

Proteins	Dinner Grains	Greens	“Orange-s”	Vegetables	Fats/Oils
Tofu	Brown Rice	Spinach	Sweet Potatoes	Beets	Olive Oil
Eggs	Cous Cous	Kale	Carrots	Daikon Radish	Olives
Lentils	Yukon Gold Potato	Sprouts (Broccoli)	Butternut Squash	Parsnips	Avocado
Chick Peas	Red Potato	Sugar Snap Peas	Acorn Squash	Hakurei Turnips	Sesame Oil
Black Beans	Grits	Arugula		Tomatoes	Butter
Black Eyed Peas	Pasta	Romaine Lettuce		Red Bell Peppers	Blue Cheese
Kidney Beans	Whole Grain Bread	Swiss Chard		Poblano Peppers	Asiago or Parmesan
Cannelini Beans		Broccoli		Cauliflower	Sour Cream
Trout		Mustard Greens		Onions	Greek Yogurt
		Turnip Greens		Fennel	Milk
		Asparagus		Cucumber	
Nuts/Seeds	Breakfast Grains	Beverages	Honorable Mention	Fruits	Flavorings
Flax Seed (& Oil)	Steel Cut Oats	Water	92% Chocolate	Blueberries	Garlic
Cashews	Quinoa	Green Tea	Carob	Lemons	Ginger
Walnuts	Rolled Oats	Kombucha		Cherries	Turmeric
Almonds	Amaranth			Melons	Nutritional Yeast
Pistachios				Apples	Kimchi
Pumpkin Seeds				Peaches	Red Wine Vinegar
Sunflower Seeds				Strawberries	Apple Cider Vinegar
Peanut Butter				Figs	Balsamic Vinegar
					Sun Dried Tomatoes
					Ceylon Cinnamon
					Cayenne
					Cumin
					Coriander
					Honey
					Maple Syrup

Notes:

Take one or two items from each column in the top row of categories. Mix and match

Some favorite combinations are included here

For other suggestions or to ask for specifics, please email me:

womackrp@gmail.com

Breakfast:

Steel Cut Oats & Quinoa with apples, butter, cinnamon, salt, maple syrup, and milk

Granola with rolled oats, a variety of seeds, nuts, spices, dried fruit with blueberries & milk

Lunch:

one slice of whole grain bread, peanut butter, honey, bananas, chocolate, water

Dinners:

Tofu, kidney beans, short grain brown rice, stir-fry—sesame oil, cumin, coriander, fennel seeds, cayenne pepper, garlic, ginger, sweet potato, daikon radish, acorn squash, kale, apple cider vinegar, asiago cheese, slice of whole grain bread with butter & nutritional yeast

Lentils, egg (poached or hardboiled), cous cous, spinach (or romaine or arugula), steamed beets, carrots, sugar snap peas, blue cheese, balsamic vinegar, olive oil, salt, slice of whole grain bread with butter & nutritional yeast

Black beans, purple beets, sundried tomatoes, butternut squash, short grain brown rice, kale sauteed in sesame oil, garlic, cayenne pepper, blue cheese, balsamic vinegar, slice of whole grain bread with butter & nutritional yeast

Baked trout, poached egg, short grain brown rice, steamed hakurei turnips & carrots, blanched asparagus or steamed broccoli, red wine vinegar, asiago cheese, slice of whole grain bread with butter & nutritional yeast

Black beans, poached egg, yellow grits, roasted butternut squash & onion, poblano pepper, arugula, fresh garlic (or spinach or kale sauteed with garlic), red wine vinegar, asiago cheese, slice of whole grain bread with butter & nutritional yeast

Chick peas, hard-boiled egg, pasta, sauteed spinach and garlic, steamed beets and carrots, broccoli sprouts, tomatoes, cucumbers, fennel bulb, ginger, kalamata olives, blue cheese, slice of whole grain bread with butter & nutritional yeast

