

Go Green

	High Octane Fuel: 91 * Choose Frequently *	Regular Octane Fuel: 89 * Choose 2-3 x weekly*	Low Octane Fuel: 87 * Choose 1-2 monthly or less*
Carbs (Grains)	<ul style="list-style-type: none"> • Beans (black, kidney, navy) • Chickpeas • Blackeyed-peas • Brown rice, corn • Green peas • High-fiber crackers • Lentil, black bean and pea soup • Low-fat refried beans • Sweet potato/yam • Whole-grain bread • Whole-grain bagels • Whole-grain cereal • Whole-grain tortillas • Whole-grain waffles 	<ul style="list-style-type: none"> • Baked beans • Baked chips • Boiled new potatoes • Cereal bars • Corn tortillas • Cornmeal/cornbread • Crackers • Cream of wheat • Flour tortillas • French bread • French toast • Hamburger/hot dog buns • Macaroni • Pancakes • Pasta • Pita bread • Pretzels • Ravioli • Rice cakes • Spaghetti • Waffles • White bread • White rice 	<ul style="list-style-type: none"> • Biscuits • Croissants • Doughnuts • Fettuccini alfredo • French fries • Hash browns • Mashed potatoes • Muffins • Pop tarts • Refried beans • Sugary cereals
Protein	<ul style="list-style-type: none"> • 95% ground beef or turkey • Beans and peas • Chicken, white meat/skinless • Deli meat (turkey, ham, beef) • Eggs (especially omega 3 eggs) • Egg whites • Lean beef steak • Lean ham steak • Lean jerky • Low-fat cottage cheese • Yogurt • Milk: Non-fat and 1% • Nut butters: Almond/peanut • Non-fried fish • Tofu • Trimmed pork chops 	<ul style="list-style-type: none"> • 85% ground beef or turkey • Chicken, dark/skinless • Milk: 2% and low-fat flavored • Turkey, skinless/dark • Turkey bacon • Turkey sausage 	<ul style="list-style-type: none"> • 75% ground beef or turkey • Bacon • Beef or pork ribs • Bratwurst • Chicken, with skin • Fried chicken • Fried fish/seafood • Frozen pizza • Ham on bone • Regular cottage cheese • low-fat milk • Whole milk/ chocolate milk

	<ul style="list-style-type: none"> • Tuna (in water) • Turkey, white meat/skinless 		
Fat	<ul style="list-style-type: none"> • Avocado • Flax seed and flax oil • Natural almond butter • Natural peanut butter • Olive oil • Canola oil • Peanuts • Pumpkin seeds • Raw almonds • Raw cashews • Raw pecans • Raw pistachios • Raw walnuts • Sunflower seeds 	<ul style="list-style-type: none"> • Butter (in small amounts) • Dry-roasted nuts/seeds • Reduced fat mayo • Reduced fat salad dressing • Reduced fat sour cream • Reduced fat cheese • Regular peanut butter 	<ul style="list-style-type: none"> • Fried foods • Honey-roasted nuts/seeds • Margarine • Mayonnaise • Ranch and other salad dressing • Regular cheese • Sour cream • Coconut oil

* High Octane foods are the least processed, have the most nutrients and provide higher quality of nutrition. Choose from this group Several times Daily.

* Regular Octane Foods are more processed and higher in fat than the High Octane Foods. Choose wisely 2-3 x a week.

* Low Octane Foods are high in fat, more processed and contain very little vitamins and minerals. Choose very sparingly, 1-2 x monthly.