



FREE NO-BRAINER FOOD GUIDE

By Coach Jimmy

If you ate only from Tiers 1 & 2, you'd have a near perfect diet!
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TIER 1: The Absolute Best Foods

Artichokes	Citrus, Fruits, & Juices	Mushrooms (Shitake & Mitake)	Sweet Potatoes
Beans	Cranberry Juice	Nectarines	Tea (Green or Black)
Beets, Blueberries	Egg Whites	Oatmeal	Tofu, Light
Bran	Fish, Cold-Water (Salmon, Mackerel, & Sardines)	Olive Oil	Tomato, Sauces and Products
Broccoli	Garlic, Fresh	Onions	Vegetable Juice
Brussel Sprouts	Grape Juice	Papayas	Water
Cabbage	Kale	Peas, Peppers	
Cantaloupe	Kiwi Fruit	Prunes	
Carrots	Mangoes	Rice, Brown	
Cauliflower	Milk, Non-Fat	Salsa	
Cereal, Whole-Grain		Spinach	

TIER 2: Excellent Food, You NEED It!

Almonds	Coffee, Black	Oysters	String Beans
Apples	Corn	Pancakes, Buckwheat	Sunflower Seeds
Asparagus	Low Fat Cottage Cheese	Pasta w/ Marinara Sauce, Fish, or Vegetables	Tomatoes
Bananas	Cucumbers	Peaches	Turkey Breast
Bread (Rye, Marble, and Pumpernickel)	Eggplant	Pears	Vegetable Juice, Canned or Botled
Broccoli Sprouts	Fish, Freshwater	Plums	Veggie Burgers
Celery	Graham Crackers	Raisins	Walnuts
Cereal, Dry (3-6g of fiber per serving)	Lettuce, Romaine, Leafy Green or Red	Raspberries	Watermelon
Cherries	Lima Beans	Ricotta Cheese, Non-Fat	Wind, Red
Chicken	Melon, HoneyDew	Shellfish	Yogurt, Low-Fat (Including Frozen)
Skinless White Meat	Milk, 1%	Soy Milk	Zucchini
	Mushrooms, Portobello	Strawberries	

TIER 3: Neutral Foods - Benefits and Hazards

Animal Crackers	Chicken Taco, Baked	Mushrooms	Pretzels
Applesauce	Chocolate	Mustard	Refried Beans, Low-Fat
Avocados	Eggs, Whole	Nuts (Walnuts, Hazelnuts, and Pine Nuts)	Rice Cakes
Bagels	English Muffins	Olives	Rice, White
Baked Beans	French Fries, Baked	Pancakes	Sauerkraut
Beef, Eye of Round	Fruit, Dried	Pasta, Plain	Soup, Canned Broth
Beef, London Broil	Fruit Juice, Unsweetened	Peanut Oil	Veal Cutlet
Beef, Top Round	Granola, Low-Fat	Peanuts	Wine, White
Canola Oil	Jam and Marmalade	Pork Tenderloin	Yogurt
Chicken, Dark Meat	Latte, Iced Mocha w/ Non-Fat Milk	Potatoes, White	
Chicken Sandwich, Broiled	Margarine, Fat-Free		

TIER 4: Careful! (Eat in Moderation)

Beef, Filet Mignon	Chips, Low-Fat	Lasagna, Meat	Pudding, Made With Low-Fat Milk
Beef, Lean Ground	Coffee Cake	Lunchmeat & Hot Dogs, Low-Fat	Reuben Sandwich
Beef or Chicken, Barbequed	Crackers	Macaroni and Cheese	Sherbet
Beef, Sirloin	Cream Cheese, Low-Fat	Mayonnaise, Low-Fat	Sloppy Joe (Lean Beef, Ground Turkey)
Beef Stroganoff	Duck, Other Game	Meat Loaf	Soup, Canned Creamy
Beer	Granola or Energy Bar	Mexican Food (Baked not Fried)	Soy Sauce
Butter	Grilled Cheese	Milk, 2%	Spaghetti With Meatballs
Caesar Salad, Chicken	Sandwich	Muffins	Sub Sandwich
Canadian Bacon	Ham	Peanut Butter	Taco Salad, Chicken
Cheese	Hawaiian Pizza	Pepper, Stuffed	Tuna or Chicken Salad
Chef's Salad	Honey	Pizza, Meatless	Vegetable Oil
Chili	Lettuce, Iceberg	Popcorn, With Salt & Butter	
Chinese Food (With lots of vegetables)	Juice, Sweetened	Pork Chop, Fat Removed	
	Lamb Chops	Potato or Macaroni Salad	

TIER 5: May Taste Great...But You Will Pay Later!

Bacon	Chips, potato or corn	Hamburger, fast food	Potatoes, Fried
Beef, Ground, Regular	Cinnamon Buns	Hot Dogs	Potato Skins, Fried
Beef Taco, Fried	Clams	Ice Cream	Pot Pie
Breakfast Sandwiches, Fast Food	Cookies	Latte, With Whole Milk	Refried Beans
Cakes	Crab	Lobster Newburg	Creamy Salad Dressing
Candy	Cream Cheese	Mayonnaise	Sausage
Cereal, Sugared	Creamed Veggies	Milk, Whole	Shrimp, Fried
Charred or Blackened Food	Creamer, non-dairy	Nacho Chips, With Cheese	Sugared Soft Drinks
Chicken a la King	Doughnuts	Onion Rings	Spareribs
Chicken Buffalo Wings or Nuggets	French Fries	Patries	Tater Tots
Chicken or Fish Sandwich, Fried	Gravy	Pies	Toaster Patries