

**FOOD**

**20-35% of your daily calories**

**FATS**

**15-25% of your daily calories**

**PROTEINS**

**Vegetable oils**

- Sunflower oil
- Olive oil
- Safflower oil
- Sesame oil
- Soybean oil
- Cashew butter
- Fractionated oil
- Cottonseed oil
- Peanut oil
- Tempura
- Processed cheese
- Corn oil
- Hydrogenated oil
- Refined peanut butter
- Canola oil
- Palm kernel oil
- Butter
- MCT oil
- Gravy
- Shortening
- Margarine

**Animal fats**

- Refined oil
- Vegetable oil
- Soybean oil
- Fractionated oil
- Tempura
- Processed cheese
- Corn oil
- Hydrogenated oil
- Refined peanut butter
- Canola oil
- Palm kernel oil
- Butter
- MCT oil
- Gravy
- Shortening
- Margarine

**Plant proteins**

- Wheat flour
- White sugar
- Doughnuts
- Pastries
- Cake
- Pie
- Ice cream
- Frozen yogurt
- Organic frozen meals
- Organic cane sugar
- White bread
- White pasta
- White rice
- Short grain rice
- Microwave popcorn
- Organic crackers
- Apple juice
- Orange juice
- Sugary cereal
- Processed cereal
- Canned fruit
- Canned vegetables
- Instant potatoes
- Refined crackers
- Refined chips
- Diner pancakes
- Fast food
- Fried food
- Junk food
- Homemade sweets
- Granola
- Organic food bars
- Organic canned soup
- Organic chips
- Granola bar
- Organic pancake mix
- Instant oatmeal
- Organic cereal
- Arrowroot starch
- Frozen vegetables
- Tomato sauce
- Dried cherries
- Organic corn/popcorn
- Apple sauce
- Medium grain rice
- Organic corn/popcorn
- Wheatberries
- Freekeh
- Wild rice
- Brown rice
- Sprouted grains/bread
- Tomatoes
- Bananas
- Oranges
- Shredded coconut
- Dried mangos
- Couscous/orzo
- Organic semolina pasta
- Sourdough bread
- Udon/soba noodles
- Russet potatoes
- Pears
- Melon
- Raisins
- Leafy greens
- Brussels sprouts
- Root vegetables
- Celery
- Cabbage
- Figs
- Onion
- Asparagus
- Sea Vegetables
- Spirulina/Chlorella
- Sweet potatoes
- Purple potatoes
- Legumes
- Buckwheat
- Oat groats
- Teff
- Steel cut oats
- Millet
- Long grain rice
- Raw cacao
- Quinoa
- Garlic
- Mushrooms
- Carrots
- Berries
- Apples
- Lemons
- Limes
- Mangoes
- Coconut
- Broccoli
- Wheatgrass
- Cucumbers
- Red skin potatoes
- Beans
- Rolled oats
- Farro
- Coconut flour
- Quick oats
- Oatmeal pancakes
- Organic oatmeal
- Organic pancake mix
- Granola bar
- Organic chips
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**mini food target**

Category	Percentage
Sweetened tea	100%
Champagne	100%
Liquor	100%
Beer	100%
Processed creamer	100%
Hard cider	100%
Organic green/black tea	100%
Red/white wine	100%
Rice/pea/oat milk	100%
100% juice	100%
Half	100%
Water	100%
Juice	100%

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- Food categories**
- Center:** Mineral water, Organic nut/seed milk, Ionized water | Kombucha, Artesian/spring water | Coconut water, Organic herbal/green tea | Raw juice
- Inner Ring:** Organic cow/soy milk, Nut milk creamer, Organic half and half, 100% juice, Rice/pea/oat milk, Organic green/black tea, Red/white wine, Organic creamer
- Outer Ring (Clockwise from top):** Soda pop, Energy drinks, Processed sport drinks, Whey protein shakes, Coffee, Distilled water, Distilled vinegar, Refined jam/jelly, Processed ketchup, Mayo/Miracle whip, Vegetaaise, Processed hot/BBQ sauce, Ranch dressing, Soy sauce, Milk/white chocolate, Xanthan/Guar Gum, Candy, High fructose corn syrup, Citric acid, White sugar, Dark chocolate, Coconut sugar, Pure maple syrup, Organic cane sugar, Agave nectar, Molasses, Stevia, Kosher salt, MSG, Iodized/refined salt, Artificial sweeteners, Processed syrup, Beer, Hard cider, Processed creamer