

90/10 Nutrition Ladder

The Green Light Tier: Eat 90% or more of your food from this Tier

Proteins

Beef, Lean cuts (less than 10% fat)
Buffalo, Lean cuts (less than 10% fat)
Cheese (F)
Cottage Cheese (F)
Egg Whites
Eggs (whole) (F)
Fish (Broiled, Steamed, Grilled)
Fowl (skinless, white meat only)
Meat, Wild Game
Pork Tenderloin
Shakeology
Shellfish
Shrimp
Soy Milk
Soy Nuts
Squid
Tempeh
Tofu
Veggie Burger
Yogurt (Greek or Regular, unsweetened) (F)

Carbohydrates

Apples
Applesauce (raw, unsweetened)
Artichokes
Asparagus
Bananas
Beans (low sodium if canned) (P)
Beets
Berries (fresh)
Bok Choy
Bread products (100% Whole Wheat only, no HFCS)
Broccoli
Broths (low sodium only)
Brussell Sprouts
Cabbage
Carrots
Cauliflower
Celery
Citrus Fruits
Coffee (Black)
Corn
CousCous (100% whole wheat)
Cucumbers
Dates
Eggplant
Figs
Garlic (fresh, not powdered)
Granola (raw, no sugar or preservatives)
Grapes
Greens, Leafy (all types)
Herbs
Hummus
Kiwi
Lentils (P)
Lettuce
Mangoes
Melons
Milk (fat free or whole raw) (P)(F)
Muesli (raw, no sugar or preservatives)
Mushrooms
Nectarines, Peaches
Oatmeal
Onions
Papaya
Pasta (100% Whole Wheat)
Pears
Peas
Peppers
Pineapple
Plantains
Plums, Prunes
Quinoa (P)
Radishes
Raisins
Rice (Brown and Wild)
Spelt
Squash
Stevia
Sweet Potatoes, Yams
Tea (unsweetened)
Tomatoes
Vegetable Juice
Vinegar
Water
Yacon Syrup
Zucchini

Fats

Almond Milk (unsweetened and unflavored)
Avocados
Butter, Unsalted
Coconut
Flaxseed
Hempseed
Nut Butters (raw, unsalted) (P)
Nut Butters (roasted, unsalted) (P)
Nuts (raw, unsalted) (P)
Nuts (roasted, unsalted) (P)
Olive Oil
Olives
Sunflower Seeds