

# Best Foods For Fat Loss

For Stable Energy, Calmer Appetite & Sustainable Fat Loss

*Use this guide to build meals that support blood sugar regulation — not restriction.*

Best = most stabilizing

Moderate = pair with protein & fat

Worst = limit or use intentionally

## **BEST (Low Glycemic / Most Stabilizing)**

Build most meals around these foods

### **Proteins**

Eggs / Egg whites  
Chicken, turkey  
Lean beef, bison  
Pork tenderloin, venison, elk  
Salmon, tuna, sardines, shrimp  
Cod, tilapia, scallops (white fish)  
Greek yogurt (plain)  
Cottage cheese  
Tofu, tempeh  
Bone broth

### **Vegetables**

Spinach, arugula, kale, romaine  
Broccoli, cauliflower  
Zucchini, cucumber  
Asparagus, green beans  
Brussels sprouts  
Mushrooms, peppers, onions  
Cabbage (red & green), bok choy  
Celery, radishes  
Artichokes, eggplant  
Snap peas, snow peas  
Tomatoes  
Sauerkraut, kimchi (fermented)

### **Fats**

Olive oil, avocado oil  
Coconut oil, MCT oil, ghee  
Avocado, olives  
Nuts & seeds, hemp seeds  
Chia seeds, flaxseed  
Tahini, natural nut butters (no sugar)

### **Other Carbohydrates**

Berries (blueberries, strawberries, raspberries)  
Apricots  
Lentils, chickpeas  
Black beans, kidney beans  
Edamame  
Black-eyed peas, green peas  
Quinoa  
Steel-cut oats  
Barley

### **Extras**

Vinegar (apple cider, balsamic)  
Lemon / lime juice  
Cinnamon, turmeric, garlic  
Herbs & spices  
Green tea, matcha (unsweetened)  
Coffee (black)  
Cocoa powder (unsweetened)  
Nutritional yeast  
Seaweed / nori  
Psyllium husk

*Items in bold added in this update*

## **MODERATE (Pair + Portion Matters)**

Not off-limits — just intentional

### **Carbohydrates**

Sweet potatoes  
White potatoes  
Butternut squash  
Beets, carrots

### **Grains**

Brown rice  
Wild rice  
Farro  
Sourdough bread  
Sprouted grain bread  
Corn tortillas

### **Fruit**

Apples, pears  
Oranges  
Peaches, plums  
Kiwi  
Mango

### **Dairy & Extras**

Milk  
Kefir  
Flavored yogurt  
Honey or maple syrup (small amounts)

## **WORST (High Glycemic / Frequent Spikers)**

Limit or use strategically

### **Refined Carbohydrates**

White bread  
Bagels, croissants  
Pancakes, waffles  
White rice

### **Sugary Foods**

Cookies, cake, pastries  
Candy, donuts  
Sweet cereals

### **Drinks**

Soda  
Fruit juice  
Sweet tea  
Flavored lattes  
Energy drinks

### **Processed Snacks**

Chips  
Pretzels  
Crackers  
Rice cakes

## **How to Use This Guide**

Start meals with protein  
Add carbs intentionally  
Pair carbs with fiber + fat  
Aim for calm, steady energy

Fat loss after 50 isn't about eating less — it's about eating in a way that stabilizes blood sugar.

*You now know WHAT to eat. If you want to know exactly how to put this all together. This is exactly what I follow.*

***The Fuel Reset shows you exactly HOW — with a 7-day meal plan, macro blueprint, 7 GLP-1 friendly recipes and a full grocery list built for women 50+.***

**@50resetwithlisa**