



harmonie hernandez

Food List for 30 Days

Harmonie Hernandez

Food List for Weight Loss & Fitness & Health

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Vegetables

**Eat 3+ cups of greens and 1-2 cups
other vegetables**

- *Dark leafy greens*
- *Salad greens*
- *Broccoli*
- *Brussels sprouts*
- *Asparagus*
- *Cabbage (red, green or Napa)*
- *Butternut squash*
- *Kabocha squash*
- *Spaghetti squash*
- *Acorn squash*
- *Pumpkin*



- *Green Beans*
- *Peppers*
- *Cauliflower*
- *Carrots*
- *Artichokes*
- *Tomatoes*
- *Eggplant*
- *Okra*
- *Jicama*
- *Snow Peas*
- *Beets*
- *Cucumbers*
- *Celery*
- *Mushrooms*
- *Zucchini*
- *Onions*
- *Sprouts*
- *Sauerkraut (low sodium, homemade is best)*
- *Kimchi (low sodium, homemade is best)*



Fruit

Eat 2 cups per day before 6:00 P.M.

- ❖ *Berries (any kind)*
- ❖ *Grapes (red or purple only)*
- ❖ *Melon (any kind)*
- ❖ *Exotic or Tropical Fruits*
- ❖ *Citrus Fruit*
- ❖ *Kiwi*
- ❖ *Mangos*
- ❖ *Cherries*
- ❖ *Peaches*
- ❖ *Acai*



- ❖ *Apples*
- ❖ *Pears*
- ❖ *Pineapple*
- ❖ *Papaya*
- ❖ *Banana (limit to 1 small or less per day)*
- ❖ *Figs (fresh)*
- ❖ *Pico de Gallo*
- ❖ *Salsa (low sodium, homemade is best)*
- ❖ *Tomato Sauce (low sodium
homemade is best)*



Protein

Four 3 oz. servings per day

✓ *One Serving of Protein*

powder (low glycemic index and at least 15 grams of protein)



✓ *Chicken*

✓ *Turkey*

✓ *Tofu*

✓ *Tempeh*

✓ *Black Beans* (1/2 cup)

✓ *Hemp Seeds* (1/4 cup)

✓ *Flax Seeds Ground* (1/4 cup)

✓ *Dark Greens* (2 cups)



✓ *Pumpkin Deed Blended with*

Spirulina (2 T. each)

✓ *Eggs* (2)

✓ *Egg Whites* (8)

✓ *Greek Yogurt* (lite or nonfat)

✓ *Shellfish*

✓ *Sardines* (7) *Fresh or Canned*

in water



- ✓ *Ground Red Meat (95% lean)*
- ✓ *Ground Poultry (95% lean)*
- ✓ *Clams*
- ✓ *Lean Pork*
- ✓ *Tuna (white, canned in water)*
- ✓ *Ahi Tuna (fresh)*



- ✓ *Ono* (fresh)
- ✓ *Mahi Mahi* (wild caught)
- ✓ *Perch* (fresh)
- ✓ *Oysters*
- ✓ *Cod* (fresh)
- ✓ *Tilapia* (fresh)
- ✓ *Salmon* (wild Alaskan only!)



- ✓ *Ricotta Cheese* (low fat)
- ✓ *Cottage Cheese* (2%)
- ✓ *Veggie Burger* (homemade, recipe with menu plan)



Carbohydrates

1½ cups per day (+ ½ on high intensity workout days only)

 *Sweet Potato* (any kind)

 *Ulu*



 *Quinoa*

 *Beans* *(any kind. Low sodium*

homemade is best)

 *Lentils* *(careful, these are inflammatory)*

 *Sugar Snap Peas*

 *Edamame*

 *Brown rice*



 *Wild rice*

 *Corn* (non gmo, organic only)

 *Amaranth*

 *Millet*

 *Buckwheat*

 *Bulgar*



 *Oatmeal*

 *Pasta* (rice or quinoa)

 *Couscous*

 *Whole Grain Crackers*
(8 small)



 *Bread* (Gluten free, high fiber, sprouted or homemade)

 *Pita* (one piece. Chickpea flour, recipe in menu plan)

 *Gluten Free Waffle* (one)

 *Gluten Free*

Pancake (1 med or 2 small)

 *Gluten Free*



English

Muffin (half)

 *Corn Tortilla* (2 small)

 *Plantain Tortilla* (1 small, recipe

with meal plan)

 *Granola* (homemade only! Recipe with meal plan)



GOOD

FATS

$\frac{1}{4}$ cup per day



- *Avocado*
- *Raw nuts (a handful)*
- *Hummus (homemade, recipe in meal plan)*
- *Canned or fresh coconut milk*
- *Feta cheese*
- *Goat cheese*
- *Mozzarella cheese*
- *Cheddar cheese*
- *Provolone cheese*
- *Parmesan cheese*



Other Yummy, Healthy Foods

2 Tablespoons per day

- *Chopped Nuts*
- *Peanuts*
- *Raw Seeds*
- *Flax Seed Ground*



(1 Tbsp)

- *Olives* (black or green, 10)
- *Unsweetened Coconut*
- *Homemade Salad Dressing*

(recipes in meal plan)

Oils
Nut



and
Seed

Butters

Keep to the smallest portion you can while on "30 Day Challenge"

Use 1 tsp. to cook with of oils.

Take 1 tsp. extra virgin coconut oil 3 times per day before eating throughout entire 30 days

- *Avocado Oil*
- *Extra Virgin Olive Oil*
- *Extra Virgin Coconut Oil*

- *Grape seed Oil*
- *Red Palm Oil*
- *Tahini*
- *Nut/seed butter* (*homemade, ground nuts only*)



SEASONINGS

As much as you want!

- ❖ *Lemon*
- ❖ *Lime*
- ❖ *Garlic*
- ❖ *Ginger*
- ❖ *Turmeric*
- ❖ *Hot Pepper* (or hot pepper sauce)
- ❖ *Mustard* (not honey)
- ❖ *Vanilla or Pure Flavorings*
- ❖ *Fresh Herbs and Spices*
- ❖ *Black Pepper*

