

Food

Protein

Chicken

Ground Beef

Steak

Ground Turkey

Eggs

Turkey Bacon

Carbohydrates

Rice

Sweet Potatoes

Oatmeal

Baked Potatoes

Fats

Olive Oil

Avocado

Nuts

Fats from Fish

Fish Oil

Flaxseed

Liquids

WATER

Pomegranate Juice

Beet Juice

Orange Juice

Minerals

Vitamin D

Magnesium

Calcium

Zinc

Iron

Folate

Vitamin B - 12