



- Cottage Cheese
- 100% Natural Cheese
- Trail Mix
- Quinoa
- Canned/Packaged Tuna in water
- Whole Wheat/Multi-Grain Breads
- Chicken Breast
- Milk
- Peanut Butter (Natural)
- Almonds/Walnuts/Pistachios/Cashews
- Carrots
- Fish
- Apples & Grapes
- Yogurt (choose natural yogurts if at all possible)
- Prunes & Dried Apricots
- Plain Yogurt
- Kefir
- Oranges
- Oatmeal
- Granola Bars
- Fish Oil Capsules
- Sunflower/Pumpkin Seeds
- Beef or Turkey Jerky
- Milk-based Protein Powder
(i.e. whey isolate/concentrate, casein)
- Sweet Potatoes
- Fresh Squeezed Fruit Juice
- Berries (fresh or frozen)
- Green Tea (bagged or loose leaf)