

# SHANE STRATTON'S GOOD FOODS LIST

## PROTEIN:

Remember 100 grams of meat or fish has around 27 grams of protein and you want 2 grams of protein per kg of bodyweight.

- Lean Beef
- Salmon or Tuna
- Chicken
- Turkey
- Eggs
- White Fish



## CARBOHYDRATES:

- Yams or Sweet Potatoes
- White Baked Potatoes
- Brown Rice or White Rice
- Beans and Peas

## FRUIT:

- Pineapple
- Grapefruit
- Strawberries
- Mango

## FIBROUS CARBOHYDRATES:

- Broccoli
- Asparagus
- Onions
- Green Beans
- Bell Peppers (Green or Red)
- Onions
- Tomatoes (yes, I know, technically it's a fruit)
- Cauliflower
- Spinach
- Lettuce/ Leafy Salad Greens
- Cucumbers
- Celery
- Squash
- Carrots (technically starchy but low calorie)
- Mushrooms
- Brussels Sprouts

## SNACKS:

- Natural or dry roasted nuts

## DRINKS:

- Water
- Black tea
- Natural vegetable juice
- Black Coffee

