

Ascent Training Foods List

Protein

- ❖ Chicken breast (Boneless skinless - cut off any visible fat before cooking)
- ❖ Chicken Sausage (nitrate free)
- ❖ Ground Beef (93-96% lean)
- ❖ Ground Bison (lean)
- ❖ Sirloin steak
- ❖ Extra lean Turkey
- ❖ Extra lean Pork
- ❖ Shrimp
- ❖ Salmon (Wild caught)
- ❖ White fish (Tilapia, orange roughy, cod, and bass)
- ❖ Tuna
- ❖ Liquid egg whites
- ❖ Eggs
- ❖ Deli meats (nitrate free)
- ❖ Turkey bacon (low fat under 4 grams a slice / nitrate free)
- ❖ Turkey sausage (nitrate free)
- ❖ Low fat / fat free cheeses
- ❖ Greek Yogurt (under 9 grams of sugar)
- ❖ Almond cheese (under 5 grams of fat)
- ❖ Tofu
- ❖ Fat free cottage cheese
- ❖ Fair life milk
- ❖ Protein powder (whey isolate, egg white, hemp, brown rice, or pea protein)

Carbohydrates

- ❖ Ezekiel bread, wraps, English muffins or cereal
- ❖ Whole wheat bread (not enriched-wheat)
- ❖ Whole wheat tortillas
- ❖ Whole wheat noodles
- ❖ Brown rice (noodles, cereal and cakes)
- ❖ Corn tortillas
- ❖ Wild rice
- ❖ Potato (sweet, purple or red)
- ❖ Quinoa (cereal, and noodles)
- ❖ Couscous
- ❖ Oat meal (Raw oats or steel cut)
- ❖ Spinach noodles
- ❖ Whole wheat noodles
- ❖ Beans / lentils
- ❖ Granola (Low fat / sugar only - 5 grams or below for each)

Fats

- ❖ Oils (olive, grape seed, coconut, hemp, flax seed, UdorTM or avocado oil)
- ❖ Raw or roasted unsalted nuts
- ❖ Seed / nut butters (look for natural and the lowest in carbs at or below 5 grams)
- ❖ Coconut
- ❖ Avocado / guacamole
- ❖ Greek yogurt ranch dressing
- ❖ Salad dressings (made with olive oil and contain low sodium)
- ❖ Hemp seeds
- ❖ Flax seeds
- ❖ Chia seeds
- ❖ Mayo with olive oil

- ❖ Butter (grass fed or olive oil base)

Vegetables

- ❖ Limit canned vegetable consumption (high sodium content) – Fresh and frozen are preferred.
- ❖ Alfalfa sprouts
- ❖ Artichoke (hearts canned or frozen)
- ❖ Asparagus
- ❖ Baby kale
- ❖ Bell peppers (red, green, yellow, orange)
- ❖ Black olives (canned)
- ❖ Butternut squash (fresh or frozen)
- ❖ Broccoli
- ❖ Cabbage slaw
- ❖ Carrots
- ❖ Cauliflower
- ❖ Chives
- ❖ Corn (fresh or frozen)
- ❖ Cucumbers
- ❖ Garlic
- ❖ Green onions
- ❖ Jalapeño peppers
- ❖ Lettuce (romaine, butter)
- ❖ Mixed greens
- ❖ Mushrooms
- ❖ Onions (white, yellow, red)
- ❖ Spaghetti squash
- ❖ Spinach
- ❖ Sugar snap peas
- ❖ Tomatoes (fresh, or canned)
- ❖ Yellow squash
- ❖ Zucchini

Fruit

- ❖ Focus on fruits with an eatable skin Fruits with out the skin are not considered bad by any means. The goal is to first improve fiber intake and fruits with the skin on it tend to have more fiber compared to fruits with out eatable skin such as a banana or melon.
- ❖ Apples
- ❖ Berries (all types)
- ❖ Cherries
- ❖ Pears
- ❖ Peaches
- ❖ Pomegranate seeds
- ❖ Grapes
- ❖ Plums

Seasoning / Condiments

- ❖ All-purpose seasoning
- ❖ Basil (fresh or dried)
- ❖ Barbecue sauce (Stubb's Smokey Mesquite)
- ❖ Black pepper
- ❖ Cayenne pepper
- ❖ Chili powder
- ❖ Chipotle seasoning
- ❖ Cilantro (dried or fresh)
- ❖ Cinnamon
- ❖ Crushed red pepper flakes
- ❖ Cumin
- ❖ Dehydrated minced onion
- ❖ Dijon mustard
- ❖ Dry ground mustard
- ❖ Garlic powder
- ❖ Hot sauce

- ❖ Hummus
- ❖ Lemon juice
- ❖ Lemon pepper seasoning
- ❖ Lime juice
- ❖ Mrs. Dash Seasoning (any)
- ❖ Marinara sauce
- ❖ Onion powder
- ❖ Paprika
- ❖ Pickles
- ❖ Pumpkin pie spice
- ❖ Ranch powder
- ❖ Salsa
- ❖ Sea salt
- ❖ Walden Farms Products (sugar free syrups)
- ❖ Taco seasoning

Pantry Essentials (cooking / baking)

- ❖ Almond flour
- ❖ Baking powder
- ❖ Canned pumpkin
- ❖ Cocoa powder
- ❖ Coconut extract
- ❖ Dark chocolate chips
- ❖ Liquid vanilla
- ❖ Low-sodium chicken broth
- ❖ Nonfat cooking spray
- ❖ Oat flour
- ❖ Coconut flakes
- ❖ Stevia (powder / drops)
- ❖ Unsweetened almond milk
- ❖ Unsweetened cashew milk
- ❖ Vanilla extract
- ❖ Whole-wheat flour

Drinks

- ❖ **Water** 😊
- ❖ Mio (flavor additive for water)
- ❖ Sugar free sports drinks
- ❖ Zevia Sodas
- ❖ Tea
- ❖ Coffee
- ❖ Sugar free creamer or reduced sugar creamer
- ❖ Coconut water (reduced sugar)
- ❖ Almond / cashew / coconut milk (Low calorie)
- ❖ If your going to drink alcohol avoid (juices, energy drinks and syrups) Choose wine, light beers and drinks made in carbonated water or sugar free sodas.

Unique Food Combinations

- ❖ Kodiak Cakes (pancake / waffle / muffin mix with whey protein powder mixed in)
- ❖ Nuts N More (Seed / nut butters with whey protein added in.)
- ❖ Kashi go lean cereal (cereal with high fiber and protein added)
- ❖ Low fat Fair life milk (Ultra filtered milk that is low fat / sugar with higher amounts of protein.)
- ❖ Quest Protein chips (chips made with whey protein)
- ❖ Isopure – Java protein powder (coffee and whey isolate mixed together)

Emergency Food

List (Top protein bars / shakes you will find at a gas station, supplement store or grocery store)

- ❖ Quest protein bar
- ❖ Nugo Protein bars (Slim protein bar)
- ❖ Power Crunch bar
- ❖ Oh yeah bar (Small size only)
- ❖ Pre made protein shakes 20-25 grams of protein only (Watch sugar and fat content)

Have a craving? Stay in the game with these options

- ❖ Arctic Zero ice cream products
- ❖ Talenti ice cream
- ❖ Halo Top ice cream
- ❖ Weight watchers ice cream
- ❖ Think Thin mini bites
- ❖ Lenny and Larry's brownies
- ❖ Sweet potatoes chips
- ❖ Pita chips