

Not a Protein but a Fat..

This is a quick reference guide to foods that we are taught our good sources of protein. In the teachings I will be explaining to you this list are considered a fat source and not a protein source. I do not mean to say these don't have protein but the amount of fats out weigh the amount of protein. So we will categorize these as fat sources. Also this doesn't change whether it is organic or not.

FOOD LIST

- ⇒ Almonds
- ⇒ Various nuts (peanuts, cashews, etc)
- ⇒ Avocado
- ⇒ Peanut butter
- ⇒ Nut butters
- ⇒ Coconut (oil, flour, etc)
- ⇒ Ground beef (90% 10% and more) we want 93% 7% or better
- ⇒ Cheese (unless low fat or non-fat)
- ⇒ Whole egg (egg whites are a protein)
- ⇒ Mayonnaise and Miracle whip
- ⇒ Pizza toppings like (pepperoni, and sausage) Canadian bacon is the best
- ⇒ All oils
- ⇒ Guacamole
- ⇒ Cream cheese
- ⇒ Ice Cream
- ⇒ Bacon (turkey or not, typically)
- ⇒ Ground Turkey or Chicken (unless it's breast meat)
- ⇒ Hot dogs
- ⇒ Pepperoni sticks
- ⇒ Chicken legs and thighs
- ⇒ Cured meats like salami (turkey, ham and roast beef are okay)
- ⇒ Chips and tortilla chips
- ⇒ Pesto
- ⇒ Salad Dressings (majority of these)
- ⇒ Chicken patties
- ⇒ Sausage links (unless you get Open Nature Chicken sausage)

Use this as a cheat sheet to help you understand what you're looking for in foods. So you aren't being tricked into thinking something is what it isn't.