

2016 Challenge – Quality of Foods List

PROTEINS	
HIGHEST QUALITY PROTEINS:	
Chicken Breast (no skin)	Chicken Breast (Boar’s Head Low Sodium)
Turkey Breast	Ground Turkey Breast (99% Fat Free)
Tilapia	Halibut
Egg Whites	Whole Eggs*
Pork Tenderloin	Filet Mignon*
Flank Steak*	Shrimp (boiled, raw or steamed)
Salmon*	Tuna Steak
Tuna Albacore (packed in water)	Most any White Fish or Seafood
Cottage Cheese (Non-Fat or Low Fat)	Greek Yogurt (Plain, Non-Fat)
Paleo Friendly Protein Powder-JJ Virgin.com	Egg White Protein Powder
MEDIUM QUALITY PROTEINS:	
Rib Eye Steak*	Ground Beef (Extra-Lean)*
London Broil*	Roast Beef*
Beef Round Tip*	T-Bone Steak*
Pork Chop*	Ham (Boar’s Head Low Sodium)*
Ground Turkey (93% Fat Free)	Tuna (canned, packed in oil)*
Sushi: Eel with Rice**	Milk (Non-Fat)
Sushi: Salmon with Rice**	Milk (Low Fat)
Sushi: Shrimp with Rice**	Milk (Whole)*
Sushi, Tuna with Rice**	Yogurt, Plain (Non-Fat)
Most Cheeses*	Yogurt, Plain (Low-Fat)
Whey Protein Powder	Yogurt, Plain (Whole)*
VEGETARIAN PROTEINS (All Medium Quality):	
Soy Milk	Boca Burger
Harvest Burger	Harvest Burger
Soy Protein Powder	Soy Slices
Yves Burger	Yves Chili Dogs
Yves Just Like Ground	
LOW QUALITY PROTEINS:	
Packaged Sandwich Meats	Canned Meats
Pork Bacon	Pork Sausage
Ham & Pork, Roast & Butts	
<p>*Protein choices that include Fat – Only add a carbohydrate to your meal with these choices. **Sushi: Includes Protein, Fat & Carbohydrate</p>	
<p>Tip: 3 oz. of protein (roughly the size of a deck of cards) is equal to approximately 20g of Protein, or 80 calories.</p>	

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CARBOHYDRATES	
HIGHEST QUALITY CARBOHYDRATES:	
Breads: Sprouted Ezekiel Brand	Fruits:
Breads: Hemp Bread	<ul style="list-style-type: none"> • Apples
Brown Rice	<ul style="list-style-type: none"> • Apricots
Barley	<ul style="list-style-type: none"> • Blackberries
Bulger	<ul style="list-style-type: none"> • Blueberries
Oatmeal	<ul style="list-style-type: none"> • Cantaloupe
Quinoa	<ul style="list-style-type: none"> • Cherries
Beans/Legumes—Fresh or Dried	<ul style="list-style-type: none"> • Figs
<ul style="list-style-type: none"> • Black Beans 	<ul style="list-style-type: none"> • Grapes
<ul style="list-style-type: none"> • Garbanzo Beans 	<ul style="list-style-type: none"> • Honeydew Melon
<ul style="list-style-type: none"> • Kidney Beans 	<ul style="list-style-type: none"> • Kiwi
<ul style="list-style-type: none"> • Lentils 	<ul style="list-style-type: none"> • Mango
<ul style="list-style-type: none"> • Lima Beans 	<ul style="list-style-type: none"> • Nectarine
<ul style="list-style-type: none"> • Navy Beans 	<ul style="list-style-type: none"> • Orange
<ul style="list-style-type: none"> • Pinto Beans 	<ul style="list-style-type: none"> • Papaya
Sweet Potatoes/Yams	<ul style="list-style-type: none"> • Peach
Tortillas	<ul style="list-style-type: none"> • Pear
<ul style="list-style-type: none"> • Corn 	<ul style="list-style-type: none"> • Pineapple
<ul style="list-style-type: none"> • Ezekiel Sprouted 	<ul style="list-style-type: none"> • Strawberries
<ul style="list-style-type: none"> • Whole Wheat/Low Carb 	<ul style="list-style-type: none"> • Watermelon
Vegetables: (Fresh or Frozen)	
<ul style="list-style-type: none"> • Asparagus 	<ul style="list-style-type: none"> • Artichokes
<ul style="list-style-type: none"> • Broccoli 	<ul style="list-style-type: none"> • Brussel Sprouts
<ul style="list-style-type: none"> • Cabbage 	<ul style="list-style-type: none"> • Cauliflower
<ul style="list-style-type: none"> • Celery 	<ul style="list-style-type: none"> • Cucumber
<ul style="list-style-type: none"> • Eggplant 	<ul style="list-style-type: none"> • Greens: Collards, Mustard, Turnip
<ul style="list-style-type: none"> • Spinach 	<ul style="list-style-type: none"> • Kale
<ul style="list-style-type: none"> • Garden Salad Greens 	<ul style="list-style-type: none"> • Green Beans
<ul style="list-style-type: none"> • Tomatoes 	<ul style="list-style-type: none"> • Okra
<ul style="list-style-type: none"> • Onions 	<ul style="list-style-type: none"> • Peas
<ul style="list-style-type: none"> • Peppers 	<ul style="list-style-type: none"> • Pumpkin
<ul style="list-style-type: none"> • Radish 	<ul style="list-style-type: none"> • Squash
MEDIUM QUALITY CARBOHYDRATES:	
Breads:	Cereals: Most Cold Cereals
<ul style="list-style-type: none"> • Whole Wheat 	Pasta: Whole Wheat
<ul style="list-style-type: none"> • Bagel 	Fruits:
<ul style="list-style-type: none"> • 7-Grain 	<ul style="list-style-type: none"> • Banana
<ul style="list-style-type: none"> • Corn 	<ul style="list-style-type: none"> • Fruit Juices
<ul style="list-style-type: none"> • Pita, Wheat 	<ul style="list-style-type: none"> • Dried Fruits

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• Rye	• Most Canned Fruits
• Wheat Bun	
Vegetables:	Chocolate: 72% Cocoa
• Most Canned Vegetables (pick low-sodium or organic when available)	
• Vegetable Juice	
• Tomato Paste	
LOW QUALITY CARBOHYDRATES:	
White Bread	Ice Cream (Non Fat & Low Fat)
White Rice	Candy
Tortilla Chips	Potato Chips
Pretzels	Flour Tortillas
Pasta, Cereals & Crackers made with refined (white) flour	
White or refined sugar	Sodas
Pre-packaged &/or processed foods containing refined sugar, refined flour, hidden sugars such as corn starch, high fructose corn syrup, dextrose, maltose, and other additives and preservatives.	
Most “Diet”, “Lite” or “Low Sugar” foods which contain additives, artificial sugar substitutes, chemicals and toxins our bodies have to process and do not promote health. This DOES include “0” calorie Diet Sodas.	

FATS	
HIGHEST QUALITY FATS:	
Avocado	Almonds, Raw
Almond Butter	Coconut Oil
Guacamole	Flax Seeds
Flax Seed Oil	Macadamia Nuts
Natural Nut Butters	Olive Oil
Sunflower Seed	Sesame Butter
Sesame Oil	Walnuts
Fish Oil (such as the Fat in Salmon)	
MEDIUM QUALITY FATS:	
Butter	Canola Oil
Mayonnaise	Egg Yolk
Olives	Vegetable Oil
Sour Cream	Cheese
LOW QUALITY FATS:	
Margarine	Prepared Salad Dressings
Processed Cheese Food	Hydrogenated Oils
Hydrogenated (processed) Nut Butters	
Tip: A serving of most fats is approximately the size of two dice.	