

- ☐ KALE
- ☐ COLLARD GREENS
- ☐ SPINACH
- ☐ BRUSSELS SPROUTS
- ☐ BROCCOLI
- ☐ ASPARAGUS
- ☐ BEETS
- ☐ TOMATOES
- ☐ SQUASH
- ☐ WINTER SQUASH
- ☐ STRING BEANS
- ☐ PEPPERS, SWEET
- ☐ CARROTS
- ☐ CAULIFLOWER
- ☐ ARTICHOKES
- ☐ EGGPLANT
- ☐ OKRA
- ☐ Jicama
- ☐ SNOW PEAS
- ☐ CABBAGE
- ☐ CUCUMBERS
- ☐ CELERY
- ☐ LETTUCE (NOT ICEBERG)
- ☐ MUSHROOMS
- ☐ RADISHES
- ☐ ONIONS
- ☐ SPROUTS

- ☐ PUMPKIN SEEDS 1/2 cup
- ☐ SUNFLOWER SEEDS 1/2 cup
- ☐ SESAME SEEDS 1/2 cup
- ☐ FLAXSEED 2 tablespoons
- ☐ OLIVES
- ☐ COCONUT

- ☐ OLIVE OIL EXTRA VIRGIN
- ☐ COCONUT OIL EXTRA VIRGIN
- ☐ FLAXSEED OIL
- ☐ WALNUT OIL
- ☐ NUT BUTTERS
- ☐ SEED BUTTERS

- ☐ RASPBERRIES
- ☐ BLUEBERRIES
- ☐ BLACKBERRIES
- ☐ STRAWBERRIES
- ☐ WATERMELON
- ☐ CANTALOUPE
- ☐ ORANGE
- ☐ TANGERINE
- ☐ APPLE
- ☐ APRICOTS
- ☐ GRAPEFRUIT
- ☐ CHERRIES
- ☐ GRAPES
- ☐ KIWIFRUIT
- ☐ MANGO
- ☐ PEACH
- ☐ HONEYDEW
- ☐ PEAR
- ☐ PINEAPPLE
- ☐ BANANA
- ☐ PAPAYA
- ☐ FIGS
- ☐ HONEYDEW MELON

- ☐ AVOCADO
- ☐ ALMONDS 1/2 cup
- ☐ CASHEWS 1/2 cup
- ☐ PEANUTS 1/2 cup
- ☐ PISTACHIOS 1/2 cup
- ☐ PECANS 1/2 cup
- ☐ WALNUTS 1/2 cup
- ☐ HUMMUS
- ☐ COCONUT MILK
- ☐ FETA CHEESE
- ☐ GOAT CHEESE
- ☐ MOZZARELLA (LOW MOISTURE)
- ☐ CHEDDAR
- ☐ PROVOLONE
- ☐ MONTERREY JACK
- ☐ PARMESAN

- ☐ SARDINES (WATERBURY)
- ☐ CHICKEN BREAST
- ☐ TURKEY BREAST
- ☐ GROUND CHICKEN BREAST
- ☐ GROUND TURKEY BREAST
- ☐ CATFISH
- ☐ TILAPIA
- ☐ TROUT
- ☐ COD
- ☐ SALMON
- ☐ HALIBUT
- ☐ TUNA (WATERBURY)
- ☐ BUFFALO
- ☐ LEAN GROUND BEEF
- ☐ EGGS
- ☐ PLAIN GREEK YOGURT, 1%
- ☐ SHELLFISH
- ☐ CLAMS
- ☐ EXTRA LEAN BEEF
- ☐ TEMPEH
- ☐ TOFU, firm
- ☐ PORK TENDERLOIN
- ☐ TURKEY SLICES LOW FAT, FAT FREE
- ☐ HAM SLICES LOW FAT, FAT FREE
- ☐ RICOTTA CHEESE LOW FAT
- ☐ COTTAGE CHEESE
- ☐ VEGGIE BURGER
- ☐ TURKEY BACON
- ☐ PROTEIN POWDER (WHEY, ISO, RICE, VEG)
- ☐ SHAKEOLOGY

- ☐ LEMON
- ☐ SPICES
- ☐ GARLIC
- ☐ LIME
- ☐ HOT SAUCE
- ☐ HERBS
- ☐ GINGER
- ☐ MUSTARD
- ☐ VINEGARS

- ☐ SWEET POTATO
- ☐ YAMS
- ☐ QUINOA
- ☐ BEANS
- ☐ LENTILS
- ☐ EDAMAME
- ☐ PEAS
- ☐ REFRIED BEANS, NON-FAT
- ☐ BROWN RICE
- ☐ WILD RICE
- ☐ POTATO
- ☐ CORN ON THE COB
- ☐ OATMEAL, STEEL-CUT
- ☐ OATMEAL, ROLLED
- ☐ BULGUR
- ☐ BARLEY
- ☐ PASTA, WHOLE GRAIN
- ☐ COUSCOUS, WHOLE WHEAT
- ☐ CRACKERS, WHOLE GRAIN
- ☐ BREAD, WHOLE GRAIN
- ☐ CEREAL, WHOLE GRAIN
- ☐ PITA, WHOLE WHEAT
- ☐ WAFFLES, WHOLE GRAIN
- ☐ ENGLISH MUFFIN, WHOLE GRAIN
- ☐ BAGEL, WHOLE GRAIN
- ☐ TORTILLA, WHOLE WHEAT
- ☐ TORTILLA, CORN



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Ultimate Reset Nutrition Guide

Siddappa N.Byrareddy



Ultimate Reset Nutrition Guide:

Whispering the Secrets of Language: An Psychological Quest through **Ultimate Reset Nutrition Guide**

In a digitally-driven world where displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases frequently get unheard. However, nestled within the pages of **Ultimate Reset Nutrition Guide** a interesting fictional treasure blinking with raw feelings, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, that marvelous opus attracts viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of every word. Within the mental depths of this moving evaluation, we shall embark upon a sincere exploration of the book is primary styles, dissect its captivating publishing style, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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