



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Three Suggested Food Lists



Try These Foods as Your Begin To Build Your Pyramid

Section 1: Vegetables (2 cups)

Asparagus	Cauliflower	Mixed green salad
Bell peppers	Cucumber	Spinach (2 c. cooked or 4 c. raw)
Broccoli	Eggplant	Squash
Brussels sprouts	Green beans	Swiss chard
Carrots	Kale	Tomatoes

Section 2: Whole grain (2 oz. portion) or starchy vegetable

Brown rice (1 c. cooked, 2 oz. dry)	Green peas (1 c.)
Whole wheat couscous (2/3 c.)	Potato (1 medium, 1 c. mashed)
Whole wheat pasta (1 c. cooked, 2 oz. dry)	Sweet potato (1 large, 1 c. mashed)
Whole wheat bread (2 regular slices)	
Corn (1 c.)	

Section 2: Protein (3-4 oz. portion)

Beans (1 c.)	Nuts (1 oz. = 24 almonds, 14 walnut halves, 2 Tbsp peanut butter)
Beef, lean (1 small hamburger patty)	Pork (1 pork chop)
Chicken (1 small breast)	Tofu (1/2 c.)
Eggs (2 eggs or 4 egg whites)	Tuna (1 can)
Fish (1 salmon steak)	