

Protein	Whole Grain or Starchy Vegetable	Fruit or Vegetable	Fat (if needed, beyond other foods)
Breakfast *Note: soy beverage is the only milk substitute with equivalent protein and fat to milk.			
Milk or hemp seed*	Hot oatmeal (cooked in water),	Blueberries	Provided in milk or hemp seed.
Boiled egg (limit eggs to less than one per day during your restriction trial, after that you can experiment)	Whole grain cracker	Sliced apple	Butter or coconut oil
Peanut or almond butter	Muffin or loaf slice	Sliced bananas on top (choose a very fresh banana)	Provided in the nut butter
Cottage cheese	Brown rice cakes	Mango	Provided in the cottage cheese
Milk or chopped nuts	Cold cereal	Diced fruit	Provided in the milk or chopped nuts
Chopped nuts or seeds	Whole grain pancakes	Fruit syrup (puree fruit such as mango and add a little sweetener, if needed)	Butter or coconut oil
Hot Meals			
Baked chicken browned in oil	Baked potato (bake a few extra to fry the next day)	Steamed green beans and chopped green onions	Provided in the chicken and oil
Hearty soup (freeze in individual portions to reheat on busy days)	Whole grain crackers	Vegetables in the soup	Sauté the vegetables in oil, before simmering.
Kebab: chicken cooked on the grill or baked in the oven.	Brown rice	Bell pepper and zucchini –1-inch chunks *brushed with oil	Provided in the chicken/oil. Add vegetable oil to the rice, if you need extra fat.
Sautéed chicken strips	Whole grain wrap	Sautéed sweet bell peppers Fruit salsa	From the oil
Bean dip	Whole grain wrap	Grated carrots	Add oil to bean dip
Portable Meals High protein food should be kept cold. If food cannot be refrigerated, use an insulated container with an ice pack.			
Sliced mozzarella cheese	Whole grain crackers	Carrot sticks	Provided in the cheese
Bean dip	Corn chips	Celery sticks	Add vegetable oil to the bean dip
Hemp seeds	Whole grain tortilla	Shredded carrots	Cream cheese
Trail Mix: almonds or other nuts or seeds	Cold cereal or home popped popcorn	Dried fruit (dry your own or purchase non-sulphited). Limit to 1 tablespoon per serving.	Provided in the nuts/seeds
Nut butter	Cold pancake	Thinly sliced apples	Provided in the nuts
Snacks			
Home-made popcorn on the stove in coconut oil			
Cream cheese on whole grain crackers			
Celery stick filled with peanut or almond butter and a few sulfite-free raisins (Ants on a log!)			
Crispy chick peas			