

Whole Food Nutrition Choices



Non-Starchy Vegetables – (no corn or white potatoes!)

Arugula, asparagus, bamboo shoots, bean sprouts, beets and beet greens, bell peppers, broad beans, broccoli, Brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chicory, chives, collard greens, cucumber, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, jicama (raw), jalapenos, kale, kohlrabi, lettuces, mushrooms, mustard greens, onions, parsley, radishes, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, swiss chard, tomatoes, turnip greens, watercress, zucchini

Fruit Glycemic Index (low sugar fruits during the 30-Day Boot Camp only)

- Low Sugar/Glycemic Index – blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apples
- Moderate Sugar/Glycemic Index – (can be added in a post 60 min. workout recovery shake) Cherries, pears, apricots, melons, oranges, peaches, plums, persimmons, pomegranates
- High Sugar/Glycemic Index – (avoid during weight loss) bananas, pineapples, grapes, watermelon, mango, papaya

High Fiber Carbs

Squash (acorn, butternut, winter), artichokes (fresh or water packed), leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes (black lentils, adzuki beans, cow peas, chickpeas, french beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans, black beans), brown rice, quinoa, amaranth, hummus, millet

Healthy Fats

Raw nuts and seeds (no peanuts), macadamia nuts, freshly ground flaxseed, fresh olive oil (do not cook with), olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk (unsweetened), almond, cashew or sunflower seed butters, safflower oil for cooking

Lean Proteins

Arbonne's Protein Shake Mixes, organic, lean chicken and turkey, cold water fish, salmon, halibut, cod, mackerel, sardines, shellfish, organic, grass-fed lean red meat (1x per week), lamb, game, cage free, organic eggs