

Skinnyschool Fitness Studio
MYSKINNSCHOOL.COM
Food List

LEAN PROTEIN

- Clean Protein Powder
- Lean Ground Turkey or Breast
- Lean Chicken Breast
- Any White Fish
- Lean Pork Tenderloin
- Tofu
- Egg Whites
- Lean Grass Fed Beef (to be consumed on a minimal basis)

FRUITS

- All Berries
- Apples
- Melons
- Bananas
- Grapefruit
- Oranges
- Avocado
- Pomegranate
- Mango
- Dried Fruits Unsweetened

VEGETABLES

- Lettuce (green or red leaf)
- Spinach
- Kale
- Cabbage
- Collard
- Green Beans
- Broccoli
- Squash
- Onions
- Celery
- Cucumber
- Sweet Potatoes
- Zucchini
- Tomato
- Mushrooms
- Garlic
- Peppers
- Cauliflower

NUTS OILS & SEEDS

- Extra Virgin Olive Oil
- Flax Seeds
- Ground Flax
- Peanut Butter
- Almond Butter
- Raw Almonds
- Walnuts
- Sunflower Seeds
- Pumpkin Seeds
- Cashews
- Chia Seeds
- Grapeseed Oil
- Coconut Oil
- Hemp Seeds

DRY GOODS & GRAINS

- Quinoa
- Farro
- Rolled Oats
- Brown Rice
- Bulgur Wheat
- Ezekiel Bread
- Whole Wheat Wraps
- Whole Wheat Pita
- Low Sugar Healthy Cereal
- Low Sugar Granola

EXTRAS

- Mustard (any type/not honey mustard)
- Vinegars
- Ketchup
- Hot Sauce
- Stevia
- Raw Honey
- Real Maple Syrup
- Agave Nectar
- PB 2 (powdered peanut butter)

DAIRY & SUBS

- Unsweetened Almond or Coconut Milk
- Egg Whites
- 1%-0% Greek Yogurt

- 0% Fat Cottage Cheese
- Almond or Coconut Yogurts (low sugar)
- Unsweetened Soy & Rice Milk
- Fat Free Milk

BAKING ITEMS

- Almond Flour
- Wheat Germ
- Oat Flour
- Baking Soda and Powder
- Sea Salt
- Fat Free Cooking Spray

SNACKS

- Lara Bars
- Kind Bars
- Raw Bars
- Kale Chips
- Flax Crackers

CANNED ITEMS

- Tomato
- Black Beans (rinsed)
- Garbanzo Beans (rinsed)
- Tuna (water)
- Vegetable or Chicken Stock (low sodium)

SPICES

- Allspice
- Chinese 5 Spice
- Crushed Red Pepper
- Black Pepper
- Mrs. Dash
- Garlic
- Curry
- Nutmeg
- Cinnamon
- Bells Poultry Season
- Italian Seasonings



SKINNY SCHOOL
fitness studio

Personal Training • Group Training • Nutrition • Lifestyle