbsp flax seeds</p>	 <p>1 cup cooked tofu</p>	 <p>1 cup cauliflower 1 cup eggplant</p>