

The Fat Burning Foods Cheat Sheet

This list contain foods that have been proven to work to promote fat loss and a healthy diet. The three best uses for The Fat Burning Foods Cheat Sheet include:

- **As a grocery list**
- **As a basis for all of your meals**
- **As a list of generally accepted healthy foods**

We encourage you to take it to the grocery store and stick to it as much as possible. The more your fridge, freezer and cabinets are filled with these foods the better off you will be.

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| <u>Vegetables</u> | <u>Starchy</u> | Meat | <u>Fish</u> | <u>Oils</u> |
| Asparagus | <u>Vegetables</u> | Turkey White | Halibut | Coconut Oil |
| Avocado | Acorn | Meat | Salmon | Olive Oil |
| Artichoke | Squash | Ground | Tilapia | Grass-fed |
| Hearts | Beets | Turkey | Trout | Butter |
| Brusseles | Butternut | | Tuna | |
| Sprouts | Squash | <u>Beef</u> | | <u>Fruit</u> |
| Broccoli | Sweet Potato | Filet Mignon | <u>Seafood</u> | Apple |
| Cabbage | Yam | New York | Clams | Banana |
| Carrots | | Strip | Crab | Blackberries |
| Cauliflower | <u>Legumes</u> | Ribeye | Lobster | Cantaloupe |
| Celery | Black Bean | Chuck | Oysters | Grapes |
| Eggplant | Kidney Bean | Ground Beef | Shrimp | Orange |
| Green | Pinto Bean | 85% Lean | | Peach |
| Onions | Lentils | Ground Beef | <u>Nuts</u> | Raspberries |
| Parsley | | 95% Lean | Almonds | Strawberries |
| Peppers (All) | <u>Poultry</u> | | Cashews | Watermelon |
| Spinach | Chicken Dark | <u>Pork</u> | Pecans | |
| Zucchini | Meat | Bacon | Walnuts | |
| | Chicken | Pork Chop | | |
| | White Meat | Pork | | |
| | Chicken | Tenderloin | | |
| | Rotissarie | | | |
| | Eggs | | | |
| | Turkey Dark | | | |