

LOW **GLYCEMIC**

For Weight Loss And Health

Almonds
Apple
Asparagus
Avocado
Beans Beef
Blueberries
Broccoli
Brussels Sprouts
Cantaloupe
Chicken
Chickpeas
Cottage Cheese
Cucumber
Turkey
Eggs
Fish Grapes
Lamb
Lettuce

Milk
Mushrooms
Nuts
Onion
Orange
Peach
Peanut
Pear
Plum
Pork
Shrimp
Soy
Spinach Steak
Strawberries
Tofu
Tomato
Yogurt -plain
Zucchini