

FREE FOODS

THAT HELP YOU LOSE WEIGHT

An unlimited food is food that you don't add to a food tracker like MyFitnessPal. These unlimited foods don't count towards your calories for the day. They are truly Unlimited, Unmeasured, and Untracked!

If your goals are general health, progressively losing some weight but you don't have a specific time frame you need to do it by or you aren't tracking food just mindfully eating then this list is for you. Here is why I like these free foods:

1. I like to have an idea for foods that I can eat in unlimited amounts. Often when you are dieting, you simply miss eating, just for the sake of eating, even when you aren't hungry. While Mindful eating is the goal of weight management, sometimes it's nice to eat with abandon! To eat without tracking or worrying about how much you ate.
2. I like these free foods to make a meal more filling. Free foods let you bulk up a meal without adding calories. This is great if you like to feel physically full after a meal.
3. Free foods can add flavor and taste to food. I use low calorie, or zero calorie flavors, sauces, herbs, spices, and condiments to add flavor and taste to meals. Dieting, low-fat, and low calorie meals can sometimes be bland, so low calorie flavors are a great way to make your diet food more palatable.
4. While I'm cooking dinner, or hanging around the kitchen socially, I like to eat. It's REALLY difficult for me to be in the kitchen and not graze on food. I'm getting better at this, but I also found a plate of sliced tomatoes or cucumbers is actually very satisfying! It really doesn't matter what the food is I'm eating in this situation, because it's just the behavior that's causing me to eat. So, low calorie, free-foods are the perfect solution.
5. I have put calories by some of the foods to give you an idea of what they really contain.

6. I like a little “dessert” food at the end of a meal. After I’ve eaten everything on my plate, sometimes, while not hungry, I’m still not satisfied. This is when I reach for something like Sugar free Jello to finish off my meal.

7. If you want to know why these foods are considered free check out the video I made called, [“How Free Foods Can Help You Lose Body Fat.”](#)

Artichoke hearts Artichokes

Arugula

Asparagus

Bamboo shoots

Broccoli

Broccoli rabe

Broccoli slaw

Broccolini

Brussels sprouts

Cabbage (all varieties including pickled)

Cauliflower

Celery

Coleslaw mix (shredded cabbage and carrots)

Collard greens

Endive

Escarole

Fennel (anise, sweet anise, or finocchio)

Greens: beet, collard, dandelion, kale, mustard, turnip Greens, mixed baby

Hearts of palm (palmetto)

Jerusalem artichokes (sunchoke)

Jicama

Leeks

Lettuce, all varieties

Roasted Asparagus (5 calories per 3 spears)

Roasted bell peppers (30 calories per pepper)

Cucumbers (15 calories in a medium cucumber)

Tomatoes (24 calories in a medium tomato)

Carrot sticks (4 calories in 1 baby carrot)

Cucumbers with tomatoes (40 calories sliced and salted! This is so good)

Celery (6 calories in 1 stalk)

Snow peas (1 calorie per pod)

Zucchini- sauteed or roasted (33 calories in a medium zucchini)
Spinach (7 calories per cup)
Sugar Free Jello (10 calories per cup)
Salsa (5 calories per tablespoon)
Drink mixes (Like BCAA's for 5 calories per scoop)
Pickles (7 calories per pickle)
Blackberries (2.5 calories per berry)
Raspberries (1 calorie per berry)
Blueberries (> 1 calorie per berry, 39 calories for 50)
Lemons (17 calories for a medium lemon)
Limes (20 calories for a medium lime)
Altoids (3 calories per mint)
Sugar free apple cider (0 calories)
Alfalfa or Mung Bean Sprouts (8 calories per cup)
Mushrooms (15 calories per cup)
Egg whites (I'll eat these or add them to a meal hard boiled or fried for 15 calories)
Season and add flavor without calories (Unlimited)
These are the free foods I use to season up my food and add flavor and add taste. I've been adding mustard to a lot of my ground turkey. I add light mayo to tuna and chicken. And I add fat free sour cream or laughing cow cheese to veggies! SO DELICIOUS!
Soy sauce (9 calories per tablespoon)
Mustard (3 calories per teaspoon)
Fat free sour cream (15 calories per tablespoon)
Light Laughing cow cheese (30 calories per wedge)
Light mayonnaise (35 calories per tablespoon)
Cooking spray (zero calories I use a LOT of cooking spray!)
Vinegar (3 calories per tablespoon)
Zero calorie syrup like Walden Farms (0 calories)
Jolly Time butter seasonings- This isn't just for popcorn! (zero calories)

If you want to know more about how nutrition can be made simple, easy and fun. Set up a call with me for free you can tell me all about yourself and see if I'm the right person to help you achieve your goals.

~Coach Brant