

MAKSME Healthy Food Lists

- Green means eat it.
- Orange means eat in small amounts and be careful.
- Red means don't eat it. There are too many carbs!

Nuts and Seeds

Yes	No
Almonds	Trail Mix
Brazil nuts	Nut Snacks
Cashews	Coated nuts
Hazelnuts	
Macadamias	
Pistachios	
Sunflower Seeds	
Walnuts	

Beverages

Yes	No
Water	Any sugary drink
Coffee (heavy cream, butter, salt, etc. can be additives. No Milk)	Juices
Tea	Tonic Water
Seltzer	Sodas
Club Soda	
Dry White and Red Wine	
Gin, Vodka, Whiskey, Tequila (non flavored hard liquor)	
2.6 carb Ultra Michelob Beer	
Sodas with NO carbs	

Grains

No
Whole Grains
All Rices

Meat

Yes	No
Beef	Breaded meats
Chicken Pork	Deli meats high in sugar, anything marinated in honey; rubs usually have sugar, barbecue sauce, etc.
Crab (not imitation)	Jerky
Duck	Meatballs
Eggs	Meatloaf
Fish	
Lamb	
Lobster	
Shell fish	
Shrimp	
Steak	
Tofu-extra firm	
Turkey	

Fats

Yes	No
Olive Oil	Canola
Avocado Oil	Soybean
Butter	No other vegetable oils
Coconut Oil	
Ghee	
Lard (pure and not hydrogenated)	
Palm Oil (pure and not hydrogenated)	
Beef Tallow	
Bacon Grease	

Dairy

Yes	No
Cheese	Ice cream
Cream Cheese	Frozen yogurt
Heavy Cream	Milk
Sour Cream (high fat only)	Yogurt (high fat, no carb yogurt is impossible to find)

Vegetables

Yes	No
Artichoke	Starchy vegetables
Asparagus	Beans (blacks, pintos, refried, etc.)
Green beans	Lentils
Broccoli	Beets
Brussel sprouts	Carrots (small amounts grated on salad)
Cabbage	Chick Peas
Cauliflower	Corn
Celery	Green Peas
Cucumber	Lima Beans
Eggplant	Parsnips
Green onions	Plantains
Leafy greens: romain, spinach, kale, etc.	Potatoes (white and red)
Green herbs	
Mushrooms	Sweet Potato and Yams
Onions (careful on proportions; if recipe calls for 1 onion I use 1/2)	Winter Squash (small portions of Acorn ok)
Peppers (careful on proportions; reduce bell peppers; jalapeño does not need to be reduced)	Potatoes (white and red)
Zucchini	Pumpkin
Yellow squash	Sweet Potato and Yams

Fruits

Yes	No
Avocado	Apples
Blackberries (Tablespoon)	Bananas
Blueberries (Tablespoon)	Cherries
Olives	Mango
Raspberries (Tablespoon)	Melon
Strawberries (Tablespoon)	Oranges
Tomatoes (generally I have found tomatoes to be fine but I don't go gonzo)	Pears
	Plums
	Apples
	And all other fruits