

B³ FOOD LIST FOR FAT LOSS

High-Volume, High-Satiety Options

This list focuses on foods that are relatively low in calories but high in volume, fiber, and/or protein—helping you feel fuller while eating fewer calories.

Protein Sources (Lean)

- Skinless chicken breast
- Turkey breast
- 93–96% lean ground beef or turkey
- White fish (cod, tilapia, etc.)
- Greek yogurt (nonfat or low-fat)
- Cottage cheese
- Egg whites and whole eggs
- Tofu and tempeh

High-Volume Carbohydrates

- Oats
- Potatoes and sweet potatoes
- Brown rice or quinoa
- Beans and lentils
- Apples, berries, oranges, and other whole fruits
- Non-starchy vegetables (broccoli, carrots, peppers, etc.)

Healthy Fats (Use in Moderation)

- Avocado
- Olive oil and other liquid oils
- Nuts and nut butters
- Seeds (chia, flax, pumpkin)
- Fatty fish (salmon, mackerel)

Practical Tips

- Fill half your plate with vegetables at least once per day.
- Include a lean protein source at most meals.

- Use fats intentionally—measure oils, nut butters, and nuts.