

PiYo Get Lean Eating Plan Food List



| PRIMARY VEGGIES | SECONDARY VEGGIES/GRAINS | FRESH FRUITS | LEAN PROTEIN |
|---|---|---|---|
| <p>kale, 1 cup*</p> <p>collard greens, 1 cup*</p> <p>spinach, 1 cup*</p> <p>brussel sprouts, 5 med</p> <p>asparagus, 10 large</p> <p>bok choy*</p> <p>tomatoes, 2 med</p> <p>summer squash, 1 cup</p> <p>string beans, 2 cups</p> <p>snow peas, 2 cups</p> <p>cabbage, 3-1/2 cups</p> <p>peppers, sweet, 1 cup</p> <p>carrots, 1 cup</p> <p>winter squash, 1 cup</p> <p>cauliflower, 1 cup</p> <p>artichokes, 1/2 large</p> <p>eggplant, 1/2 med</p> <p>okra, 1 cup</p> <p>beets, 2 med</p> <p>celery*</p> <p>cucumbers*</p> <p>lettuce, not iceberg*</p> <p>mushrooms*</p> <p>radishes*</p> <p>onions, 1 cup</p> <p>sprouts*</p> <p>jcama, 1 cup</p> | <p>sweet potato, 1/2 cup or 4 oz</p> <p>yams, 1/2 cup or 4 oz</p> <p>quinoa, 1/2 cup cooked</p> <p>beans (black, lima, kidney), 1/2 cup</p> <p>lentils, 1/2 cup</p> <p>edamame, 1/2 cup</p> <p>peas, 1/2 cup</p> <p>refried beans, nonfat, 1/2 cup</p> <p>brown rice, 1/2 cup cooked</p> <p>wild rice, 1/2 cup cooked</p> <p>corn on the cob, 1 ear</p> <p>amaranth, 1/2 cup cooked</p> <p>millet, 1/2 cup cooked</p> <p>buckwheat, 1/2 cup cooked</p> <p>barley, 1/2 cup cooked</p> <p>bulgur, 1/2 cup cooked</p> <p>oatmeal, steel cut, 1/4 cup cooked</p> <p>oatmeal, rolled, 1/2 cup cooked</p> <p>potato, 1/2 med or 4 oz</p> <p>bread, whole-grain, 1 slice</p> <p>pasta, whole-grain, 1/2 cup cooked</p> <p>couscous, 1/2 cup cooked</p> <p>crackers, whole-grain, 8 small</p> <p>cereal, whole-grain, low-sugar, 1/2 cup</p> <p>tortilla, corn, 2 small (6-in)</p> <p>almond milk, unsweetened, 2 cups</p> <p>coconut milk beverage, unsweet, 1 cup</p> <p>rice milk, 3/4 cup</p> | <p>blueberries, 3/4 cup</p> <p>raspberries, 1 cup</p> <p>blackberries, 1 cup</p> <p>strawberries, 1 cup</p> <p>watermelon, 1 cup</p> <p>cantaloupe, 1 cup</p> <p>orange, 1 medium</p> <p>orange sections, 3/4 cup</p> <p>tangerine, 2 small</p> <p>apple, 1 small or 1 cup diced</p> <p>apricots, 4 small</p> <p>grapefruit, 1/2 large</p> <p>grapefruit sections, 3/4 cup</p> <p>cherries, 3/4 cup</p> <p>grapes, 1 cup</p> <p>kiwi fruit, 2 medium</p> <p>mango, 3/4 cup</p> <p>peach, 1 large or 1 cup</p> <p>pear, 1 small or 3/4 cup</p> <p>pineapple, 1 cup</p> <p>banana, 1/2 large</p> <p>papaya, 1 cup</p> <p>figs, 2 small</p> <p>honeydew, 1 cup</p> | <p>sardines, 6 med</p> <p>eggs, 2 large</p> <p>chicken breast, 3 oz cooked</p> <p>turkey breast, 3 oz cooked</p> <p>ground chicken, 3 oz cooked</p> <p>ground turkey, 3 oz cooked</p> <p>fish, catfish, 4 oz cooked</p> <p>fish, tilapia, 4 oz cooked</p> <p>fish, trout, 4 oz cooked</p> <p>fish, cod, 3 oz cooked</p> <p>fish, salmon, 3 oz cooked</p> <p>fish, halibut, 3 oz cooked</p> <p>fish, tuna, 3 oz cooked</p> <p>bison, 3 oz cooked</p> <p>game, lean ground, 3 oz cooked</p> <p>Greek yogurt, 2% plain, 3/4 cup</p> <p>Greek yogurt, 0% plain, 1 cup</p> <p>yogurt, plain 1-2%, 1 cup</p> <p>shrimp, 4 oz cooked</p> <p>crab, 4 oz cooked</p> <p>lobster, 4 oz cooked</p> <p>clams, 1 cup</p> <p>red meat, extra-lean, 3 oz cooked</p> <p>lean ground red meat, 3 oz cooked</p> <p>protein powder, 1 scoop/3 oz</p> <p>tempeh, 3 oz</p> <p>tofu, firm, 6 oz</p> <p>pork tenderloin, 3 oz cooked</p> <p>tuna, canned light in water, 1/2 cup</p> <p>turkey slices, 4 oz</p> <p>ham slices, lean, 4 oz</p> <p>cottage cheese 1%, 1 cup</p> <p>ricotta cheese, part-skim, 1/2 cup</p> <p>veggie burger, 1 medium</p> <p>turkey bacon, 4 slices</p> <p>milk, cow's, nonfat, 1-1/2 cups</p> <p>milk, whole, 1 cup</p> <p>soy milk, 1 cup</p> <p>Shakeology, 1 scoop</p> |
| <p>HEALTHY FATS</p> <p>avocado, 2 tbsp mashed</p> <p>raw nuts, 1 tbsp, chopped</p> <p>almonds, 6</p> <p>cashews, 4</p> <p>peanuts, 7</p> <p>pistachios, 10</p> <p>pecan halves, 5</p> <p>walnut halves, 4</p> <p>pumpkin, sunflower or sesame seeds, raw, 1 tbsp</p> <p>flaxseed, ground, 1 tbsp</p> <p>EVOO, 1 tsp</p> <p>Olives, 5 medium</p> <p>Flaxseed oil, 1 tsp</p> <p>Nut butters, 1-1/2 tsp.</p> | <p>For <i>real life</i> tips to rock your diet and workout plans, visit</p> <p>Weigh to Maintain.com</p> | <p>FREE FOODS</p> <p>Lemon juice</p> <p>Lime juice</p> <p>Vinegars</p> <p>Mustard</p> <p>Herbs (fresh & dry)</p> <p>Spices (except salt)</p> <p>Garlic</p> <p>Hot sauce</p> <p>Flavor extracts</p> <p>Black coffee, unsweetened</p> <p>Tea, unsweetened</p> | |