

**Fire Team Whiskey®.22 CAL Nutritional Protocol  
Food Category Examples**

| <b>FATS/OILS</b>  | <b>PROTIEN</b>   | <b>CARBS,<br/>STARCHY<br/>VEGETABLES,<br/>FRUIT</b>   | <b>NON-<br/>STARCHY<br/>VEGGIES</b>  |
|---|--|---|--|
| FuelRation®<br>Keto Bars<br>SpecOps®<br>Keto Shake<br>Avocado<br>Coconut oil<br>Butter<br>Salad dressings<br>MCT<br>Full fat<br>Cheese<br>Heavy Cream<br>Full Fat Milk<br>Nuts and seeds<br>Nut milks<br>Mayo-full fat<br>Olive Oil<br>Cooking Oils<br>All dairy<br>Nut butters | FuelRation®<br>Protein Bars<br>Steaks<br>Hamburger<br>Bacon<br>Sausage<br>Pork<br>Fish<br>Chicken<br>Whole eggs<br>FuelRation<br>Protein Bars<br>Protien Shake<br>Powder<br>Turkey<br>Roast beef<br>Ham<br>Almond flour<br>Coconut flour | Fruit<br>Sweet potato<br>Yams<br>Carrots<br>Potatoes<br>Breads<br>Pastries<br>Tortillas<br>Pizza dough<br>Chips<br>Wraps<br>Pita<br>Beans<br>Legumes<br>Quinoa<br>Oatmeal<br>Rice<br>Hummus<br>Farro<br>Anything with more than 5G of sugar in it | Spinach<br>Cauliflower<br>Tomatoes<br>Squash<br>Peppers<br>Cucumber<br>Celery<br>Asparagus<br>Brussels sprouts<br>Mushrooms<br>Onions<br>Snap peas<br>Broccoli |