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Five-Star Foods

Fruits

Blueberries
Strawberries
Raspberries
Blackberries
Oranges
Lemons
Limes

Non-Starchy Vegetables

Artichokes
Asparagus
Avocado (officially a fruit)
Beets
Broccoli
Brussels Sprouts
Kale
Cauliflower
Cucumber
Eggplant
Leeks
Mushrooms
Red pepper
Tomato
Spinach
Green beans
Celery
Sugar snap peas
Carrots
Onion
Pumpkin
Squash
Zucchini

Fiber and Toxin Elimination

Rice Bran
Ground Flax Seed
Broccoli Sprouts

Pre/Probiotics

Cultured Foods
Fermented Foods

Sweeteners

Stevia
Allulose- Rx Sugar
Monk fruit

High Quality Protein

Seafood & Fish
Bison, Venison, Elk
Lamb, Pork

Plant-Based Protein Sources

Cannellini* and other Beans
Quinoa
Lentils
Hemp hearts
Plant-based Protein Powders*

Healthy Fats

Avocado Oil
Extra Virgin Olive Oil
Coconut Oil
Ground Flax Seed
Chia Seeds

Hydration & Liquids

Water-filtered
Green Tea
Non-dairy Milk Alternatives
Bone Broth

Omega 3-rich Foods

Avocado
Olive Oil
Salmon
Fish Oil
Flax seed oil
Chia seeds

Resistant Starches (Carbs)

Sweet potatoes
Beans, Lentils
Quinoa, Brown rice
Steel Cut/Gluten Free Oats
Brown Rice Tortilla
Winter/Butternut Squash
Cooked and cooled potatoes

Condiments

Sugar-free ketchup
Dijon mustard
Aquafaba mayo
Sugar-free salsa

*There will be more about protein supplement options that will be important to consider before using protein powder as a way to support easy protein intake.