"Cheat Sheet" for the PEERTrainer Cheat System

LEFT SIDE Foods
● *eat as much as you can*

Best "bang for the buck" veggies
Greens! (Kale, spinach, collards, mustard, lettuces, arugala, watercress, mixes)
Cruciferous veggies (broccoli, cauliflower, brussel sprouts, cabbages)
Cabbages (green, red, chinese, Napa, endive)
Crispy dippers (cukes, zukes, green pepper, sugar snap and snow peas, celery)
Green beans, French beans
Green onions, leeks, scallions
Sprouts, okra, asparagus, artichokes

And more veggies!

Sweet root veggies (beets, carrots, turnips, parsnips, Jerusalem artichoke, jicama)
Spicy veggies (chili peppers, ginger, garlic)
Savory veggies (onion, mushroom, eggplant)
More crispy dippers (Sweet red peppers, red bell peppers, radishes, radicchio, carrots)
Winter squash and pumpkin
Sweet potatoes

Free fruits
Any organic berries
Lemon or lime

Good grains
Quinoa, amaranth, buckwheat

Good drinks
Green tea, herbal tea, water

Free proteins
Legumes (chickpeas, red beans, navy beans, black beans, lima beans)
Lentils (and split peas)
Edamame

Condiments
Salt and pepper
Spices, seasoning blends
Basic, garlic, ginger
Lemon, lime, vinegar
Cocoa powder, carob
Mustard, curry, paprika
Jalapeno, chili flakes, cayenne

"first one free"
(first 100-calorie serving from each of these **groups** is free)

First fruit of the day!
Of whatever sort

Good fats:
½ avocado
1T tahini, almond butter, coconut or olive oil
1/6 can coconut milk;
¼ C goat milk, butter milk
1C almond milk

Seeds
1T pumpkin, sesame, sunflower, etc.

Certain proteins
Tofu
Tempeh
Bison
Clean chicken
Clean fish

RIGHT SIDE Foods, "Cheats"
100-calorie portion = 1 Cheat
You get 10 "Cheats" a day

Probably are better nutritional choices
Fruits (besides first and free)
Red or white potatoes
Corn
All nuts and nut butters (peanut, walnut, cashew, etc.)
All fats not on the left side (butter, veg oils, etc.)
All avocados after first 1/2
All grains not on the left side (wheat, rice, oats, etc.)
One glass of wine
Coffee, tea
Hummus, baba ghanoush
Soy sauce

Depends on your body
Dairy products
Bread, pasta, one glass of beer
All animal proteins not on the left

Less nutritional value
Mayonnaise
Ketchup
Sugar, other sweeteners
Jelly, jam
Soft drinks
Other alcoholic drinks
Snack foods (chips, popcorn, etc.)
Candy, chocolate, sweets
Cake, other desserts