

# WEEKLY FOOD INSPIRATION



## Good Protein Sources

- Eggs or Egg Whites
- Chicken
- Extra-Lean Ground Beef
- Lean Ground Turkey
- Steak
- Fish
- Shrimp
- Chickpeas
- Cottage Cheese (0% fat)
- Greek Yogurt (0% fat = lower calories)
- Protein Powder
- Tofu

## Healthy Carb Sources

- Whole Grains
- Leafy Greens
- Hearty Vegetables (Carrots, Broccoli, Asparagus, etc)
- Berries
- Bananas
- Apples
- Whole Grain Rice
- Red Potatoes
- Oats
- Sweet Potatoes
- Lentils

## Healthy Fat Sources

- Avocados
- Whole Eggs
- Fatty Fish
  - (Tuna, Herring, Salmon, Mackerel, Trout)
- Nuts
  - (Almonds, Pistachios, Cashews, Walnuts, Peanuts, Hazelnuts)
- Chia Seeds
- Extra Virgin Olive Oil
- Cheese
- 2% Greek Yogurt

## Snack Ideas

- Serving of fruit
- Veggies with low-fat dip
- Cottage cheese on crackers with balsamic vinegar
- Home-made protein ice cream
- Overnight oats (with protein)
- Popcorn
- Trail mix
- Yogurt
- Home-made protein bars or energy balls

Check out the meal ideas on [Trainerize](#) for hundreds of recipes, or visit [these links](#) for more inspiration!

[Breakfast Inspiration Recipes](#)

[Lunch Inspriation Recipes](#)

[Dinner Inspriation Recipes](#)

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