Lean Maintenance Diet: Protein

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Unlimited	Moderation	Occasionally
Beef, bison and venison	Lamb	Most cheese
All lean cuts	Duck	Ribs
Lean ground (10% fat)	Goose	Fattiest pork
Liver	Pate	Sausages
Bones (for stock)	Fatty beef	Hot dogs
	Fattier pork	Cold cuts
Pork	Chicken thighs	Other processed meats
All lean cuts (e.g. tenderloin)		Processed soy foods
Bones (for stock)		Seitan
		Fish canned in oil
Poultry		
All chicken except thighs		
All turkey		
Seafood		
All fish (not canned in oil)		
All shellfish		
Other		
Beans and lentils		
All rabbit		
Whole eggs		
Unsweetened yogurt		
Cottage cheese		
Tofu		
Tempeh		

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