

# 30 Foods for a Six-Pack

## ■ Proteins (Lean & Muscle-Friendly)

- Eggs (whole)
- Greek yogurt (plain, unsweetened)
- Chicken breast
- Ground beef (90/10 or leaner)
- Steak (sirloin, flank, filet)
- Salmon
- White fish (cod, halibut, tilapia, etc.)
- Tuna (fresh or canned in water)
- Turkey breast
- Whey protein powder (or isolate)

## ■ Carbs (Clean Energy)

- White rice
- Quinoa
- Oats (if tolerated)
- Ezekiel bread or whole-grain bread
- Beans (black beans or chickpeas)
- Sweet potatoes (or swap with butternut squash)

## ■ Vegetables (Fiber & Micronutrients)

- Spinach
- Broccoli
- Asparagus
- Bell peppers
- Zucchini
- Kale

## ■ Fruits (Antioxidants & Recovery)

- Blueberries
- Apples
- Bananas
- Strawberries

## ■ Healthy Fats

- Avocado
- Olive oil

- Almonds (or cashews)
- Natural peanut butter (no added sugar/oils)