**Carbohydrates/Proteins/Fats**

|  |  |  |
| --- | --- | --- |
| Carbohydrate (50%) | Protein (20%) | Fat (30%) |
| Choose Whole Grains  Whenever possible:  Bread  Bagels  Rolls  Cereal/Oatmeal  Granola  Pasta  Brown Rice  Quinoa  Potatoes  Sweet potatoes  Corn  All Vegetables  All Fruit  Pancakes  Waffles  French toast  Milk  Regular Yogurt  Smoothies  Breakfast bars  Muscle Milk  Granola Bars | **Chicken**  **Beef**  **Pork**  **Eggs**  **Peanut butter**  **Nut butters**  **Nuts**  **Seeds**  **Tuna fish**  **Fish**  **Black beans**  **Refried beans**  **Pinto beans**  **Milk**  **Greek Yogurt**  **Cheese**  **Cottage cheese**  **Soy milk**  **Soy burgers**  **Tofu**  **Smoothies**  **Muscle Milk**  **Protein Powder** | **Heart Healthy Fats:**  **Canola oil**  **Olive oil**  **Fat in nuts**  **Fat in seeds**  **Fat in fish**  **Avocado**  **Pesto** |

**CARBOHYDRATES= energy**

**PROTEIN= muscles, hormones**

**FAT= healthy tendons, ligaments, joints and brains**