

Macronutrients

Carbohydrates

Low nutrient density. Reach for these last.

No artificial ingredients!

- Veggie Straws
- GF Granola
- Rice Rolls
- GF Tortilla Chips
- GF Tortillas
- GF Granola Bars
- GF Bread
- GF Bagels
- Vegan/GF Mac N Cheese
- Pea Crisps
- Cauliflower Straws
- Sweet Potato Chips
- Fruit Bars
- Hippeas
- Honey
- Pure Maple Syrup
- Cauliflower Pizza Crust
- Rice noodles
- GF English Muffins
- Soba Noodles
- Chickpea Pasta
- Sweet Potato Fries
- Paleo Caveman Protein Bars

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AHNA FULMER, CERTIFIED COACH

Macronutrients

Carbohydrates

High nutrient density. Reach for these first!

No artificial ingredients!

- Apples
- Bananas
- Grapes
- Pineapples
- Kiwis
- Mangos
- Oranges
- Raisins
- Dates
- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon
- Cantaloupe
- Honey Dew
- Dried Mango, Apple, Fruit (no added sugar)
- Applesauce (no added sugar)
- Almond Yogurt
- Coconut Yogurt
- Kidney Beans
- Quinoa
- GF Rolled Oats
- Brown Rice
- Black Beans
- Chickpeas
- Peas
- Broccoli
- Carrots
- Cauliflower
- Chickpea Pasta
- Peas
- Sweet Potato
- Potatoes
- Tomatoes
- Corn
- Onion
- Green Beans
- Brussel Sprouts
- Squash
- Peppers
- Snap Peas

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FATS

As much as possible prioritize Omega 3 fatty acids especially on low carb days.*

- Walnuts*
- Vegan butter*
- Albacore Tuna*
- Orgain Protein Powders*
- Extra Virgin Olive Oil*
- Canola Oil*
- Chia Pudding*
- Flax Seed*
- Hemp Hearts*
- Salmon*
- Chia Seeds*
- Eggs
- Beef Sticks
- Ground Beef
- Bacon
- Beef Sausages
- Pork Sausages
- Chicken Sausages
- Guacamole
- Pistachios
- Almond Yogurt
- Coconut Yogurt
- Almond Butter
- Peanut Butter
- Cashews
- Pecans
- Almonds
- Black Olives
- Mayonnaise

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PROTEINS

Look for meat with no added hormones or preservatives.

- Ground Turkey
- Chicken Breast
- Chicken Thighs
- Pork Tenderloin
- Pork Chops
- Bacon
- Ground Beef
- Roast Beef
- Flank Steak
- Shrimp
- Albacore Tuna
- Mahi-Mhi
- Salmon
- Cod
- Ham
- Sliced Deli Meat
- Tofu
- Eggs
- Orgain Protein Powder
- Black Beans
- Chick peas
- Flax Seed
- Almonds
- Cashews
- Hemp Hearts
- Collagen Peptides
- Hummus
- Chicken Sausage
- Beef sausage
- Pork Sausage
- Chia Pudding
- Apples
- Beef Jerkey
- Beef Sticks
- Chicken Burgers
- Chicken Burgers
- Salami
- Quinoa
- Rolled Oats
- Peanut Butter
- Almond Butter

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