

Whole Food Idea List (or 80/20 List):

This list is not exhaustive. It is meant to spark inspiration and ideas for your recipes and meals. The 80/20 Rule is the idea that 80% of your food should come from these whole food items listed here. You can COMBINE them in recipes for good tasting options and use lower calorie condiments and seasoning to add flavor.

This list also gives you an idea of the 20% of processed food items that you can include but can monitor to make sure they are really 20% of your food, not 20-50%.

You should notice you will be eating what feels like a lot of food by following this rule. WHole foods allow for higher volume and should leave you feeling full and satisfied. Eating more processed, 20% foods will lead to more sluggishness, bloating, water retention, and worse performance in the gym!

Protein Sources:

Chicken Breast
Turkey Breast
Steak
Ham
Hamburger/ground beef
Lamb
Venison
Bacon
Sausage
Shrimp
Tuna
Salmon
Halibut
Cod
Scallops
Lobster

Plant Based Protein Sources:

Ground Meatless (Trader Joes)
Ground Meatless (other brands)
Impossible Meat
Beyond Meat
Morningstar Farms brand-sausage, ground beefless, chicken substitutes, patties for sandwiches
LightLife Tenders
Meatless Sausage
Tofu
Lentil or Soy based pastas (Trader Joe's brand is my favorite)
Lentils

Produce:

Bananas
Apples
Orange or clementine
Cherries
Blueberries
Raspberry
Strawberry
Pineapple
Grapes
Peaches
Pears
Watermelon

Avocado
Lettuce
Tomatoes
Cherry or Sangria Tomatoes
Mixed Greens
Kale
Spinach
Brussel Sprouts
Broccoli
Asparagus
Peas
Green Beans
Mushrooms
Cucumber
Carrots
Celery

Baked Potatoes
Russet Potatoes
Sweet Potatoes

Other:

Eggs
Egg Whites
JUST Eggs (vegan substitute)
Tofu(scramble as egg substitute)

Cottage Cheese

Greek Yogurt (high protein, lower fat usually!)

Seeds (pumpkin, sesame, sunflower)

Nuts (almonds, cashews, peanuts, pistachios)

Beans (navy, chick peas, pinto, black, kidney, refried)

Bagels (in moderation, combine with protein)

Pastas (higher protein options available at most stores)

Breads (in moderation, combine with protein)

Oats (rolled or quick oats good for morning, high protein options available!)

Oatmeal

Rice

Quinoa

(Be sure to measure these, they add up SUPER QUICK!)

Coconut oil

Olive Oil

Butter

Protein supplements: (try to hit your protein targets from mostly whole, natural foods. But use bars and shakes and powders as a supplement to help fill the gap, especially on busy days or when traveling, etc) DON'T EAT PROTEIN SUPPLEMENT YOU HATE! FIND ONES YOU ENJOY EATING!

Protein bars: (macros have to be worth it with supplements like bars, meaning 20+ grams of protein for around 200 cal...good-ish quality ingredients can matter for gut and digestion)

Quest, pure protein, no cow, one bars

Quality Powders or pre-made shakes: (monitor your digestion and feelings after drinking these. They can cause gas/bloating in some, and people react better to different sources/types)

Orgain, Organify, Legion, Evolve, Premier Protein (okay)

Combine powder with almond milk, frozen fruit, and yogurt for a great high protein smoothie!

Protein based treats like Kodiak cakes, waffles, and brownies can be fun

Make your own by baking powder into baked good recipes, etc...LOTS OF IDEA online/pinterest.

PB2 powder as a sub for Peanut Butter can be a great high protein dessert)

20% Foods

Chocolate
Peanut Butter
Cookies
Candy
Chips/pretzels/crackers
Muffins/baked goods
Ice Cream
Fast Food/Take Out
Donuts
Cheeses
Spreads
Whipped Cream

YOU CAN HAVE THESE FOODS DAILY, BUT IN MODERATION. MAYBE ONE BUT NOT THREE OF THEM PER DAY. THEY ADD UP QUICK AND MAKE HITTING MACROS MORE CHALLENGING THE MORE YOU ADD.

Beverages:

Water (most often)
Black Coffee
Low calorie (unsweetened) almond milk
Tea
Sparkling Water
Siet Sodas
Zero Calorie drinks

Empty Calories from Drinks(watch out):

Milk, Soda, juice
ALCOHOL

Condiments: Zero/low calorie options...

Hot sauces
Sriracha
Mustard
Salt (go ahead, salt your food!)
Pepper
Worcester sauce
Lemon Juice
Lime Juice
Salsa (check calories)
Soy sauce

Condiments: these also add up FAST! Be careful to MEASURE them specifically and track them exactly.

Salad dressings (some lower fat/calorie options can be useful)

Mayo

Ketchup

Relish

BBQ sauce

Sour Cream

Horseradish

Sweeteners:

Sugar

Creamer

Honey

Syrup

Molasses

Half and Half