

Whole Foods Reference Guide

ReBloom Strength · Nutrition & Fueling · Member Resource
All Foods Are Good · Variety Wins · 80–90% Whole Foods · 10–20% Everything Else — Always



80–90% Whole Foods Foundation

Vegetables · Protein · Fruit · Grains · Legumes · Dairy · Eggs · Healthy Fats · Homemade food made with real ingredients

10–20% Everything Else

No guilt · Always included

Animal Proteins	Eggs & Dairy	Vegetables	Fruit	Whole Grains	Legumes	Healthy Fats
Chicken breast	Eggs (if not sensitive)	Broccoli	Berries (all)	Oats	Black beans	Avocado
Turkey breast	Greek yogurt	Spinach	Apples	Quinoa	Lentils	Extra virgin olive oil
Salmon	Cottage cheese	Brussels sprouts	Pears	Brown rice	Chickpeas	Almonds
Ground beef	Whole milk	Sweet potato	Citrus	Barley	Edamame	Walnuts
Shrimp	Cheese	Cauliflower	Mango	Farro	Navy beans	Chia seeds
Tuna (canned)	Kefir	Kale	Banana	Whole wheat	Kidney beans	Flaxseed
Sardines	Skyr	Carrots	Avocado	Millet	Green peas	Hemp seeds
Lamb	Butter	Zucchini	Cherries	Buckwheat	Pinto beans	Pumpkin seeds
Pork tenderloin	Ricotta	Peppers	Kiwi	Rye	Cannellini	Sunflower seeds
Oysters	Heavy cream	Onions	Pomegranate	Spelt	Soybeans	Cashews
Cod		Garlic	Grapes	Whole grain bread*		Pecans
Tilapia		Tomatoes	Melon	Wild rice		Coconut (whole)
		Beets	Peaches			
		Artichoke				
		Asparagus				
		Cabbage				

■ **HOMEMADE = WHOLE FOOD**
Homemade bread, granola, cookies, and dressings made from real ingredients ARE whole foods. Ingredient list is what matters — not the category. * = whole grain versions only Eggs: if not sensitive — excellent whole food protein source.

Whole Foods & Food Freedom

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All foods are good. Variety wins. Treats are part of the plan.



WHAT MAKES A WHOLE FOOD?

A whole food is in its natural state or close to it — minimally processed, with recognizable ingredients. The ingredient list is the guide.

Recognizable ingredients

Found in a kitchen, garden, or farm

Minimal processing

Close to its natural form

Nutrient-dense

Vitamins, minerals, fiber alongside calories

Short ingredient list

Real food components — nothing to decode

THE 80–90% PATTERN

Moderate, consistent eating outperforms rigid restriction for both physical and psychological outcomes. The 10–20% is not a compromise — it is a clinical design choice.

80–90% Whole Foods

28 eating occasions per week. 80% = ~22–24 whole food meals. The other 4–6 are wide open. No tracking. No guilt.

10–20%

HOMEMADE = WHOLE FOOD

The ingredient list determines whether something is a whole food — not its appearance. Food made at home from real ingredients is a whole food.

■ Whole wheat bread

Whole wheat flour, water, yeast, salt. All real. More fiber than store-bought.

■ Homemade granola

Oats, nuts, seeds, honey, olive oil. Short list. Lower sugar than packaged.

■ Oatmeal cookies

Oats, almond butter, banana, honey, dark chocolate. Whole food throughout.

■ Salad dressing

Olive oil, lemon, garlic, mustard, salt. No additives. Better than bottled.

■ Energy balls

Oats, nut butter, seeds, dates, honey. High fiber and protein. All real.

■ Homemade soup

Broth, vegetables, beans, herbs. Whatever is in the fridge. Whole food always.

TREATS ARE PART OF THE PLAN

The 10–20% is a clinical design choice — not a loophole. Rigid restriction leads to higher food preoccupation, binge eating risk, and worse long-term outcomes.

Birthday cake is important.

Eating with joy at celebrations is part of a healthy relationship with food.

Restriction breeds preoccupation.

Forbidden foods become more desirable. Allowing them removes the psychological charge.

One meal doesn't define health.

What matters is the pattern over weeks — not any single choice.

Enjoyment is metabolically relevant.

Stress around food raises cortisol and disrupts digestion. Eating without anxiety matters.

No food is 'bad.'

No meal is a cheat. No choice is a failure. Food is not moral.

"Eat real food most of the time.

Eat joyfully the rest.

*That is not a compromise —
that is the whole point."*

— Krystyl Kulbeck PA-C



The 20 Always Foods

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Keep these stocked and 80–90% whole food eating becomes automatic — no planning, no willpower required.



■ Proteins

1 Eggs (if not sensitive)
Highest quality protein, choline, fat-soluble vitamins. One of the most complete foods available.

2 Canned tuna or salmon
Zero prep. High protein. Omega-3s. Keep a dozen in the pantry at all times.

3 Greek yogurt or cottage cheese
High protein gap-fillers. No cooking required. Versatile at every meal.

4 Chicken breast or thighs
Most reliable everyday protein. Batch cook Sunday — use all week.

5 Ground beef or turkey
Fast, affordable, high protein. 10 minutes on the stove.

■ Vegetables & Fruit

6 Frozen vegetables
Picked at peak ripeness. Often more nutrient-dense than fresh. No prep.

7 Spinach or mixed greens
Add to anything. Eggs, smoothies, pasta, soups. Neutral flavor.

8 Frozen berries
High antioxidants, fiber, polyphenols. Cheaper than fresh. Always available.

9 Avocados or frozen cubes
Healthy fat, fiber, potassium. Elevates any meal in 30 seconds.

10 Apples or bananas
Portable, fiber-rich, no prep. The original fast food.

■ Grains & Legumes

11 Oats (rolled)
Fiber, B vitamins, sustained energy. Cook in 5 minutes or overnight.

12 Brown rice or quinoa
Whole grain base for any meal. Batch cook and refrigerate.

13 Canned black beans or lentils
10g fiber per half cup. Rinse and add to anything. No cooking.

14 Canned chickpeas
Protein, fiber, versatile. Roast them, add to salads, blend into hummus.

15 Sweet potatoes
Complex carbs, vitamin A, fiber. Microwave in 5 minutes.

■ Fats, Pantry & Flavor

16 Extra virgin olive oil
Anti-inflammatory, fat-soluble vitamin absorption, flavor. Use generously.

17 Almond or peanut butter (natural)
Healthy fat, protein, portable. Natural = oil and nuts only on the label.

18 Chia seeds or ground flaxseed
10g fiber per 2 tbsp. Add to anything. Estrogen support.

19 Garlic and onions (always)
Prebiotic fiber, flavor, anti-inflammatory compounds. The foundation of cooking.

20 Dark chocolate (70%+)
Polyphenols, magnesium, genuine pleasure. Short ingredient list = whole food.

Frozen and canned count fully.

Frozen vegetables are often more nutrient-dense than fresh produce sitting for days. Canned beans and fish are whole foods. These 20 items are not a budget — they are a strategy.

