



Fit Moms for Life

Vegetables

Alfalfa sprouts	Green beans
Asparagus	Kale
Beets	Lettuce greens
Bell peppers	Mushrooms
Broccoli	Mustard greens
Brussel sprouts	Onions
Cabbage	Parsnips
Carrots	Peas
Cauliflower	Pumpkin
Celery	Spinach
Collard greens	Squash
Corn	Sweet potatoes
Cucumbers	Swiss chard
Eggplant	Tomatoes
Garlic	Zucchini

Fruit

Apples
Apricots, dried
Bananas
Blueberries
Cantaloupe
Cherries
Cranberries
Dates
Grapefruit
Grapes
Honeydew
Kiwi/fruit

Lemons/Limes
Mango
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranates
Prunes
Raisins
Raspberries
Strawberries

Grains/Legumes

Barley
Brown rice
Buckwheat
Millet
Oats
Pasta, whole grain
Quinoa
Rye
Spelt
Whole wheat
Dried beans/Peas

Protein

Cod
Halibut
Salmon, Alaskan
Sardines
Tuna, tongol
Beef, grass fed
Chicken/Turkey
Lamb
Venison
Rice protein powder
Whey protein powder
Eggs, omega 3

Dairy, skim/lofat:
-milk, cow's/goat's
-yogurt/kefir, plain
-cheese/cot. cheese

Fats

Almonds
Almond butter
Avocados
Cashews
Coconut oil, virgin
Flaxseeds
Olives
Peanut butter
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini
Walnuts

Herbs & Spices

Basil
Cayenne/Chili pepper

Cilantro/Parsley
Cinnamon
Cumin
Dill
Ginger
Mint
Mustard seeds
Oregano
Rosemary
Thyme
Turmeric

Natural Sweeteners

Agave nectar
Blackstrap molasses
Honey, raw
Maple syrup, pure
Xylitol/Stevia

Liquids

Tea, herbal/green
Water, purified

Eat To Live!

www.DustinMaherFitness.com