

THE WELLNESS REVELATION

Food Suggestions List

KEY		
Bold font = first choice (the good fuel)	Regular font = second choice (when in doubt)	<i>Italics = third choice</i> (the cheap fuel)

PROTEIN (portion aware)

**Baked beans (canned; be
sugar aware)**
Bison
Black-eyed peas
Canadian bacon
Chicken breast
Chickpeas
Eggs
**Ground beef (lean,
10–20 percent fat)**
Ground turkey
Lamb
Lean beef
Lean deli ham
 (hormone-free)
Lentils
Lima beans
Navy beans
Peas
Pinto beans
Pork
Sashimi
Seafood
Smoked salmon
Soybeans
Tofu
Turkey bacon
Turkey breast
Veal

DAIRY (portion aware)

Greek yogurt—unflavored
 Milk substitutes (nut, rice,
 coconut)

FRUITS (great snacks)

Apples
Apricots
Bananas
Blackberries
Blueberries
Cherries
Grapefruit
Grapes
Kiwis
Lemons/limes
Mangoes
Oranges
Papayas
Peaches
Pears
Pineapples
Plums
Raspberries
Strawberries
All other fruits

BREAD/GRAIN

(portion aware)
Barley
**Bran/high-fiber
cereal**
Brown basmati rice
Buckwheat
Bulgur
Kavli thin crackers
Muesli cereal
**Oatmeal (old fashioned/
steel cut)**
Quinoa

Sprouted breads

(e.g. Ezekiel)
**Whole-grain high-fiber
bread**
 Whole-grain high-fiber
 tortillas
 Whole-grain pita bread

VEGETABLES

Artichokes
Asparagus
Avocados
Beans
Beets
Bell peppers (all colors)
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Corn
Cucumbers
Edamame
Eggplant
Kale
Leeks
Lettuce (all leafy greens)
Mushrooms
Okra
Olives
Onions
Peppers, hot
Pickles

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Potatoes (portion aware)
Pumpkin
Radishes
Snow peas
Spinach
Squash
Sweet potatoes
(portion aware)
Tomatoes
Yams (portion aware)
Zucchini
All other vegetables

CONDIMENTS

Garlic
Herbs/spices
Hummus
Mayonnaise (portion aware)
Mustard
Parmesan cheese
Raw honey (portion aware)
Salsa
Soy sauce, low sodium
Sriracha sauce
Stevia

Tabasco
Teriyaki sauce
(sugar aware)
Vinegar (white,
apple cider)
Worcestershire sauce

FATS/OILS (portion aware)

Almond butter—no added
ingredients
Canola oil
Coconut oil
Corn oil
Flaxseed/flaxseed oil
Hazelnuts
Macadamia nuts
Mayonnaise
Natural nut butter (peanut,
almond, cashew, etc.)—
no added ingredients
Olive oil
Peanut oil
Salad dressing
(sugar aware)
Sesame oil

Sunflower oil
Vegetable oil
Vegetable oil sprays
All other nuts

BEVERAGES

Water (filtered if needed)
Decaffeinated coffee
Decaffeinated tea

FASTING

*High-fructose corn syrup/
fructose*
*Hydrogenated/partially
hydrogenated oils*
*Refined sugar (cookies,
pastries, ice cream, frozen
yogurt, etc.)*
White enriched flour
Artificial sweeteners
(the novel sweetener stevia
is an exception; enjoy
modestly)
Alcohol

Remember: These are suggestions, not prescriptions. Please prayerfully submit the items and ideas listed here to the Lord, seeking His will for you in this time and in concert with the *whole* work He wants to do for and in you.

For some of you, this will be a call to greater self-control—for others it will be a call to looser self-regulation. He's got your answer.

If you have special dietary needs or concerns, please consult your health practitioner of choice.