

## Climb Michi's Ladder

[Print](#)[More Fitness and Nutrition Tools](#)[Shop at Teambeachbody.com](#)Carb: **C** | Fat: **F** | Protein: **P****Tier 1: The Pious Tier**Apples, with skin **C**Artichokes (no sauce) **P C**Amaranth **P C**Arugula **C**Asparagus **C**Barley **C**Beans **P C F**Beets **C**Blueberries **C**Bok choy **C**Boysenberries **C**Bran **C**Broccoli **P C**Broccoli sprouts **P C**Brussels sprouts **P C**Cabbage **C**Carrots **C**Cauliflower **C**Celery **C**Chard **P C**Chickpeas **P C**Cherries **C**Citrus fruits **C**Collard greens **P C**Cottage cheese (nonfat) **P**Cucumbers **C**Egg whites **P**Endive **C**Fish (broiled, steamed, grilled) **P F**Flaxseed **F**Garlic (fresh) **C**Grapefruit **C**Grapes **C**Hempseed **F**

Herbs

Kale **P F C**Ketchup (homemade, no sugar) **C**Kiwifruit **C**Lentils **P F C**Lettuce (romaine, green or red leaf) **C**Melon honeydew **C**Milk (nonfat) **P C**Mushrooms **C**Mustard **C**Natto **P F C**Nectarines **C**Onions **C**Papayas **C**Peaches **C**Pears **C**Peas **P C**Peppers **C**Pineapple **C**Plums **C**Prunes **C**Quinoa **P C**Radishes **C**Raspberries **C**Refried beans (nonfat) **P C**Rice (whole-grain) **C**Salsa (natural, no sugar or oil) **C**Spelt **P C**Shakeology **C P**Spinach **P C**Squash **C**Strawberries **C**String beans **P C**Sweet potatoes **C**

Tea (green or black, no sugar)

Tomato sauce (no sugar) **C**Tomatoes **C**

Vinegar

Water

Yams **C**Yogurt (nonfat, no sugar) **P C**Zucchini **C**[Back to Top](#)

## Tier 2: The Happy Tier

Apples, skinless **C**

Applesauce (raw) **C**

Avocados **F**

Bagels (whole-grain) **C**

Bananas **C**

Bread (whole-grain) **F C**

Broths (veggie, chicken, etc., low sodium) **F C**

Buffalo, super lean (under 10% fat) **P F**

Cereal (whole-grain) **P F C**

Cheese (nonfat) **P**

Coffee (black or cappuccino w/ nonfat milk) **C**

Coconut **F**

Corn **F C**

Couscous **P F C**

Cottage cheese (low-fat) **P F**

Cream cheese (nonfat) **P**

Dates **C**

Eggs, whole **P F**

Eggplant **C**

Feta cheese (low-fat) **P F**

Fowl (skinless, white meat only) **P F**

Figs **C**

Granola (raw, no sugar) **P F C**

Hummus **P F C**

Juice (fresh-squeezed w/ pulp, no sugar) **C**

Mangoes **C**

Meat, wild game **P F**

Milk (1%) **P F C**

Muesli (raw, no sugar) **P F C**

Nuts (raw) **P F**

Nut butters (raw, no additives) **P F**

Oatmeal **P C**

Olive oil **F**

Olives **F**

Pork tenderloin **P F**

Plantains **C**

Raisins **C**

Ricotta cheese (nonfat) **P**

Rye Crisp **C**

Seitan **P F C**

Squid **P F**

Stevia

Sunflower seeds **P F**

Tahini **P F**

Tempeh **P F C**

Tofu **P F C**

Vegetable juice **C**

Veggie burger **P F C**

Yacon syrup **C**

Yogurt (low-fat, no sugar) **P F C**

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### Tier 3: The Swiss Tier

Applesauce (big brand) **C**

Agave nectar **C**

Almond milk **P F C**

Beef, ground, super lean (under 10% fat) **P F**

Beef (lean cuts) **P F**

Broths (veggie, chicken, etc.) **C**

Butter (unsalted) **F**

Canola oil **F**

Cheese (hard)

Cheese (low-fat) **P F**

Chicken taco (baked) **P F C**

Chili (no lard or sugar added) **P F**

Crackers (whole-grain) **F C**

Cream cheese (low-fat) **P F**

Fowl (skinless, dark meat only) **P F**

Fowl, ground, super lean (under 10% fat) **P F**

French fries (baked) **F C**

Fruit (dried) **C**

Granola (no sugar added) **C**

Honey **C**

Jam or marmalade (no sugar added) **C**

Ketchup (store bought, no sugar added) **C**

Lamb (lean) **P F**

Lettuce (iceberg) **C**

Maple syrup (natural, no sugar added) **C**

Milk (2%) **P F C**

Muesli (big brand) **P C**

Molasses **C**

Oatmeal (flavored) **P C**

Pancakes (buckwheat) **C**

Pasta (whole-grain) **C**

Pickles **C**

Popcorn (plain) **F C**

Potatoes (baked or boiled) **C**

Refried beans (low-fat) **P F C**

Rice cakes **C**

Rice milk **C**

Rice (white) **C**

Sauerkraut **C**

Shellfish **P**

Shrimp **P**

Soy milk **P F C**

Soy nuts **P F C**

Sugar alcohols (Truvia, & anything ending in -tol) **C**

Sushi **P F C**

Tortillas (whole wheat) **F C**

Veal **P F**

Wine (red) **C**

Wine (white) **C**

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### Tier 4: The Dodgy Tier

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)

Bagels (refined flour) **C**

Beef, ground, lean (under 20% fat) **P**  
**F**

Beer **C**

Bread (refined flour) **C**

Butter (salted) **F**

Caesar salad (w/ chicken) **P** **F** **C**

Canadian bacon **P** **F**

Cheese, soft (including blue and goat) **F**

Chips (low-fat, baked) **C**

Cobb salad **P** **F** **C**

Coffee (iced mocha latte w/ nonfat milk) **P** **C**

Coffee (latte w/ whole milk) **P** **F** **C**

Coffee cake **F** **C**

Crackers **F** **C**

Cream cheese **F**

Fish (fried) **P** **F**

Fowl (with skin) **P** **F**

Fowl, ground, lean (under 20% fat) **P**  
**F**

Graham crackers **C**

Ham **P** **F**

Hot dogs (turkey) **P** **F**

Ice cream (sugar-free or fat-free) **F** **C**

Jell-O **C**

Jerky (turkey) **P**

Juice (from concentrate) **C**

Lamb chops **P** **F**

Lasagna **P** **F** **C**

Macaroni and cheese **F** **C**

Mayonnaise **F**

Meat loaf **P** **F**

Milk (whole) **P** **F** **C**

Muffins **F** **C**

Nuts (salted or roasted) **F**

Nut butters (processed) **F** **C**

Pancakes **F** **C**

Peanut butter (not raw) **F** **C**

Pizza (thin crust veggie) **P** **F** **C**

Popcorn (w/ salt and butter) **F** **C**

Pork chop **P** **F**

Potato salad or macaroni salad **F** **C**

Pretzels **C**

Pudding (w/ low-fat milk) **F** **C**

Reuben sandwich **P** **F** **C**

Sauce (steak, etc.) **C**

Sherbet **C**

Sloppy Joe (lean beef or turkey) **P** **F**  
**C**

Soup (canned creamy) **P** **F** **C**

Soy sauce

Spaghetti (w/ meatballs) **P** **F** **C**

Sub sandwich **P** **F** **C**

Sweet-and-sour sauce **F** **C**

Tortilla (refined flour or corn) **F** **C**

Tuna salad or chicken salad **P** **F**

Yogurt (frozen) **C**

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### Tier 5: The Newburg Tier

Alcohol (hard liquor)	Cookies (Oreo <sup>®</sup> , etc.) <b>F C</b>	Milk (cream or half-and-half) <b>P F C</b>
Bacon <b>P F</b>	Creamed veggies <b>F C</b>	Nachos <b>F C</b>
Baked beans <b>P F C</b>	Creamer (nondairy) <b>F C</b>	Onion rings <b>F C</b>
Beef, ground, regular, (over 20% fat) <b>P F</b>	Doughnuts <b>F C</b>	Pastries <b>F C</b>
Beef taco (fried) <b>P F C</b>	Energy drinks <b>C</b>	Pies <b>F C</b>
"Breaded" foods <b>F C</b>	Fowl, ground, regular (over 20% fat) <b>P F</b>	Pizza (delivered) <b>P F C</b>
Breakfast sandwich (fast-food) <b>P F C</b>	French fries <b>F C</b>	Potato skins (fried) <b>F C</b>
Cake <b>F C</b>	Gravy <b>P F</b>	Refried beans (w/ lard) <b>P F C</b>
Candy <b>P F C</b>	Grilled cheese sandwich <b>P F C</b>	Salad dressing (creamy) <b>F C</b>
Cereal (sugared) <b>P F C</b>	Hamburger (fast-food) <b>P F C</b>	Sausage <b>P F</b>
Chicken à la King <b>P F C</b>	High fructose corn syrup <b>C</b>	Soft drinks, diet (read the studies)
Chicken (buffalo wings, nuggets, tenders) <b>P F C</b>	Hot dogs <b>P F C</b>	Soft drinks, sugared <b>C</b>
Chicken or fish sandwich, fried <b>P F C</b>	"Hydrogenated" foods <b>F</b>	Sports drinks & foods (unless you're playing sports)
Chips (potato or corn) <b>F C</b>	Ice cream <b>F C</b>	Syrup <b>C</b>
Chocolate <b>P F C</b>	Jerky (beef, pork, venison) <b>P F C</b>	Sugar (refined) <b>C</b>
Chicken fried steak <b>P F C</b>	Juice (sugar added) <b>C</b>	Tater tots <b>F C</b>
Cinnamon bun <b>F C</b>	Lobster Newburg <b>P F C</b>	Toaster pastries <b>F C</b>
Coffee (mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc.) <b>F C</b>	Margarine <b>F</b>	Vegetable oil (cheap big brand) <b>F</b>

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