

The Lifestyle Diet Makeover

Visual Food Guide

Don't you hate it when a diet program lists specific foods to eat, but you don't know what those are so you have to scavenge around the grocery store looking for them?

This "Visual Food Guide" was created so you don't have to do that. Instead, I brought my camera with me and snapped a picture of all the foods on this plan that I prefer (as I bought them) so you know exactly what they look like – actually *in* the store – and what to buy.

Now the question is: do you have to stick to these foods/brands *exactly*?

No, you don't. I've included the best choices for each of the foods, in my opinion. These are the ones I find taste the best and have the best nutritional contents. You can substitute any of them you like.

The benefit of this program is that you have [MyFitnessPal](#) to use to keep track of everything. Just make sure any substitutions adhere to the main diet program guidelines.

Directory of Foods

Ground Turkey (or Ground Chicken)	3
Ground Beef (or Top Round or Flank Steak).....	3
Non-Fat Greek yogurt	4
Other non-fat dairy	4
Raw Nuts / Seeds	5
Eggs (<i>Large, Grade A</i>).....	5
Apples.....	6
Bananas	6
Sweet Potatoes.....	7
Salsa (<i>or low-sodium taco sauce</i>)	7
Avocados	8
Berries	8
All-Natural peanut butter.....	9
Corn Tortillas	9
Beans and Lentils	10
Dark Chocolate	10
Broccoli (<i>and other cruciferous vegetables</i>)	11
Mushrooms.....	11
Tomatoes.....	12
Salmon (<i>and other fish higher in Omega 3</i>).....	12
Olive Oil (<i>and other oils</i>).....	13
Plain Oatmeal	14

The Foods

Ground Turkey (or Ground Chicken)



Ground Beef (or Top Round or Flank Steak)



Non-Fat Greek yogurt
(I prefer Oikos Greek Nonfat Vanilla Yogurt)



Other non-fat dairy



Raw Nuts / Seeds

(Almonds, Walnuts, Cashews, Sunflower Seeds, etc)



Eggs

(Large, Grade A)



(source: <http://www.walmart.com/ip/18-Large-Farm-Fresh-Eggs/14122623>)

Apples
(I prefer Honeycrisp apples)



Bananas



Sweet Potatoes
(and other orange vegetables like carrots)



Salsa
(or low-sodium taco sauce)



Avocados



(source: <http://www.konaearth.com/Life/2009/090316/>)

Berries



All-Natural peanut butter
(the kind with the oil separated at the top of the jar)



Corn Tortillas



Beans and Lentils



Dark Chocolate *(You can put these in anything)*



(source: <http://www.walmart.com/ip/Hershey-s-Special-Dark-Mildly-Sweet-Chocolate-Chips-12-oz/10312017>)

Broccoli
(and other cruciferous vegetables)



Mushrooms



Tomatoes



Salmon

(and other fish higher in Omega 3)



Olive Oil

(and other oils – Flax-Seed, Hazelnut, Walnut, etc)



Plain Oatmeal

