

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

APPROVED FOOD LIST

LEAN PROTEINS

- Sole
- Flounder
- Cod
- Halibut
- Mahi-mahi
- Red snapper
- Orange ruffly (Limit, high in mercury)
- Ahi tuna (Limit, high in mercury)
- Swordfish (Limit, high in mercury)
- Tilapia
- Grouper
- Corvina
- Cobia
- White eggs
- Chicken breast
- Extra lean turkey breast
- London broil
- Top round
- Turkey
- Lamb
- Pork chops
- Game
- Bison
- Tofu
- Tempeh
- Shellfish
- Scallops

OILS (USE SPARINGLY)

- Sunflower
- Coconut
- Walnut
- Avocado
- Olive
- Grapeseed
- Pumpkin Seed

FATTY PROTEINS

- Avocado
- Coconut
- Walnut
- Cashews
- Almonds
- Nut meal/flour
- Seeds
- All natural peanut butter
- Salmon
- Sea bass
- Mackerel (Limit, high in mercury)
- Bluefish
- Trout
- Mussels
- Bluefin tuna

FLOURS

- Spelt
- Wheat
- Oat
- Chickpea
- Rice
- Quinoa

SWEETENERS

- Maple
- Coconut sugar
- Applesauce
- Birch sugar (Xylitol)
- Stevia in the Raw

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

APPROVED FOOD LIST

VEGETABLES

- Flower bud:
 - Broccoli
 - Cauliflower
 - Globe artichoke
- Seeds
 - Beans
- Leaves:
 - Kale
 - Collard greens
 - Spinach
 - Arugula
 - Beet greens
 - Chard
 - Turnip greens
 - Endive
 - Lettuce
 - Mustard greens
 - Watercress
 - Garlic chives
 - Cabbage
- Leaf sheaths
 - Leeks
- Stems:
 - Kohlrabi
- Stems of leaves:
 - Celery
 - Rhubarb
 - Lemon grass
- Stem shoots
 - Asparagus
 - Bamboo shoots
 - Ginger
- Tubers:
 - Potatoes
 - Jerusalem artichokes
 - Sweet potatoes
- Buds:
 - Brussels sprouts
 - Capers
- Whole-plant sprouts:
 - Soybean
 - Mung beans
 - Alfalfa
- Roots:
 - Carrots
 - Parsnips
 - Beets
 - Radishes
 - Rutabagas
 - Turnips
- Bulbs:
 - Onions
 - Shallots
 - Garlic
- Fruits in the botanical sense, but used as vegetables:
 - Tomatoes
 - Cucumbers
 - Squash
 - Zucchini
 - Pumpkins
 - Peppers
 - Eggplant
 - Tomatillos
 - Okra
 - Breadfruit
 - Avocado
- Legumes:
 - Green beans
 - Lentils
 - Snow peas
 - Soybean

(these are genetically modified and can hold up your weight loss)

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

APPROVED FOOD LIST

FRUITS

- Melons:
 - Honeydew
 - Cantaloupe
 - Winter melon
- Sub acid (low cal):
 - Apple
 - Papaya
 - Pear
 - Raspberry
 - Blackberry
 - Blueberry
 - Cherry
 - Mango
 - Guava
- Acid (high water content, low cal):
 - Orange
 - Passion fruit
 - Strawberry
 - Tangerine
 - Tomato
 - Grapefruit
- Sweet (more calorie & nutrient dense; these are to be used before a workout because they are more insulin-responsive):
 - Banana
 - Date
 - Fig
 - Persimmon

DAIRY

- Unsweetened almond milk
- Unsweetened rice milk
- Greek yogurt
- Cottage cheese

CONDIMENTS

- Apple cider vinegar
- Balsamic vinaigrette
- Raspberry vinaigrette
- Red wine vinegar
- White vinegar
- Rice vinegar
- Ketchup
- Reduced sodium soy sauce
- Reduced sodium teriyaki sauce
- Salsa or fresh Pico de Gallo
- Hot sauce or Cholula
- Low sugar steak sauce
- Chili paste
- Herb pastes
- Tomato paste
- Tomato sauce
- Yellow or Dijon mustard
- Low sodium broth
- Worcestershire sauce
- Fat free cooking spray

SUPERFOODS

- Spirulina
- Chia
- Flax

MISC.

- Salt
- Nutritional yeast
- Dry herbs
- Spices
- Coffee
- Tea
- Vanilla and almond extract

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

APPROVED FOOD LIST

FEMALE CARBS/STARCH

- Barley $\frac{3}{4}$ c
- Beans (black organic beans are perfect) $\frac{3}{4}$ c
- Black-eyed Peas $\frac{3}{4}$ c
- Corn Tortillas (Food for Life brand is best) 2 or 3
- Cream of Wheat/Rice or Rye (from box) 1 serving
- Ezekiel bread (hamburger buns, hot dog, bread, made by Food for Life) 1 serving
- Kashi Cereal (6 grams sugar or less) $\frac{3}{4}$ c
- Lentils $\frac{3}{4}$ c
- Oatmeal (minute oats, NO packaged oatmeal!) 1 serving
- Pasta (whole wheat – prefer Ezekiel brand) 1 c
- Peas $\frac{3}{4}$ c
- Pita Bread (low carb) Kroger's (Joseph's pita bread is a great brand or Ezekiel) 1 serving
- Potato (white, only occasionally) 5 oz
- Rice (brown only) $\frac{3}{4}$ c
- Rice Cakes (lightly salted or salt free) 3
- Sweet Potato or Yam 4-6 oz
- Tortilla (low carb wheat, prefer Food for Life brand) 1 serving
- Couscous

MALE CARBS/STARCH

- Barley 1 $\frac{1}{2}$ c
- Beans 1 $\frac{1}{2}$ c
- Black-eyed Peas 1 $\frac{1}{2}$ c
- Corn Tortillas (Food for Life brand is best) 4 or 5
- Cream of Wheat/Rice or Rye (from box) 2 serving
- Ezekiel bread (hamburger buns, hot dog, bread, made by Food for Life) 2 slices
- Couscous
- Flatbread (Carbdown) Walmart 1 serving
- Lentils 1 $\frac{1}{2}$ c
- Oatmeal (minute oats, NO packaged oatmeal!) 2 servings (1 cup)
- Pasta (whole wheat – prefer Ezekiel brand) 2 c (cooked)
- Peas 1 $\frac{1}{2}$ c
- Pita Bread (low carb or Ezekiel) Kroger's (Joseph's pita bread is a great brand) 1 serving
- Potato (white, only occasionally) 7-8 oz
- Rice (brown only) 1 $\frac{1}{2}$ c
- Rice Cakes (lightly salted, salt free) 4
- Sweet Potato or Yam 7-8 oz
- Tortilla (low carb wheat, prefer Food for Life brand) 2 serving

*ALWAYS CHECK THE PACKAGE FOR SERVING SIZE!

JAMIE EASON'S LIVEFIT 12-WEEK TRAINER

SMALL MEAL OPTIONS

FEMALE "SMALL MEAL" OPTION

- 4 small squares of homemade protein bars (carrot)
- ½ Low carb flat bread or ½ low carb pita (Joseph's Pita or Food for Life are great brand) with 4 oz. lean meat (no deli meats – real turkey or chicken)
- Low carb or sugar free vanilla yogurt (Kroger – Carb Master or One Carb – 3 g sugar – Check labels) or Greek yogurt with cinnamon & no-cal sweetener or natural sweetener + blueberries or raspberries
- 1 c fat free cottage cheese + 1 tbsp. sugar-free jelly OR cinnamon & no-cal or natural sweetener
- 1 protein shake (low carb, low sugar and lactose free) with either water or unsweetened almond milk
- 3 oz. lean meat with 3 rice cakes (lightly salted or plain)
- 4 oz. lean meat with a 4 oz. sweet potato OR 2/3 c brown rice
- 4 oz. lean meat or ½ cup fat free cottage cheese (cinnamon & no-cal sweetener or natural sweetener) with 2 homemade protein bars (carrot cake)

MALE "SMALL MEAL" OPTION

- 1 serving Low carb flat bread or 1 low carb pita (Joseph's Pita or Food for Life are great brand) with 8 oz. lean meat (no deli meats – real turkey or chicken)
- Low carb or sugar free vanilla yogurt (Kroger – Carb Master or One Carb – 3 g sugar – Check labels) with cinnamon & Splenda + blueberries or raspberries and 1 plain rice cake with a tbsp of natural peanut butter
- 1 ½ c of Kashi Cereal (dry) and 2 pieces of low fat string cheese OR 2 pieces low fat string cheese and an apple
- 1 c fat free cottage cheese + 1 tbsp. sugar-free jelly OR cinnamon & Splenda and 2 plain rice cakes with a tbsp of natural peanut butter
- 1 Lean Body Shake (Labrada Nutrition) + Skim Milk and ice (may add diet soda to taste like a float)
- 8 oz. lean meat with 3 lightly salted or plain rice cakes
- 8 oz. lean meat with a 6 oz. sweet potato OR 1 c brown rice
- 6 oz. lean meat with 4 small homemade protein bar squares (carrot cake or chocolate)