nutritious foods for aggressive weight loss (PSMF)

These foods provide high levels of the nutrients associated with optimal weight management, a low energy density to make it hard to overeat, solid amounts of protein to preserve lean muscle mass and generous non-starchy veggies to provide vitamins and minerals to prevent nutrient cravings.

vegetables
- watercress
- Chinese cabbage
- spinach
- basil
- asparagus
- endive
- coriander
- spirulina
- seaweed (laver)
- broccoli
- lettuce
- chicory greens
- beet greens
- escarole
- parsley
- portabella
- mushrooms
- shiitake mushroom
- okra
- white mushroom
- seaweed (kelp)
- arugula
- chard
- turnip greens
- celery
- zucchini
- cauliflower
- chives
- collards
- pickles
- cucumber
- seaweed (wakame)
- mustard greens
- cabbage
- mung beans
- dill
- summer squash
- carrots
- banana pepper
- radicchio
- pumpkin
- snap beans
- radishes
- kale
- sauerkraut
- peas
- turnips
- soybeans (sprouted)
- red peppers
- jalapeno peppers
- butternut squash
- yeast extract spread
- eggplant
- alfalfa
- artichokes
- winter squash
- paprika
- rhubarb
- onions
- chayote
- pinto beans
- red cabbage
- Brussel sprouts
- edamame
- celeriac
- turnips
- lamb (lean)
- roast pork
- turkey
- roast ham
- chuck steak
- bison
- pork (lean)

seafood
- crab
- halibut
- salmon
- lobster
- crayfish
- sturgeon
- pollock
- trout
- fish roe
- rockfish
- haddock
- white fish
- flounder
- shrimp
- cod
- perch
- anchovy
- whiting
- octopus
- caviar
- clam
- oysters
- scallop
- tuna
- sardine
- orange roughy
- molluscs

offal
- liver
- kidney
- heart

animal products
- chicken breast
- veal
- pork shoulder
- pork chops
- leg ham
- sirloin steak (lean)
- ground beef (lean)
- ground pork
- egg
- whole egg
- egg white