



BRIAN DANLEY FITNESS

RECOMMENDED PROTEIN FOODS

(eat more of during latter part of day)

MEATS

BISON
CHICKEN BREAST
FLOUNDER
GROUND TURKEY
HALIBUT
LEAN GROUND BEEF
ORANGE ROUGHY
PORTERHOUSE STEAK
RED SNAPPER
SALMON
SARDINES
SIRLOIN STEAK
SWORDFISH
TILAPIA
TOFU
TROUT
TUNA
TURKEY BREAST

GRAINS

BAGEL
BLACK BEANS
BLACK-EYED PEAS
BROWN RICE
BULGUR
COUSCOUS
DRIED WHOLE PEAS
EDAMAME

VEGETABLES

ASPARAGUS
BAKED POTATO
BROCCOLI
BRUSSEL SPROUTS
CORN
SPINACH
SWEET POTATO
YAMS

NUTS / SEEDS

ALMOND BUTTER
ALMONDS
BRAZIL NUTS
FLAXSEEDS
MIXED NUTS
PEANUT BUTTER
PEANUTS
PUMPKIN SEEDS
SOY NUTS
SUNFLOWER SEEDS
WALNUTS
LIMA BEANS
NAVY BEANS
PINTO BEANS
QUINOA
SOYBEANS
SPLIT PEAS
WHEAT GERM

DAIRY / EGGS

COTTAGE CHEESE
EGGS
GOAT'S MILK
MILK
MOZZARELLA
RICOTTA CHEESE
ROMANO CHEESE
SOY MILK
SWISS CHEESE
TOFU
YOGURT