Revive & Sustain
WELLNESS

**Included you will find a list of plate structure approved foods to get you started.**

## Fats

**1 oz Dark Chocolate** containing 70% Cacao and above (Contains vitamins A, B, and E as well as calcium, potassium, iron and plant-based antioxidants called flavonoids).

**Seeds** such as sunflower, pumpkin, sesame, flax and chia which feature high polyunsaturated fat.

**Nuts** such as walnuts, almonds, hazelnuts or macadamia nuts which are known for their Omega-3 fatty acids.

**Avocado** is a great source of healthy fat. An entire avocado features approximately 23 grams of largely monounsaturated fat as well as 40 percent of your recommended daily fiber.

**Nut or seed butters** such as those made from cashews, almonds, and sunflower seeds.

**Healthy oils** such as genuine extra virgin olive oil, avocado oil and coconut oil.

**Fatty fish** such as salmon, sardines, tuna, herring, mackerel, and trout.

**Full-fat yogurt** in small quantities can be a good added source of healthy fat. Plain yogurt is the healthiest since added-fruit varieties tend to have too much sugar.

**Healthy cheeses** such as mozzarella, ricotta, blue cheese, feta, cottage cheese, queso fresco, goat cheese and parmesan can be good sources of fat, protein and calcium.

**Eggs.** Most eggs contain about five grams of fat when you include both the white and yolk.

**Real butter.** This does not include margarines.

## High Fiber Starches

- Wholegrain bread
- Whole oatmeal
- Quinoa
- Brown rice
- Wholewheat pasta
- Beans and legumes
- Barley
- Almond flour pasta (homemade)

## Healthy Proteins

- Eggs
- Chicken (preferably white meat)
- Cottage cheese
- Greek yogurt
- Lentils, black beans, chickpeas and other beans and legumes
- Lean beef
- Fish
- Turkey
- Shellfish (shrimp, oysters, clams, scallops, crab, lobster)
- Bison
- Alligator
- Lamb
- Venison
- Other healthy fowl (quail, Cornish hen, duck)
- Pork tenderloin
- Chicken or turkey bacon

## Non-Starchy Fruits & Vegetables

- Artichoke
- Artichoke hearts
- Arugula
- Asparagus
- Avocadoes
- Bamboo shoots
- Beans (green, Italian, wax)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, Chinese, purple, bok choy)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Greens (collard, kale, turnip, mustard)
- Hearts of palm
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions
- Parsnips
- Peppers (mini bell, bell, jalapeno, poblano, Cubanelle, banana, cherry, fresno, serrano, thai)
- Radishes

- Salad greens (chicory, endive, lettuce, romaine, spinach, arugula, radicchio)
- Squashes (cushaw, summer, crookneck, spaghetti, zucchini)
- String beans
- Sugar snap and snow peas
- Swiss chard
- Tomatoes
- Turnips
- Water chestnuts
- Zucchini

## Fruits That Are OK in Moderation

- Apples
- Apricots
- Berries
- Cherries
- Citrus
- Figs
- Kiwi
- Melons
- Nectarines
- Peaches
- Pears
- Plums