


90/10 NUTRITION LADDER

The Green Light Tier: Eat 90% or more of your food from this Tier

Proteins	Carbohydrates	Fats
Beef, Lean cuts (less than 10% fat) Buffalo, Lean cuts (less than 10% fat) Cheese Cottage Cheese Egg Whites Eggs (whole) Fish (Broiled, Steamed, Grilled) Fowl (skinless, white meat only) Meat, Wild Game Pork Tenderloin Shakeology Shellfish Shrimp Soy Nuts Squid Tempeh Tofu Yogurt (Greek or Regular, unsweetened)	Apples Applesauce (raw, unsweetened) Artichokes Asparagus Bananas Beans (low sodium if canned) Beets Berries (fresh) Bok Choy Bread products (100% Whole Wheat only, no HFCS) Broccoli Broths (low sodium only) Brussell Sprouts Cabbage Carrots Cauliflower Celery Citrus Fruits Coffee (Black) Corn CousCous (100% whole wheat) Cucumbers Dates Eggplant Figs Garlic (fresh, not powdered) Granola (raw, no sugar or preservatives) Grapes Greens, Leafy (all types) Herbs Hummus Kiwi Lentils Lettuce Mangoes Melons Milk (fat free or whole raw) Muesli (raw, no sugar or preservatives) Mushrooms Nectarines, Peaches Oatmeal Onions Papaya Pasta (100% Whole Wheat) Pears Peas Peppers Pineapple Plantains Plums, Prunes Quinoa Radishes Raisins Rice (Brown and Wild) Spelt Squash Stevia Sweet Potatoes, Yams Tea (unsweetened) Tomatoes Vegetable Juice Vinegar Water Yacon Syrup Zucchini	Almond Milk (unsweetened and unflavored) Avocados Butter, Unsalted Coconut Flaxseed Hempseed Nut Butters (raw, unsalted) Nut Butters (roasted, unsalted) Nuts (raw, unsalted) Nuts (roasted, unsalted) Olive Oil Olives Sunflower Seeds

*Note: Items with  sign should be used sparingly due to high calorie density and / or carbohydrate content.

