

	Carbs	Proteins	Fats
A+ Foods			
	Spinach	Salmon	Flaxseed oil
	Kale	Rainbow trout	Udo's Choice-oil blend
	Broccoli	Herring	Fish Fat
	Brussel sprouts		
	Asparagus		
	Collard greens		
	Red peppers		
	Tomatoes		
	Yams & Sweet potatoes		
	Barley		
	Oatmeal (unsweetened)		
	Beans		
	Black eye peas		
	Slow cooked, brown rice		
	Lentils		
A Foods			
	White potatoes	Chicken breast	
	Red potatoes	Turkey breast	
	Carrots	Fish	
	Quick brown rice	Shellfish	
	Quick oatmeal	Egg whites	
	Fresh fruits	Non-fat cottage cheese	
		Top round steak	
		Whey protein	
B Foods			
	100% Whole grain cereals	Flank steak	Olive oil
	100% Whole grain pastas	Extra lean top sirloin	Canola oil
	100% Whole grain bread	Low fat sliced turkey breast	Natural peanut butter
	100% Whole grain cook cereals	Non-fat sour cream	Nuts & seeds
	Whole wheat pitas	Non-fat cheese	
	Whole grain muffins	Non-fat cream cheese	
	Grits	1% low fat cottage cheese	
	Cream of rice		
	White rice		
C Foods			
	Pasta	Sliced low fat ham	
	Bagels Cheerios	Low fat sausage	
	Oatmeal	Ground beef	
	Kellogg rains bran	Chicken thighs	
	Total cereal	Turkey, dark meat	
	Wheat bread	Turkey, ostrich	
	Unsweetened fruit juice	2% Cream cheese	
	Low fat yogurt	2% Cottage cheese	
		2% Sour Cream	
D Foods			
	Sweetened box cereals	Ground beef	Sour cream
	Enriched white bread	Moderate fat cuts of red meat	Cream cheese
	Crackers, Muffins, Baked goods	Roast beef	Cottage cheese
		Ham	

F-grade foods include 1)trans fats,2)foods in high saturated fats,3)Highly processed or refined foods,4)highly sweetened foods or foods that are pure sugar,5)foods that are high in refined sugars and fats,6)processed, high fat meats.

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