**Below are the foods you will be able to use throughout this program. Buy only the foods that you plan on eating.   
  
Vegetables can be and should be included in ANY meal(s) as a serving size (85g or 3oz). Vegetables will not be sourced in your program, so this will be up to you.  
  
Just remember, there are still calories in vegetables, so they need to be controlled and are NOT considered unlimited!**

|  |  |  |  |
| --- | --- | --- | --- |
| Protein Source | Carb Source | Fat Source | Vegetables |
| **Bison** | **Brown Rice** | **Almond Butter** | **Beans sprouts** |
| **Catfish** | **Couscous** | **Almonds** | **Broccoli** |
| **Chicken Breast** | **Cream of Rice** | **Avocado** | **Brussel sprouts** |
| **Cod** | **Ezekiel Bread** | **Cashews** | **Cabbage** |
| **Egg -Liquid Whites** | **Jasmine Rice** | **Coconut Oil** | **Carrots** |
| **Flank Steak** | **Oat Meal** | **MCT Oil** | **Cauliflower** |
| **Filet Mignon** | **Quinoa** | **Olive Oil** | **Celery** |
| **Flounder** | **Red Potato** | **Peanut Butter** | **Cucumber** |
| **Ground Turkey (99%)** | **White Rice** | **Pistachio** | **Fennel** |
| **Haddock** | **Yams** | **Sunflower Seeds** | **All Fresh herbs** |
| **Protein Powder** |  | **Walnuts** | **Garlic** |
| **Red Snapper** |  |  | **Green Beans** |
| **Salmon** |  |  | **Green peas** |
| **Shrimp** |  |  | **Green peppers** |
| **Tilapia** |  |  | **Kale** |
| **Top Round Steak** |  |  | **Lettuce** |
| **Tuna (in water)** |  |  | **Mushrooms** |
| **Venison** |  |  | **Okra** |
|  |  |  | **Onions** |
|  |  |  | **Turnip Greens** |
|  |  |  | **Radishes** |
|  |  |  | **Red Peppers** |
|  |  |  | **Spinach** |
|  |  |  | **Zucchini** |

**As you can see this program is not very VEGAN or VEGETARIAN friendly. If you happen to be, please email me (**[**coachvinnyrusso@gmail.com**](mailto:coachvinnyrusso@gmail.com)**) so I can manually adjust your program to meet your needs.**