



Heather Godfrey

BODY DESIGN

HEALTHY EATING GUIDE

POULTRY

- Eggs
- Chicken
- Turkey
- Chicken or Turkey bacon
- Natural chicken or turkey hotdogs or sausage (no casing, natural and nitrate free)

FISH

- Cod
- Grouper
- Halibut
- Herring
- Tuna
- Whitefish
- Shrimp

MEAT

- Beef
- Buffalo
- Elk
- Venison
- Beef hot dogs or sausage (no casing-natural and nitrate-free)

PROTIEN POWDER/BARS

- IsaLean Shakes
IsaLean ProShakes
- IsaLean Bars

VEGETABLES

- Leafy greens (kale, collard, broccoli, mustard greens)
- Lettuce (all varieties)
- Sprouts
- Asparagus
- Bell Peppers

- Broccoli
- Brussel Sprouts
- Beets
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Beans
- Mushrooms
- Onions
- Peas
- Spinach
- Sweet Potatoes
- Squash
- Tomatoes

FRUITS

- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Grapefruit
- Lemon and lime
- Apples (with skin)
- Pomegranate
- Grapes
- Pineapple
- Kiwi
- Orange
- Pears
- Peaches
- Plums
- Nectarines
- Mangoes
- Cranberries
- Bananas

NUTS, SEEDS AND THEIR BUTTERS

- Almonds, almond butter
- Cashews, cashew butter
- Macadamia nut butter

- Flaxseeds, ground flaxseed
- Hempseed
- Chia seeds
- Pecans
- Sunflower seed butter
- Tahini, sesame butter
- Walnuts

FATS & OILS

- Avocado
- Extra virgin coconut oil (best for cooking)
- Extra virgin olive oil
- Flaxseed oil
- Hempseed oil
- Walnut oil
- Raw butter
- Coconut Milk/Cream

SWEETNERS

- Raw honey
- Stevia
- Pure maple syrup

WHOLE GRAINS

- Brown or wild rice
- Sprouted breads, tortillas
- Steel cut oats (gluten/wheat free)
- Sweet potatoes
- Quinoa
- Whole rolled oats (gluten free - Bob's Red Mill)

BEANS AND LEGUMES

- Black beans
- Black-eyed peas
- Garbanzo beans
- Lentils
- Kidney beans
- Navy beans
- Pinto beans
- White beans

CONDIMENTS

- Apple cider vinegar
- Bragg's liquid amino (sub for soy sauce)
- Balsamic vinegar
- Capers
- Coconut amino
- Ginger
- Guacamole
- Herbs and spices
- Salsa
- Omega-3 mayonnaise
- Ketchup (organic)
- Tomato sauce (no sugar added)
- Mustard
- Hotsauce
- Celtic or Himalayan sea salt
- Cooking wine
- Vanilla or almond extracts (no sugar added)
- Plain Greek Yogurt

DRINK CHOICES

- Unsweetened coconut milk
- Unsweetened almond milk
- Pure spring water
- Coconut water
- Cultured beverages (kombucha)
- Herbal teas (organic, sweeten with raw honey or liquid stevia)