



# Complete Fitness

## Core 4: Food List

### PROTEIN FOODS

(organic and/or grass-fed whenever possible)

Bacon  
Beef (all types)  
Boneless Chicken Breasts  
Chicken (all cuts)  
Eggs (whole)  
Fish  
Pork (all types)  
Steak  
Tuna (canned)  
Turkey (all cuts)  
[Quest Protein Bars](#)  
100% Casein Protein Powder

### VEGETABLES

Avocados  
Bean Sprouts  
Acorn squash  
Artichoke  
Arugula  
Asparagus  
Bamboo shoots  
Basil  
Bok choy  
Broccoli  
Brussel Sprouts

Butternut squash  
Cabbages (red, green, napa)  
Cauliflower  
Celery  
Cilantro  
Collards  
Cucumber  
Eggplant  
Fennel  
Garlic  
Ginger  
Hearts of palm  
Horseradish  
Jicama  
Kabocha squash  
Kale  
Leeks  
Lettuces  
Mushrooms  
Mustard greens  
Okra  
Onions  
Parsley  
Peppers  
Pigweed  
Raddichio  
Radishes  
Salsa  
Saurkraut

Scallions/green onions  
Seaweeds  
Spaghetti Squash  
Spinach  
Sprouts  
Summer squashes  
Swiss Chard  
Tomato  
Turnips  
Water Chestnuts  
Watercress  
Zucchini

### FATS & OILS

Coconut Oil  
Olives  
Butter (grass-fed / organic)  
Ghee  
Avocados  
Palm oil  
Unheated organic nut oils  
Raw Cacao butter  
Tahini  
Tallow  
Egg Yolks

### NUTS, SEEDS & BUTTERS

Almonds & Almond Butter  
Macadamia Nuts & Butter

# C4+ CORE

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Pecans  
Pistachios  
Chai Seeds  
Flax Seeds (ground or whole)  
Hazelnuts & Butter  
Pumpkin Seeds  
Walnuts

### **DAIRY FOODS** - (organic and grass fed whenever possible)

Cottage Cheese  
Hard Cheeses  
Heavy Cream  
Mozzarella Cheese (and Cheese Sticks)  
Parmesan Cheese  
Sour Cream  
Full Fat Greek Yogurt (plain / unsweetened)

### **SPICES & HERBS**

Allspice  
Basil  
Black Pepper  
Cayenne  
Chili Powder  
Cinnamon  
Cloves

Cumin  
Dill  
Garlic Powder  
Ginger  
Italian Seasoning  
Nutmeg  
Old Bay Seasoning  
Onion Powder  
Oregano  
Paprika  
Parsley, Fresh  
Salt

### **FRUITS** - (in moderation)

Watermelon  
Strawberries  
Blueberries  
Blackberries  
Raspberries  
Honeydew  
Cantaloupe

### **CONDIMENTS/BAKING**

Almond Flour  
Coconut Flour  
Butter (grass fed)

Stevia  
Natural Salad Dressings  
Cocoa  
Dill Pickle Relish  
Flax Meal  
Garlic  
Green Mexican Salsa  
Liquid Smoke  
Low Carb Bake Mix  
Mayonnaise  
Mustard, Brown, Yellow And Dijon  
Olive Oil  
Salsa  
Soy Sauce  
Tomato Paste  
Unsweetened Coconut  
Vanilla  
Vinegar

### **DRINKS**

Water  
Sparkling / Mineral Water  
Teas  
Coffee

# C4+ CORE

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### \*\*\*AVOID\*\*\*

Sugar  
Soda  
Diet Soda  
Juices  
Beer  
Alcohol  
Milk  
Desserts / Cookies / Cakes  
Ice Cream  
Candy  
Most Protein Bars ([Quest Bars](#) are perfectly acceptable)

Flavored Yogurts  
Pasta  
Bread (all)  
Bagels (all)  
Tortillas (low carb tortillas are ok)  
Cereal (hot & cold)  
Granola  
Rice (all)  
Beans  
Potatoes  
Grains (all)  
Pretzels  
Popcorn  
Anything Flour Based