

PFC venn diagram

protein

chicken breast · leaner % ground turkey · beef · bison · egg whites · halibut · tilapia · tuna · scallops · shrimp · protein powder · deli meat · dried meat or jerky · look for words "boneless, skin removed, or loin"

bacon · sausage · fatter % ground turkey · beef · bison · whole eggs · salmon · chicken thighs · look for words "bone-in and/or skin on"

fat free dairy products · lentils · chickpeas · beans · quinoa · lentil · chickpea pasta

full fat dairy products · nut butter · seed butter · nuts, seeds · protein bars

butter · cream · coconut milk · coconut oil · egg yolks · mayonnaise · olive oil · sour cream

avocado · coconut meat · olives

all fruits · all vegetables · all grains

fats

carbohydrates