

No BS about it challenge

Positive foods

- Oatmeal: old-fashioned is the best, but you can also use quick or instant. No flavored or pre-sweetened oatmeal. You can sweeten it yourself with agave, honey, fruit, etc.
- Low sugar, high fiber, whole grain cereal
- Eggs, egg whites, or eggbeaters
- 100% whole wheat/grain bread, pasta, and crackers, bread, tortillas
- All fruits
- All vegetables
- Beans/legumes/lentils
- Meats: tuna (packed in water), chicken, fish, pork, turkey, lean beef, lean ham
- Low fat/low sodium lunch meat
- Milk
- Cottage cheese (reduced fat even better!)
- Cheese
- Yogurt (Not too sugary)
- Air popped popcorn or 94% fat free microwave popcorn
- Protein bars
- Kashi GoLean, FiberOne, or other healthy bars
- Olive oil
- Small serving nuts
- Low sodium soups

Negative foods

- Sugary or low fiber cereal
- White bread, pasta, rice, bagels, or tortillas
- Bakery items (muffins, cake, pie, or donuts)
- Deep-fried foods
- Soda, INCLUDING diet soda
- Drinks with added sugar (i.e. Gatorade, Powerade, Sobe, etc.)
- Regular mayonnaise
- Regular sour cream
- Ice cream or yogurt with more than 20 grams of carbs per serving
- Chips of any kind: potato chips, Cheetos, Fritos, Doritos, tortilla chips, etc.
- Crackers of any kind (unless they are 100% whole wheat/grain)
- Cookies, desserts, etc.
- Chocolate or candy
- High sugar or high carb bars with more than 20g of carbs (i.e. granola bars, Clif bars, Pop Tarts)
- Processed meats: hot dogs, fish sticks, chicken nuggets, etc.
- High fat meats: sausage, bacon, etc.
- High fat dressings: ranch, blue cheese, Caesar, etc.

*You know your body. Anything else you need to add to these lists, do it!