

FOOD LIST

THE ULTIMATE
TRANSFORMATION
CHALLENGE

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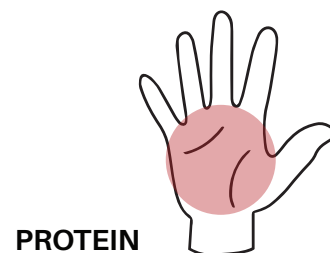
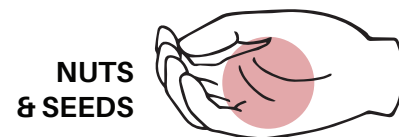
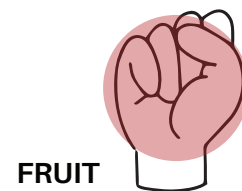
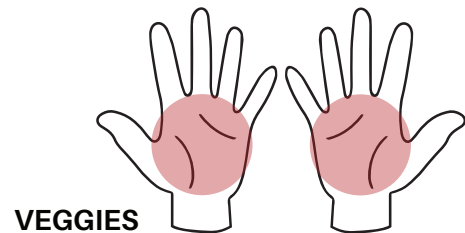
19- CARB

21- FAT

PORTION CONTROL GUIDE

The most precise way to measure your food is to use a food scale and measuring spoons/cups, but when these gadgets aren't available, here's an easy way to control your portions.

*Please note, 1 serving of vegetables equals 1 cup chopped or 2 cups leafy.



SUGAR



ALWAYS AVOID

Artificial Sweeteners

Acesulfame potassium
(*Sunett, Sweet One*)
Aspartame (*Equal, NutraSweet*)
Dextrose
High-fructose corn syrup
Maltose
Saccharin (*SugarTwin, Sweet'N Low*)
Sucralose (*Splenda*)
Truvia

Sugar Alcohols

Erythritol
Hydrogenated Starch hydrolysate
Isomalt
Lactitol
Maltitol
Mannitol
Sorbitol
Xylitol



NOT ALLOWED ON THE CHALLENGE

Natural Sugars

Beet Sugar
Cane Sugar
Coconut sugar
Raw Honey
Pure Maple Syrup
Molasses

Novel Sweeteners

Monk fruit in the raw
Stevia in the raw



ALLOWED

Natural Sugars

Dried fruit sugars
Fruit sugars
Pure Monk fruit

Other Sweeteners

Stevia (Sweet leaf) (Liquid stevia)

COMMON ADDITIVES

NOT ALLOWED ON THE CHALLENGE

Aspartame
Alcohol (excludes extracts)
Carrageenan
Corn starch
Honey
Maple Syrup
Mio/Crystal Light/ Propel/ etc.
Molasses
Monk fruit in the raw
Monosodium glutamate
Splenda/Equal/Sweet'nlaw
Stevia in the raw (dextrose)
Sulfites
Sugar alcohols
Sugar
Other names for sugar:
dextrose, maltose, xyitol, erythritol,
sucralose, high fructose corn syrup
Truvia

ALLOWED

Acaia or agave inulin
Acetic Acid
Alpha tocopherol (Vitamin E)
Asorbic Acid (Vitamin C)
Beta-carotene
Calcium Carbonate
Calcium Chloride
Citric acid
Ferrous Gluconate
Gums
acaia, gellan, guar, locust bean, xanthan
Inulin (IMO)
Lactic Acid
Liquid Extract Sweet Drops
Purified water, organic stevia leaf extract,
natural flavors, quilaja extract
Natural flavors
Nicain (Vitamin B3)
Pure Monk Fruit

ALLOWED

Pectin (sodium pectinate)
Potato Starch
Potassium chloride
Riboflavin (Vitamin B2)
Sodium citrate
Sodium Nitrate
Sodium Nitrite
Soy Lecithin
Sunflower Lecithin
Sweetleaf
inulin, organic stevia leaf extract, sillica
Zinc Gluconate

GRAB AND GO OPTIONS

Sometimes, life gets in the way of perfectly-portioned meals. When an unexpected work meeting cuts into your lunch hour or a kids' baseball game goes long, be sure to have one of these grab-and-go options ready. Many can be found at the corner gas station so there's no need to hit the drive thru.

⚠️ Count all macros: protein, fat and carbs for these grab-and-go options.

1x
A WEEK

- RXBAR® 🌾🥛
- Lärabar 🌾🍌🥛
- Epic bar 🌾🥛



For optimal results, stick to the food list. If you do eat something that's not on the approved food list, just count all the macros and move on. Don't allow one decision to derail your day or week.



FOOD LIST



FREE VEGGIES

SOURCE

Serving size: Leafy greens- 2 Cups, All others- 1 Cup

Amaranth or chinese spinach
Artichoke hearts
Asparagus
Bamboo shoots
Beans (green, wax, italian)
Bean sprouts
Broth (vegetable)
Brussels sprouts
Broccoli
Cabbage (green, bok choy, chinese)
* Carrots
Cauliflower
🥕 Celery
Chayote
Coleslaw (packaged, no dressing)
Cucumber
Eggplant
Greens (collard, kale, mustard, turnip)
Kimchi (raw, naturally fermented)
Kohlrabi
Leeks
🥕 Leafy greens
Mushrooms
Okra
* Onions
Pea pods
🥕 Peppers
Pickles (unsweetened)
Radishes
Sauerkraut (raw, naturally fermented)
Sprouts
Squash (cushaw, summer, crookneck, spaghetti+, zucchini)
* Sugar snap peas
Swiss chard
* 🥕 Tomato
* Turnips
Yard-long beans

FREE BEVERAGES

SOURCE

Coffee, black
Coffee, flavored (unsweetened)
Stir water enhancer (1x day)
Tea: black, green, herbal (unsweetened)
True (grapefruit, lemon, lime, orange) (other flavors not allowed)
Water: Bipro, carbonated (unsweetened), fruit infused (count carbs if you eat the fruit)
Zevia

SUPPLEMENTS

SOURCE

🌾	Multi-vitamin (Garden of Life or Thorne) (read label, some contain dairy)
🍏📦	Plant Iron and Organic herbs cranberry lime (Garden of Life)
🍏📦	Probiotics- Dr. Formulated (Garden of Life)
🍏📦	PUR Mints & Gum
📦	Xtend Raw Amino Acids
📦	Xtend Free Amino Acids (crisp apple, mixed berry)

COUNT EVERYTHING



SOURCE

	PROTEIN (G)	CARB (G)	FAT (G)	MEASUREMENT
🌾📦 Epic bar (beef apple bacon, Turkey almond cranberry, beef habanero cherry, lamb current mint, wild boar bacon)	Count	Count	Count	1 Bar
🌾🍏📦 Garden of Life Sport performance protein bar (chocolate mint, sea salt caramel)	Count	Count	Count	1 Bar
Kombucha (8g sugar or less)	0	Count	0	1 Serving
🌾🍏📦 LaraBar (apple pie, banana bread, blueberry muffin, carrot cake, cashew cookie, cherry pie, cinnamon roll, coconut cream pie, gingerbread, key lime pie, lemon bar, peanut butter & jelly, peanut butter cookie, pecan pie, pumpkin pie, nickerdoodle)	Count	Count	Count	1 Bar
🌾📦 Paleo protein bar	Count	Count	Count	1 Bar
🌾📦 Peagan protein bar	Count	Count	Count	1 Bar
🌾📦 Primal Thin protein bar	Count	Count	Count	1 Bar
📦 Raw Rev Glo (crunchy and creamy peanut butter)	Count	Count	Count	1 Bar
🌾📦 RXBar (apple cinnamon, blueberry, mango pinneapple, maple, mixed berry, peanut butter, peanut butter and berries)	Count	Count	Count	1 Bar
🌾🍏📦 Unsweetened baking cocoa / Raw cacao	Count	Count	Count	1 Tbsp

DESSINGS

SOURCE	CARB (G)	FAT (G)	MEASUREMENT
 Apple cider vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Balsamic vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Braggs Aminos	Free	Free	N/A
 Cooking spray (100% avocado, coconut oil, olive oil)	Free	Free	N/A
 Dijon mustard/mustard (no sugar)	Free	Free	N/A
 Extracts (no added sugar)	Free	Free	N/A
 Fresh/dried herbs (no added ingredients)	Free	Free	N/A
 Garlic	Free	Free	N/A
 Hot sauce (Franks)	Free	Free	N/A
 M Salt	Free	Free	N/A
 Primal Kitchen Avocado Oil Mayo	0	12	1 Tbsp
 Primal Kitchen Chipotle Lime Mayo	0	11	1 Tbsp
 Primal Kitchen Garlic Aloli Mayo	0	12	1 Tbsp
 Primal Kitchen Ketchup	2	0	1 Tbsp
 Primal Kitchen Mustard	Free	Free	N/A
 Primal Kitchen Balsamic Vinaigrette	0	5.5	1 Tbsp
 Primal Kitchen Caesar Dressing	0	7	1 Tbsp
 Primal Kitchen Dreamy Italian Dressing	0	5.5	1 Tbsp
 Primal Kitchen Greek Vinaigrette	0	8	1 Tbsp
 Primal Kitchen Green Goddess Dressing	0	6	1 Tbsp
 Primal Kitchen Italian Vinaigrette	0	6	1 Tbsp
 Primal Kitchen Lemon Turmeric Vinaigrette	0	5	1 Tbsp
 Primal Kitchen Ranch Dressing	0	6.5	1 Tbsp
 Primal Kitchen Vegan Ranch Dressing	0	7	1 Tbsp
 Red wine Vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Salsa ($\leq 2g$ sugar)	Free	Free	≤ 1 Tbsp
 Secret Coconut Aminos	Free	Free	N/A
 Soy Sauce (low sodium, MSG and caramel color free)	Free	Free	N/A
 Tessamae Avocado Ranch	0	9	1 Tbsp
 Tessamae Balsamic Vinaigrette	0	9	1 Tbsp
 Tessamae BBQ	3	0	1 Tbsp
 Tessamae Buffalo Mild/Spicy	0	7	1 Tbsp
 Tessamae Creamy Caesar Dressing	0	9.5	1 Tbsp
 Tessamae Creamy Ranch	0	9.5	1 Tbsp
 Tessamae Green Goddess	0	9	1 Tbsp
 Tessamae Habanero Ranch	0	10	1 Tbsp
 Tessamae Ketchup	3	0	1 Tbsp
 Tessamae Lemon Garlic Dressing	0	10	1 Tbsp
 Tessamae Slow Roasted Garlic Spread	2	1	1 Tsp
 Tessamae Snake Oil Hot Sauce	Free	Free	N/A
 Tessamae Zesty Ranch	0	11	1 Tbsp
 White wine vinegar ($\leq 2g$ sugar)	Free	Free	N/A

PROTEIN & CARB

SOURCE	PROTEIN (G)	CARB (G)	MEASUREMENT
 Edamame	16	18	1 Cup
 Green peas	8	21	1 Cup
 Lentils	18	38	1 Cup
 Nutritional yeast	3.5	3	1 Tbsp

CARB & FAT

SOURCE	CARB (G)	FAT (G)	MEASUREMENT
 Chia seeds	4	4	1 Tbsp

PROTEIN & FAT

SOURCE

PROTEIN (G) FATS (G)

MEASUREMENT

Cheese, raw or natural	7	9	1 Oz
Chicken sausage	Read Label	Read Label	1 Link
 Epic bar, chicken siracha	15	4	1 Bar
 Epic bar, venison sea salt and pepper	12	3	1 Bar
 Eggs	6	5	1 Egg
 Hemp seeds	3	5	1 Tbsp
 Kite Hill greek style plain unsweetened	11	12	150g / 1 serving con.
Yogurt, plain greek (2% and above)	Read Label	Read Label	1 Cup
 Tempeh, unflavored (read label, some options contain gluten)	5	3	1 Oz
 Tofu, unflavored	2	1	1 Oz
Turkey bacon	Read Label	Read Label	1 Oz
Turkey sausage	Read Label	Read Label	1 Oz

PROTEIN

SOURCE

PROTEIN (G)

MEASUREMENT

GRAMS

10 12 14 16

Ahi tuna steak	7	1 Oz				
 Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7
Broth (beef or chicken)	Count	1 Oz				
Chicken breast	8	1 Oz	1.3	1.5	1.6	2
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5
 Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7
 Egg whites (1 large egg)	4	1 Egg	2.5	3	3.5	4
 Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6
Halibut	6	1 Oz	1.7	2	2.3	2.7
Lamb	7	1 Oz	1.4	1.7	2	2.3
Pork tenderloin	6	1 Oz	1.7	2	2.3	2.7
Salmon	5	1 Oz	2	2.4	2.8	3.2
Scallops	7	1 Oz	1.4	1.7	2	2.3
Shrimp	7	1 Oz	1.4	1.7	2	2.3
Steak, bottom round	9	1 Oz	1.1	1.3	1.6	1.8
Steak, eye round	8	1 Oz	1.3	1.5	1.8	2
Steak, sirloin tip side	8	1 Oz	1.3	1.5	1.8	2
Steak, top round	9	1 Oz	1.1	1.3	1.6	1.8
Steak, top sirloin	9	1 Oz	1.1	1.3	1.6	1.8
Tilapia	7	1 Oz	1.4	1.7	2	2.3
 Tuna canned in water (Safe catch/wild caught)	7	1 Oz	1.4	1.7	2	2.3
Turkey, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7
Venison	9	1 Oz	1.1	1.3	1.6	1.8
Yogurt, plain greek (0%)	23	1 Cup	0.4	0.5	0.6	0.7

PROTEIN POWDERS

SOURCE

PROTEIN (G)

MEASUREMENT

GRAMS

10 12 14 16

WHEY BASED

 Ascent (all flavors)	25	1 Scoop	0.4	0.4	0.5	0.6
 Body Logix natural whey (all flavors)	24	1 Scoop	0.4	0.5	0.6	0.7

NON-WHEY BASED

 Body Logix vegan protein (all flavors)	25	1 Scoop	0.4	0.4	0.5	0.6
 Garden of Life plant based protein (sport)	15	1 Scoop	0.7	0.8	0.9	1.1
 Rawfusion	21	1 Scoop	0.5	0.6	0.6	0.7
 Vega Sport performance protein (all flavors)	30	1 Scoop	0.3	0.4	0.4	0.5
 Vital Protein (unsweetened)	9	1 Scoop	1.1	1.3	1.6	1.8

[illegible]

18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2	2.2	2.3	2.3	2.4
0.7	0.8	0.9	1	1.1	1.1	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2.1	2.1	2.2	2.3	2.4	2.5
0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2	2.2	2.3	2.3	2.4
1.2	1.3	1.5	1.6	1.7	1.9	2	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4
0.8	0.9	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.6	2.7	2.8
0.6	0.6	0.7	0.8	0.8	0.9	1	1.1	1.1	1.2	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.8	1.9	2
2	2.2	2.4	2.7	2.9	3.1	3.3	3.6	3.8	4	4.2	4.4	4.7	4.9	5.1	5.3	5.6	5.8	6	6.2	6.4	6.8

FAT

SOURCE	FAT(G)	MEASUREMENT	GRAMS			
			1	2	3	4
 Almonds, raw	14	1 Oz	0.1	0.1	0.2	0.3
 Almond meal flour	56	1 Cup	0	0	0.1	0.1
Avocado	4	1 Oz	0.3	0.5	0.8	1
Avocado oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Butter, Kerry Gold unsalted	12	1 Tbsp	0.1	0.2	0.2	0.3
Brazil nuts, raw	19	1 Oz	0.1	0.1	0.2	0.2
Cashews, raw	12	1 Oz	0.1	0.2	0.3	0.3
Cacao nibs	4	1 Tbsp	0.3	0.5	0.8	1
Coconut flakes, unsweetened	5	1 Tbsp	0.2	0.4	0.6	0.8
Extra virgin coconut oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Extra virgin olive oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Flaxseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Flax seeds, ground	3.5	1 Tbsp	0.3	0.6	0.9	1.1
Ghee	5	1 Tbsp	0.3	0.4	0.5	0.7
Grapeseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Guacamole	3	1 Tbsp	0.4	0.5	1	1.3
Hazelnuts, raw	17	1 Oz	0.1	0.1	0.2	0.2
Heavy cream	5.5	1 Tbsp	0.2	0.4	0.5	0.7
 Hummus, Sabra (classic, garlic, pine nuts, red pepper)	5	1 Tbsp	0.2	0.4	0.6	0.8
Macadamia nut oil	14	1 Tbsp	0.1	0.1	0.2	0.3
 Nut butters (salt and nut only ingredients)	8	1 Tbsp	0.1	0.3	0.4	0.5
 Nut pods (coffee creamer)	1	1 Tbsp	1	2	3	4
Olives (black)	2.7	1 Oz	0.4	0.8	1.2	1.5
Olives (green)	4	1 Oz	0.3	0.5	0.8	1
Peanuts, unsalted	14	1 Oz	0.1	0.1	0.2	0.3
Pecans, raw	20	1 Oz	0.1	0.1	0.2	0.2
Pistachios, shelled	14	1 Oz	0.1	0.1	0.2	0.3
Pumpkin seeds, raw	14	1 Oz	0.1	0.1	0.2	0.3
Safflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Sunflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Sunflower seeds, raw	17	1 Oz	0.1	0.1	0.2	0.2
 Unsweetened almond, cashew, coconut milk (may vary by product)	2.5	1 Cup	0.4	0.8	1.2	1.6
Walnuts, raw	18.5	1 Oz	0.1	0.1	0.2	0.2

CARB

CARB			GRAMS			
SOURCE	CARB (G)	MEASUREMENT	10	12	14	16
FRUIT						
 Apple (medium)	22	1 Apple	0.4	0.5	0.6	0.7
Applesauce (unsweetened/organic)	28	1 Cup	0.4	0.4	0.5	0.6
Apricot (dried, no added sugar)	18	1 Oz	0.6	0.6	0.8	0.9
Banana (medium)	27	1 Banana	0.4	0.4	0.5	0.6
Blackberries	10	1 Oz	1	1.2	1.5	1.7
Blueberries	4	1 Oz	2.5	3	3.5	4
Cantaloupe	2	1 Oz	5	6	7	8
Dates (not pitted)	21	1 Oz	0.5	0.6	0.6	0.7
Figs (dried, no added sugar)	18	1 Oz	0.5	0.6	0.8	0.9
Grapefruit	20	1 Grapefruit	0.5	0.6	0.7	0.8
 Grapes	5	1 Oz	2	2.4	2.8	3.2
Honeydew melon	2.6	1 Oz	3.8	4.6	5.4	6.2
Kiwi	4	1 Oz	2.5	3	3.5	4
Navel orange	18	1 Medium	0.6	0.7	0.8	0.9
Mango	3.4	1 Oz	2.9	3.5	4.1	4.7
Mango (dried)	21	1 Oz	0.5	0.6	0.6	0.7
Papaya	14	1 Cup	0.7	0.9	1	1.2
 Peach	9	1 Medium	1.1	1.3	1.6	1.8
 Pear	26	1 Medium	0.4	0.5	0.5	0.6
Pineapple	3.6	1 Oz	2.8	3.3	3.9	4.4
Plantain (cooked)	57	1 Medium	0.2	0.2	0.2	0.3
Raisins (no added sugar)	16	1 Oz	0.6	0.8	0.9	1
Raspberries	3.4	1 Oz	2.9	3.5	4.1	4.7
Starfruit (carambola)	8	1 Large	1.3	1.5	1.8	2
 Strawberries	2.2	1 Oz	4.5	5.5	6.4	7.3
 Sweet cherries	5	1 Oz	2	2.4	2.8	3.2
Watermelon	2	1 Oz	5	6	7	8

Table 1																					
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.5	
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.5	0.6	0.7	0.7	0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.7	1.7	1.8	1.9	2	2.1	
0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1	1.1	1.1	1.2	1.2	1.3	1.3	
0.4	0.5	0.6	0.7	0.8	0.8	0.9	1	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.7	1.8	1.8	1.9	2	2.1	
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.2	
1	1.2	1.4	1.6	1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
1.4	1.7	2	2.3	2.6	2.9	3.1	3.4	3.7	4	4.3	4.6	4.9	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	
1	1.2	1.3	1.5	1.8	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.5	3.7	3.9	4.1	4.3	4.5	4.7	4.9	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
1.5	2	2.4	2.8	3.1	3.4	3.8	4.1	4.3	4.5	5.1	5.4	5.8	6.1	6.4	6.8	7.1	7.2	7.5	8	8.2	
0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9	1	1.1	1.1	1.2	1.2	1.3	1.4	1.4	1.5	
0.9	1.1	1.3	1.5	1.6	1.8	2	2.2	2.4	2.5	2.7	2.9	3.1	3.3	3.5	3.6	3.8	4	4.2	4.4	4.5	
1	1.2	1.4	1.6	1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.6	0.8	0.9	1	1.1	1.3	1.4	1.5	1.6	1.8	1.9	2	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3	3.1	
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
1.9	2.3	2.6	3	3.4	3.7	4.1	4.4	4.9	5.2	5.6	6	6.3	6.7	7.1	7.5	7.8	8.2	8.6	8.9	9.3	
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1	1	1.1	1.1	1.2	1.2	1.3	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	
0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9	1	1.1	1.1	1.2	1.2	1.3	1.4	1.4	1.5	
2	2.4	2.8	3.2	3.6	4	4.4	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	
0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9	1	1	1.1	1.1	1.2	1.2	1.3	1.4	
Table 2																					
18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.3	2.4	2.5	2.6	2.7
0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.9	1.9	2	2.1	2.1
1	1.2	1.3	1.4	1.4	1.5	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.8	2.9	3	3.1	3.2	3.3
0.6	0.7	0.8	0.9	1	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.7	1.8	2	2	2.1	2.1	2.2
1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.5	3.7	4	4.2	4.4	4.6	4.8	5	5.2	5.4	5.6	5.8	6	6.2
4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
0.8	1	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8
1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	3	3.1	3.2	3.3
0.9	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
6.9	7.7	8.5	9.2	10	10.8	11.5	12.3	13.2	14	14.6	15.4	16.2	17	17.7	18.5	19.2	20	20.8	21.5	22.4	23.1
4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
1	1.1	1.2	1.3	1.4	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.7	2.8	2.9	3	3.1	3.2	3.3
5.3	5.9	6.5	7.1	7.6	8.2	8.8	9.4	10.3	10.7	11.2	11.8	12.4	13	13.6	14.1	14.7	15.3	16	16.5	17.1	17.6
0.8	1	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8
1.3	1.4	1.6	1.7	1.9	2	2.2	2.3	2.5	2.6	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.8	3.9	4.1	4.2	4.4
2	2.2	2.4	2.7	2.9	3.1	3.3	3.6	3.8	4	4.2	4.4	4.7	4.9	5.1	5.3	5.6	5.8	6	6.2	6.5	6.7
0.7	0.8	0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.9					

CARB

SOURCE COOKED GRAINS/LEGUMES

CARB (G)

MEASUREMENT

GRAMS

10 12 14 16

 Amaranth	51	1 Cup	0.2	0.2	0.3	0.3
 Basmati brown rice	35	1 Cup	0.3	0.3	0.4	0.5
 Black beans	38	1 Cup	0.3	0.3	0.4	0.4
 Brown rice	35	1 Cup	0.3	0.3	0.4	0.5
 Buckwheat	32	1 Cup	0.3	0.4	0.4	0.5
Farro	74	1 Cup	0.1	0.2	0.2	0.2
Kamut	43	1 Cup	0.2	0.3	0.3	0.4
 Kidney beans	40	1 Cup	0.3	0.3	0.4	0.4
 Lima beans	36	1 Cup	0.3	0.3	0.4	0.4
 Millet	40	1 Cup	0.3	0.3	0.4	0.4
Old fashioned oatmeal	54	1 Cup	0.2	0.2	0.3	0.3
 Pinto beans	33	1 Cup	0.3	0.4	0.4	0.5
 Quinoa	43	1 Cup	0.2	0.3	0.3	0.4
Spelt	51	1 Cup	0.2	0.2	0.3	0.3
Steel cut oats	36	1 Cup	0.3	0.3	0.4	0.4
 Teff	59	1 Cup	0.2	0.2	0.2	0.3

SOURCE DRY GRAINS/LEGUMES

CARB (G)

MEASUREMENT

GRAMS

10 12 14 16

 Amaranth	128	1 Cup	0.1	0.1	0.1	0.1
 Arrowroot flour	7	1 Tbsp	1.4	1.7	2	2.3
 Basmati brown rice	132	1 Cup	0.1	0.1	0.1	0.1
 Brown rice	140	1 Cup	0.1	0.1	0.1	0.1
 Buckwheat	128	1 Cup	0.1	0.1	0.1	0.1
 Ezekiel bread <i>(read label, some options are gf)</i>	15	1 Slice	0.7	0.8	1	1
Farro	148	1 Cup	0.1	0.1	0.1	0.1
Kamut	128	1 Cup	0.1	0.1	0.1	0.1
 Millet	160	1 Cup	0.1	0.1	0.1	0.1
Oat flour	78	1 Cup	0.1	0.2	0.2	0.2
Old fashioned oatmeal	54	1 Cup	0.2	0.2	0.3	0.3
 Quinoa	128	1 Cup	0.1	0.1	0.1	0.1
Spelt	152	1 Cup	0.1	0.1	0.1	0.1
Steel cut oats	108	1 Cup	0.1	0.1	0.1	0.2
 Tapioca flour	26	1 Cup	0.4	0.15	0.5	0.6
 Teff	148	1 Cup	0.1	0.1	0.1	0.1
Tortilla, Food For Life <i>(all varieties)</i>	Read Label	Read Label				

SOURCE STARCHY VEGETABLES

CARB (G)

MEASUREMENT

GRAMS

10 12 14 16

Acorn squash <i>(cooked)</i>	15	1 Cup	0.7	0.8	0.9	1.1
Artichoke	13	1 Artichoke	0.7	0.9	1	1.2
Beets	13	1 Cup	0.7	0.9	1	1.2
Butternut squash <i>(cooked)</i>	16	1 Cup	0.6	0.8	0.9	1
Corn	26	1 Cup	0.4	0.5	0.5	0.6
Daikon	14	1 Daikon	0.7	0.8	1	1.1
Hearts of palm <i>(canned)</i>	10	1 Cup	1	1.2	1.4	1.6
Jicama	11	1 Cup	0.9	1.1	1.3	1.4
Parsnips <i>(cooked)</i>	5	1 Oz	2	2.4	2.8	3.2
Pumpkin <i>(cooked)</i>	1.5	1 Oz	6.7	8	9.3	10.7
 Potatoes, red skin	5	1 Oz	2	2.4	2.8	3.2
 Potatoes, russet	5	1 Oz	2	2.4	2.8	3.2
Rutabaga	12	1 Cup	0.8	1	1.1	1.3
 Sweet potatoes	6	1 Oz	1.7	2	2.3	2.7
Water chestnuts	32	1 Cup	0.3	0.3	0.4	0.5

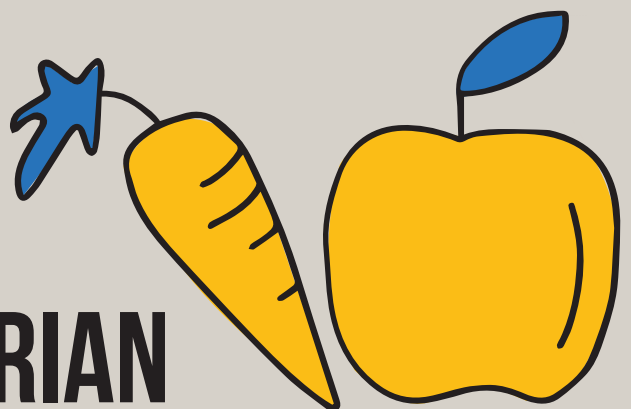
18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1	1	1.1	1.1	1.1	1.2
0.5	0.6	0.6	0.7	0.7	0.8	0.9	0.9	1	1	1.1	1.1	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.7	1.7
0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	1	1	1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6
0.5	0.6	0.6	0.7	0.7	0.8	0.9	0.9	1	1	1.1	1.1	1.2	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.7	1.7
0.6	0.6	0.7	0.8	0.8	0.9	0.9	1	1.1	1	1.2	1.3	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.8	1.9
0.2	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.8	0.8	0.8
0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.9	1	1	1	1.1	1	1.2	1.2	1.3	1.3	1.4	1.4
0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5
0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.6	1.6	1.7
0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	1	1	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5
0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	0.9	0.9	0.9	1	1	1	1.1	1.1
0.5	0.6	0.7	0.7	0.8	0.9	0.9	1	1	1.1	1.2	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.8
0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.9	1	1	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4
0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	1	0.9	1	1	1.1	1.1	1.1	1.2
0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.6	1.6	1.7
0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1	1	1
18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5
2.6	2.9	3.1	3.4	3.7	4	4.3	4.6	4.9	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4	7.7	8	8.3	8.6
0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5
0.1	0.1	0.	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4
0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.	0.4	0.4	0.4	0.4	0.4	0.5	0.5
1.2	1.3	1.4	1.6	1.7	1.8	2	2.1	2.2	2.4	2.5	2.6	2.8	2.9	3	3.2	3.3	3.4	3.6	3.7	3.8	4
0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4
0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5
0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4
0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.8
0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	0.9	0.9	1	1	1	1.1	1.1
0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5
0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4
0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.6
0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.9	1.9	2	2.1	2.2	2.2	2.3
0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4
18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
1.2	1.3	1.5	1.6	1.7	1.9	2	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4
1.4	1.5	1.7	1.8	2	2.1	2.3	2.4	2.6	2.8	2.9	3	3.2	3.4	3.5	3.7	3.8	4	4.1	4.3	4.5	4.6
1.4	1.5	1.7	1.8	2	2.1	2.3	2.4	2.6	2.8	2.9	3	3.2	3.4	3.5	3.7	3.8	4	4.1	4.3	4.5	4.6
1.1	1.2	1.4	1.5	1.6	1.7	1.9	2	2.1	2.2	2.4	2.5	2.6	2.8	2.9	3	3.1	3.2	3.4	3.5	3.6	3.8
0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.7	1.7	1.8	1.9	2	2	2.1	2.2	2.3
1.3	1.4	1.5	1.7	1.8	2	2.1	2.2	2.4	2.5	2.7	2.8	3	3.1	3.2	3.4	3.5	3.7	3.8	4	4.1	4.2
1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5	5.2	5.4	5.6	5.8	6
1.6	1.8	2	2.2	2.3	2.5	2.7	2.9	3.1	3.2	3.4	3.6	3.8	4	4.1	4.3	4.5	4.7	4.9	5.1	5.2	5.5
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
12	13.3	14.7	16	17.3	18.7	20	21.3	22.7	24.1	25.3	26.7	28	29.4	30.8	32	33.3	34.7	36.1	37.3	38.7	40
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
1.5	1.6	1.8	2	2.1	2.3	2.5	2.6	2.8	3	3.1	3.3	3.5	3.6	3.8	4	4.1	4.3	4.5	4.6	4.8	5
3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7	9	9.3	9.7	10
0.5	0.6	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.8



For optimal results, stick to the food list. If you do eat something that's not on the approved food list, just count all the macros and move on. Don't allow one decision to derail your day or week.



VEGAN/VEGETARIAN



FREE VEGGIES

SOURCE

Serving size: Leafy greens- 2 Cups, All others- 1 Cup

- ✓  Leafy greens
- ✓  Broccoli
- ✓  Cabbage
- ✓  Beans
- ✓  Bean sprouts
- ✓  Broccoli
- ✓  Broth
- ✓  Cabbage
- ✱  Carrots
- ✓  Cauliflower
- ✓  Celery
- ✓  Chayote
- ✓  Coleslaw
- ✓  Cucumber
- ✓  Eggplant
- ✓  Greens
- ✓  Kimchi
- ✓  Kohlrabi
- ✓  Leafy greens
- ✓  Leeks
- ✓  Mushrooms
- ✱  Okra
- ✓  Onions
- ✓  Pea pods
- ✓  Peppers
- ✓  Pickles
- ✓  Radishes
- ✓  Sauerkraut
- ✓  Sprouts
- ✓  Squash
- ✱  Sugar snap peas
- ✓  Swiss chard
- ✱  Tomato
- ✱  Turnips
- ✓  Yard-long beans

FREE BEVERAGES

SOURCE

- Coffee, black
- Coffee, flavored (*unsweetened*)
- Stir water enhancer (*1x day*)
- Tea: black, green, herbal (*unsweetened*)
- True (*grapefruit, lemon, lime, orange*) (*other flavors not allowed*)
- Water: Bipro, carbonated (*unsweetened*),
fruit infused (*count carbs if you eat the fruit*)
- Zevia

SUPPLEMENTS

SOURCE

- Multi-vitamin (*Garden of Life or Thorne*) (read label, some contain dairy)
- Plant Iron and Organic herbs cranberry lime (*Garden of Life*)
- Probiotics- Dr. Formulated (*Garden of Life*)
- PUR Mints & Gum
- Xtend Raw Amino Acids
- Xtend Free Amino Acids (*crisp apple, mixed berry*)

COUNT EVERYTHING



SOURCE

	Garden of Life sport performance protein bar (<i>chocolate mint, sea salt caramel</i>)	Count	Count	Count	1 Bar
	Kombucha (<i>8g sugar or less</i>)	0	Count	0	1 Serving
	LaraBar (<i>apple pie, banana bread, blueberry muffin, carrot cake, cashew cookie, cherry pie, cinnamon roll, coconut cream pie, gingerbread, key lime pie, lemon bar, peanut butter & jelly, peanut butter cookie, pecan pie, pumpkin pie, snickerdoodle</i>)	Count	Count	Count	1 Bar
	Paleo protein bars	Count	Count	Count	1 Bar
	Peagan protein bars	Count	Count	Count	1 Bar
	Primal Thin protein bars	Count	Count	Count	1 Bar
	Raw Rev Glo (<i>crunchy and creamy peanut butter</i>)	Count	Count	Count	1 Bar
	RXBar (<i>apple cinnamon, blueberry, mango pineapple, maple, mixed berry, peanut butter, peanut butter and berries</i>)	Count	Count	Count	1 Bar
	Unsweetened baking cocoa	Count	Count	Count	1 Tbsp
	Raw cacao	Count	Count	Count	1 Tbsp

CARB & FAT

SOURCE

SOURCE		CARB (G)	FAT (G)	MEASUREMENT
	Chia seeds	4	4	1 Tbsp

DRESSINGS

SOURCE	CARB (G)	FAT (G)	MEASUREMENT
 Apple cider vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Balsamic vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Braggs Aminos	Free	Free	N/A
 Cooking spray (100% avocado, coconut oil, olive oil)	Free	Free	N/A
 Dijon mustard/mustard (no sugar)	Free	Free	N/A
 Extracts (no added sugar)	Free	Free	N/A
 Fresh/dried herbs (no added ingredients)	Free	Free	N/A
 Garlic	Free	Free	N/A
 Hot sauce (Franks)	Free	Free	N/A
 M Salt	Free	Free	N/A
 Primal Kitchen Avocado Oil Mayo	0	12	1 Tbsp
 Primal Kitchen Chipotle Lime Mayo	0	11	1 Tbsp
 Primal Kitchen Garlic Aloli Mayo	0	12	1 Tbsp
 Primal Kitchen Ketchup	2	0	1 Tbsp
 Primal Kitchen Mustard	Free	Free	N/A
 Primal Kitchen Balsamic Vinaigrette	0	5.5	1 Tbsp
 Primal Kitchen Caesar Dressing	0	7	1 Tbsp
 Primal Kitchen Dreamy Italian Dressing	0	5.5	1 Tbsp
 Primal Kitchen Greek Vinaigrette	0	8	1 Tbsp
 Primal Kitchen Green Goddess Dressing	0	6	1 Tbsp
 Primal Kitchen Italian Vinaigrette	0	6	1 Tbsp
 Primal Kitchen Lemon Turmeric Vinaigrette	0	5	1 Tbsp
 Primal Kitchen Ranch Dressing	0	6.5	1 Tbsp
 Primal Kitchen Vegan Ranch Dressing	0	7	1 Tbsp
 Red wine Vinegar ($\leq 2g$ sugar)	Free	Free	N/A
 Salsa ($\leq 2g$ sugar)	Free	Free	≤ 1 Tbsp
 Secret Coconut Aminos	Free	Free	N/A
 Soy Sauce (low sodium, MSG and caramel color free)	Free	Free	N/A
 Tessamae Avocado Ranch	0	9	1 Tbsp
 Tessamae Balsamic Vinaigrette	0	9	1 Tbsp
 Tessamae BBQ	3	0	1 Tbsp
 Tessamae Buffalo Mild/Spicy	0	7	1 Tbsp
 Tessamae Creamy Caesar Dressing	0	9.5	1 Tbsp
 Tessamae Creamy Ranch	0	9.5	1 Tbsp
 Tessamae Green Goddess	0	9	1 Tbsp
 Tessamae Habanero Ranch	0	10	1 Tbsp
 Tessamae Ketchup	3	0	1 Tbsp
 Tessamae Lemon Garlic Dressing	0	10	1 Tbsp
 Tessamae Slow Roasted Garlic Spread	2	1	1 Tsp
 Tessamae Snake Oil Hot Sauce	Free	Free	N/A
 Tessamae Zesty Ranch	0	11	1 Tbsp
 White wine vinegar ($\leq 2g$ sugar)	Free	Free	N/A

PROTEIN & CARB

SOURCE COOKED

	PROTEIN (G)	CARB (G)	MEASUREMENT
 Amaranth	10	51	1 Cup
 Quinoa	8	43	1 Cup
 Spelt	10	51	1 Cup
 Teff	1	59	1 Cup

SOURCE DRY

	PROTEIN (G)	CARB (G)	MEASUREMENT
 Amaranth	32	128	1 Cup
 Ezekiel bread (sprouted grains) (read label, some options are gf)	4	15	1 Slice
 Quinoa	29	128	1 Cup
 Spelt	32	152	1 Cup
 Teff	20	148	1 Cup

PROTEIN

SOURCE	PROTEIN (G)	MEASUREMENT	GRAMS			
			10	12	14	16
Ahi tuna steak	7	1 Oz	1.4	1.7	2.0	2.3
Ascent (<i>all flavors</i>)	25	1 Scoop	0.4	0.4	0.5	0.6
Black beans	15	1 Cup	0.7	0.8	0.9	1.1
Bodylogix vegan protein (<i>all flavors</i>)	25	1 Scoop	0.4	0.4	0.5	0.6
Bodylogix whey protein powder (<i>all flavors</i>)	24	1 Scoop	0.4	0.5	0.6	0.7
Cottage cheese (<i>Low fat</i>)	28	1 Cup	0.4	0.4	0.5	0.5
Edamame	16	1 Cup	0.6	0.8	0.9	1.0
Egg whites (from eggs)	4	1 Egg	2.5	3	3.5	4
Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6
Garden of Life plant based protein (<i>sport</i>)	20	1 Scoop	0.5	0.6	0.7	0.8
Green peas	8	1 Cup	1.3	1.5	1.8	2.0
Halibut	6	1 Oz	1.7	2	2.3	2.7
Kidney beans	15	1 Cup	0.7	0.8	0.9	1.1
Lentils	18	1 Cup	0.6	0.7	0.8	0.9
Lima beans	14	1 Cup	0.7	0.9	1.0	1.1
Mung beans	15	1 Cup	0.7	0.8	0.9	1.1
Nutritional yeast	3.5	1 Tbsp	2.9	3.4	4.0	4.6
Pinto beans	12	1 Cup	0.2	0.3	0.3	0.4
Rawfusion	21	1 Scoop	0.5	0.6	0.6	0.7
Salmon	5	1 Oz	2	2.4	2.8	3.2
Scallops	7	1 Oz	1.4	1.7	2	2.3
Shrimp	7	1 Oz	1.4	1.7	2	2.3
Tilapia	7	1 Oz	1.4	1.7	2	2.3
Tuna	7	1 Oz	1.4	1.7	2	2.3
Vega sport performance protein (<i>all flavors</i>)	30	1 Scoop	0.3	0.4	0.4	0.5
Yogurt, plain greek (0%)	23	1 Cup	0.4	0.5	0.6	0.7

PROTEIN & FAT

SOURCE	PROTEIN (G)	FAT (G)	MEASUREMENT
Almonds, raw	6	14	1 Oz
Brazil nuts, raw	4	19	1 Oz
Cashews, raw	5	12	1 Oz
Cheese, raw or natural	7	9	1 Oz
Eggs	6	5	1 Large Egg
Ground flax seed	2	4	1 Tbsp
Hazelnuts, raw	4	17	1 Oz
Hemp seeds	3	5	1 Tbsp
Kite Hill greek style plain unsweetened	11	12	150g/1 serving con.
Nut butters (<i>salt and nut only ingredients</i>)	4	8	1 Tbsp
Pecans, raw	3	20	1 Oz
Peanuts, unsalted	7	14	1 Oz
Pistachios, raw	6	14	1 Oz
Pumpkin seeds, raw	7	13	1 Oz
Ripple unsweetened original/vanilla pea milk	8	4.5	1 fl Oz
Sunflower seeds, raw	6	17	1 Oz
Tempeh (<i>organic</i>)	5	3	1 Oz
Tofu (<i>organic</i>)	2	1	1 Oz
Walnuts, raw	4	18.5	1 Oz
Yogurt, plain greek (2% and above)	23	4.5	1 Cup

VEGAN/VEGETARIAN

18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
2.6	2.9	3.1	3.4	3.7	4.0	4.3	4.6	4.9	5.1	5.4	5.7	6.0	6.3	6.6	6.9	7.1	7.4	7.7	8.0	8.3	8.6
0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2	2.2	2.3	2.3	2.4
1.2	1.3	1.5	1.6	1.7	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4.0
0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2	2.2	2.3	2.3	2.4
0.7	0.8	0.9	1	1.1	1.1	1.2	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2	2.1	2.1	2.2	2.3	2.4	2.5
0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.8	1.9	2	2	2.1
1.1	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3.0	3.1	3.3	3.4	3.5	3.6	3.8
4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
0.6	0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.8	1.8	1.9	2	2.1	2.1	2.2
0.9	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3
2.3	2.5	2.8	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8	7.0	7.3	7.5
3	3.4	3.7	4	4.4	4.7	5.1	5.4	5.7	6.1	6.4	6.8	7.1	7.4	7.8	8.1	8.4	8.8	9.1	9.5	9.8	10.2
1.2	1.3	1.5	1.6	1.7	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4.0
1.0	1.1	1.2	1.3	1.4	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.6	2.7	2.8	2.9	3.0	3.1	3.2	3.3
1.3	1.4	1.6	1.7	1.9	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3.0	3.1	3.3	3.4	3.6	3.7	3.9	4.0	4.1	4.3
1.2	1.3	1.5	1.6	1.7	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4.0
5.1	5.7	6.3	6.9	7.4	8.0	8.6	9.1	9.7	10.3	10.9	11.4	12.0	12.6	13.1	13.7	14.3	14.9	15.4	16.0	16.6	17.1
0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4
0.8	0.9	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.6	2.7	2.8
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4	7.7	8	8.3	8.6
2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4	7.7	8	8.3	8.6
2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4	7.7	8	8.3	8.6
2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.1	7.4	7.7	8	8.3	8.6
0.6	0.6	0.7	0.8	0.8	0.9	1	1.1	1.1	1.2	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.8	1.9	2
0.8	0.8	0.9	1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.1	2.2	2.3	2.4	2.5	2.6

CARB

SOURCE FRUIT	CARB (G)	MEASUREMENT	GRAMS			
			10	12	14	16
 Apple (medium)	22	1 Apple	0.4	0.5	0.6	0.7
Applesauce (unsweetened/organic)	28	1 Cup	0.4	0.4	0.5	0.6
Apricot (dried, no added sugar)	18	1 Oz	0.6	0.6	0.8	0.9
Banana (medium)	27	1 Banana	0.4	0.4	0.5	0.6
Blackberries	10	1 Oz	1	1.2	1.5	1.7
Blueberries	4	1 Oz	2.5	3	3.5	4
Cantaloupe	2	1 Oz	5	6	7	8
Dates (not pitted)	21	1 Oz	0.5	0.6	0.6	0.7
Figs (dried, no added sugar)	18	1 Oz	0.5	0.6	0.8	0.9
Grapefruit	20	1 Grapefruit	0.5	0.6	0.7	0.8
 Grapes	5	1 Oz	2	2.4	2.8	3.2
Honeydew melon	2.6	1 Oz	3.8	4.6	5.4	6.2
Kiwi	4	1 Oz	2.5	3	3.5	4
Navel orange	18	1 Medium	0.6	0.7	0.8	0.9
Mango	3.4	1 Oz	2.9	3.5	4.1	4.7
Mango (dried)	21	1 Oz	0.5	0.6	0.6	0.7
Papaya	14	1 Cup	0.7	0.9	1	1.2
 Peach	9	1 Medium	1.1	1.3	1.6	1.8
 Pear	26	1 Medium	0.4	0.5	0.5	0.6
Pineapple	3.6	1 Oz	2.8	3.3	3.9	4.4
Plantain (cooked)	57	1 Medium	0.2	0.2	0.2	0.3
Raisins (no added sugar)	16	1 Oz	0.6	0.8	0.9	1
Raspberries	3.4	1 Oz	2.9	3.5	4.1	4.7
Starfruit (carambola)	8	1 Large	1.3	1.5	1.8	2
 Strawberries	2.2	1 Oz	4.5	5.5	6.4	7.3
 Sweet cherries	5	1 Oz	2	2.4	2.8	3.2
Watermelon	2	1 Oz	5	6	7	8

CARB

SOURCE COOKED GRAINS/LEGUMES	CARB (G)	MEASUREMENT	GRAMS			
			10	12	14	16
 Basmati brown rice	35	1 Cup	0.3	0.3	0.4	0.5
 Brown rice	35	1 Cup	0.3	0.3	0.4	0.5
 Buckwheat	32	1 Cup	0.3	0.4	0.4	0.5
Farro	74	1 Cup	0.1	0.2	0.2	0.2
Kamut	43	1 Cup	0.2	0.3	0.3	0.4
 Millet	40	1 Cup	0.3	0.3	0.4	0.4
Old fashioned oatmeal	54	1 Cup	0.2	0.2	0.3	0.3
Steel cut oats	36	1 Cup	0.3	0.3	0.4	0.4

SOURCE DRY GRAINS/LEGUMES	CARB (G)	MEASUREMENT	GRAMS			
			10	12	14	16
 Arrowroot flour	7	1 Tbsp	1.4	1.7	2	2.3
 Basmati brown rice	132	1 Cup	0.1	0.1	0.1	0.1
 Brown rice	140	1 Cup	0.1	0.1	0.1	0.1
 Buckwheat	128	1 Cup	0.1	0.1	0.1	0.1
Farro	148	1 Cup	0.1	0.1	0.1	0.1
Kamut	128	1 Cup	0.1	0.1	0.1	0.1
 Millet	160	1 Cup	0.1	0.1	0.1	0.1
Oat flour	78	1 Cup	0.1	0.2	0.2	0.2
Old fashioned oatmeal	54	1 Cup	0.2	0.2	0.3	0.3
Steel cut oats	108	1 Cup	0.1	0.1	0.1	0.2
 Tapioca Flour	26	1 Cup	0.4	0.15	0.5	0.6
Tortilla, Food For Life (all varieties)	Read Label	Read Label				

VEGAN/VEGETARIAN																					
18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.3	2.4	2.5	2.6	2.7
0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.9	1.9	2	2.1	2.1
1	1.2	1.3	1.4	1.4	1.5	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.8	2.9	3	3.1	3.2	3.3
0.6	0.7	0.8	0.9	1	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.7	1.7	1.8	2	2	2.1	2.1	2.2
1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.5	3.7	4	4.2	4.4	4.6	4.8	5	5.2	5.4	5.6	5.8	6	6.2
4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
0.8	1	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8
1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	3	3.1	3.2	3.3
0.9	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
6.9	7.7	8.5	9.2	10	10.8	11.5	12.3	13.2	14	14.6	15.4	16.2	17	17.7	18.5	19.2	20	20.8	21.5	22.4	23.1
4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
1	1.1	1.2	1.3	1.4	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.7	2.8	2.9	3	3.1	3.2	3.3
5.3	5.9	6.5	7.1	7.6	8.2	8.8	9.4	10.3	10.7	11.2	11.8	12.4	13	13.6	14.1	14.7	15.3	16	16.5	17.1	17.6
0.8	1	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8
1.3	1.4	1.6	1.7	1.9	2	2.2	2.3	2.5	2.6	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.8	3.9	4.1	4.2	4.4
2	2.2	2.4	2.7	2.9	3.1	3.3	3.6	3.8	4	4.2	4.4	4.7	4.9	5.1	5.3	5.6	5.8	6	6.2	6.5	6.7
0.7	0.8	0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.9	2	2.1	2.2	2.2	2.3
5	5.6	6.1	6.7	7.2	7.8	8.3	8.9	9.5	10.1	10.6	11.1	11.7	12.3	12.9	13.3	13.9	14.4	15	15.6	16.2	16.7
0.3	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1	1
1.2	1.3	1.4	1.5	1.7	1.9	2	2.1	2.2	2.3	2.4	2.6	2.7	2.8	2.9	3.1	3.2	3.3	3.4	3.6	3.7	3.9
5.3	5.9	6.5	7.1	7.6</																	

CARB

SOURCE

STARCHY VEGETABLES

CARB (G)

MEASUREMENT

GRAMS

10 12 14 16

Acorn squash (<i>cooked</i>)	15	1 Cup	0.7	0.8	0.9	1.1
Artichoke	13	1 Artichoke	0.7	0.9	1	1.2
Beets	13	1 Cup	0.7	0.9	1	1.2
Butternut squash (<i>cooked</i>)	16	1 Cup	0.6	0.8	0.9	1
Corn	26	1 Cup	0.4	0.5	0.5	0.6
Daikon	14	1 Daikon	0.7	0.8	1	1.1
Hearts of palm (<i>canned</i>)	10	1 Cup	1	1.2	1.4	1.6
Jicama	11	1 Cup	0.9	1.1	1.3	1.4
Parsnips (<i>cooked</i>)	5	1 Oz	2	2.4	2.8	3.2
Pumpkin (<i>cooked</i>)	1.5	1 Oz	6.7	8	9.3	10.7
 Potatoes, red skin	5	1 Oz	2	2.4	2.8	3.2
 Potatoes, russet	5	1 Oz	2	2.4	2.8	3.2
Rutabaga	12	1 Cup	0.8	1	1.1	1.3
 Sweet potatoes	6	1 Oz	1.7	2	2.3	2.7
Water chestnuts	32	1 Cup	0.3	0.3	0.4	0.5

FAT

SOURCE

FAT(G)

MEASUREMENT

GRAMS

1 2 3 4

 Almond meal flour	56	1 Cup	0	0	0.1	0.1
Avocado	4	1 Oz	0.3	0.5	0.8	1
Avocado oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Butter, Kerry Gold unsalted	12	1 Tbsp	0.1	0.2	0.2	0.3
Cacao nibs	4	1 Tbsp	0.3	0.5	0.8	1
Coconut flakes, unsweetened	5	1 Tbsp	0.2	0.4	0.6	0.8
Extra virgin coconut oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Extra virgin olive oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Flaxseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Ghee	5	1 Tbsp	0.3	0.4	0.5	0.7
Grapeseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Guacamole	3	1 Tbsp	0.4	0.5	1	1.3
Heavy cream	5.5	1 Tbsp	0.2	0.4	0.5	0.7
 Hummus, Sabra (<i>classic, garlic, pine nuts, red pepper</i>)	5	1 Tbsp	0.2	0.4	0.6	0.8
Macadamia nut oil	14	1 Tbsp	0.1	0.1	0.2	0.3
 Nut pods (<i>coffee creamer</i>)	1	1 Tbsp	1	2	3	4
Olives (<i>black</i>)	2.7	1 Oz	0.4	0.8	1.2	1.5
Olives (<i>green</i>)	4	1 Oz	0.3	0.5	0.8	1
Safflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3
Sunflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3
 Unsweetened almond, cashew, coconut milk (<i>may vary by product</i>)	2.5	1 Cup	0.4	0.8	1.2	1.6

18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
1.2	1.3	1.5	1.6	1.7	1.9	2	2.1	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4
1.4	1.5	1.7	1.8	2	2.1	2.3	2.4	2.6	2.8	2.9	3	3.2	3.4	3.5	3.7	3.8	4	4.1	4.3	4.5	4.6
1.4	1.5	1.7	1.8	2	2.1	2.3	2.4	2.6	2.8	2.9	3	3.2	3.4	3.5	3.7	3.8	4	4.1	4.3	4.5	4.6
1.1	1.2	1.4	1.5	1.6	1.7	1.9	2	2.1	2.2	2.4	2.5	2.6	2.8	2.9	3	3.1	3.2	3.4	3.5	3.6	3.8
0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.7	1.7	1.8	1.9	2	2	2.1	2.2	2.3
1.3	1.4	1.5	1.7	1.8	2	2.1	2.2	2.4	2.5	2.7	2.8	3	3.1	3.2	3.4	3.5	3.7	3.8	4	4.1	4.2
1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5	5.2	5.4	5.6	5.8	6
1.6	1.8	2	2.2	2.3	2.5	2.7	2.9	3.1	3.2	3.4	3.6	3.8	4	4.1	4.3	4.5	4.7	4.9	5.1	5.2	5.5
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
12	13.3	14.7	16	17.3	18.7	20	21.3	22.7	24.1	25.3	26.7	28	29.4	30.8	32	33.3	34.7	36.1	37.3	38.7	40
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10	10.4	10.8	11.2	11.6	12
1.5	1.6	1.8	2	2.1	2.3	2.5	2.6	2.8	3	3.1	3.3	3.5	3.6	3.8	4	4.1	4.3	4.5	4.6	4.8	5
3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3	7.7	8	8.3	8.7	9	9.3	9.7	10
0.5	0.6	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.8

5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.5
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
0.4	0.5	0.6	0.7	0.7	0.8	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.6	1.7	1.7	1.8	1.9	2	2.1
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.2
1	1.2	1.4	1.6	1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
1	1.2	1.3	1.5	1.8	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.5	3.7	3.9	4.1	4.3	4.5	4.7	4.9
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
1.5	2	2.4	2.8	3.1	3.4	3.8	4.1	4.3	4.5	5.1	5.4	5.8	6.1	6.4	6.8	7.1	7.2	7.5	8	8.2
0.9	1.1	1.3	1.5	1.6	1.8	2	2.2	2.4	2.5	2.7	2.9	3.1	3.3	3.5	3.6	3.8	4	4.2	4.4	4.5
1	1.2	1.4	1.6	1.8	2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1.9	2.3	2.6	3	3.4	3.7	4.1	4.4	4.9	5.2	5.6	6	6.3	6.7	7.1	7.5	7.8	8.2	8.6	8.9	9.3
1.3	1.5	1.8	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5	5.8	6	6.3
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8
2	2.4	2.8	3.2	3.6	4	4.4	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10

