**Carbohydrates/Proteins/Fats**

|  |  |  |
| --- | --- | --- |
| Carbohydrate (50%) | Protein (20%) | Fat (30%) |
| Choose Whole Grains Whenever possible:BreadBagelsRollsCereal/OatmealGranolaPastaBrown Rice QuinoaPotatoesSweet potatoesCornAll VegetablesAll FruitPancakesWafflesFrench toastMilkRegular YogurtSmoothiesBreakfast barsMuscle MilkGranola 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**