



FIT BODY
TRANSFORMATION
CHALLENGE

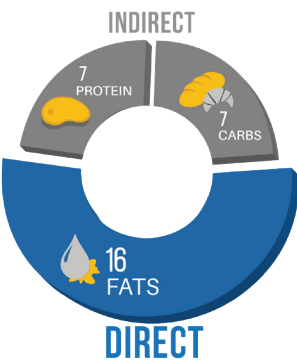
FOOD LIST

THE FIT BODY TRANSFORMATION CHALLENGE USES A PROPRIETARY MACRO COUNTING SYSTEM THAT COUNTS DIRECT MACROS ONLY.

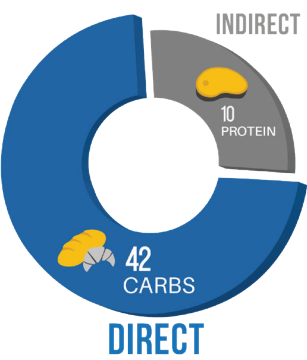
-  All fats listed in the fat section include the fat macros only because the fat is the direct macro you count in those foods.
-  If a food is listed in the protein section, you'll count the protein macros only.
-  If you eat a food that's in the carb section on the food list, count the carbs only!



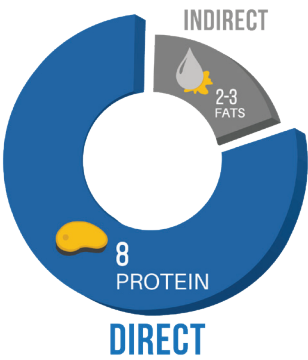
2 TBSP PEANUT BUTTER



1 CUP QUINOA



1 OZ STEAK



FOR OPTIMAL RESULTS, STICK TO THE LIST!

Eating whole foods is good for your health and necessary for optimal results on the challenge and beyond. That's why we've included **HUNDREDS of delicious, nutritious, easy-to-find foods in the food list**. Remember, if you eat something that isn't on the food list, count the fat, protein, and carbs in the food. But ... we recommend sticking to the list!

It's that easy! Every food is clearly labeled so you'll know what macros to count! And, there's nothing to figure out because we've done the math for you!

If a food is categorized as protein and carbs; carbs and fat; or protein and fat, count both macros. For example, cheese is listed in the protein and fat category, so if you eat cheese, count the protein and fat macros.

If something is categorized as count everything, count the fat, protein, and carb macros in that food.

Likewise, if you eat something that is NOT on the food list, count the fat, protein, and carb macros in that food.

TABLE OF CONTENTS

3 -REGULAR FOOD LIST

- 3- Grab-and-go options
- 4- Free veggies
- 4- Supplements
- 4- Free beverages
- 4- Beverages
- 4- Count protein, carb, & fat
- 4- Carb & fat
- 5- Condiments & dressings
- 5- Protein & carb
- 6- Protein & fat
- 6- Protein
- 6- Protein powder
- 8- Fat
- 8- Carb: fruit
- 10- Carb: starchy vegetables
- 10- Carb: cooked grains
- 10- Carb: dry grains

13 -VEGAN/VEGETARIAN FOOD LIST

- 13- Grab-and-go options
- 14- Free veggies
- 14- Free beverages
- 14- Beverages
- 14- Supplements
- 14- Count protein, carb, & fat
- 14- Carb & fat
- 15- Condiments & dressings

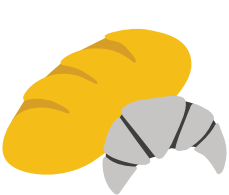
- 15- Protein & carb
- 16- Protein
- 16- Protein & fat
- 18- Carb: fruit
- 18- Carb: cooked grains
- 18- Carb: dry grains
- 20- Carb: starchy vegetables
- 20- Fat

22 -KNOWLEDGE IS POWER

We’ve cut through the diet clutter and included REAL information to help you rethink what you eat.

ICON GUIDE

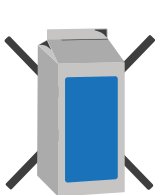
Look for these icons throughout the challenge materials to easily identify key information.



CARB



COMMON ADDITIVES



DAIRY FREE



FAT



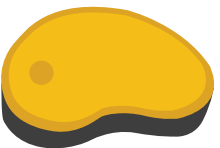
FREE VEGETABLES



GLUTEN FREE



HIGHER CARB



PROTEIN

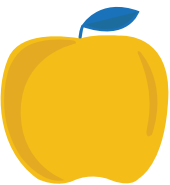
Look for the splurge-worthy gold coin to indicate items that are worth spending a little extra money on.



SPLURGE WORTHY



SUGAR



VEGAN



1X A WEEK

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 the protein, fat, and carbs in these grab-and-go options and limit them to one time per week.

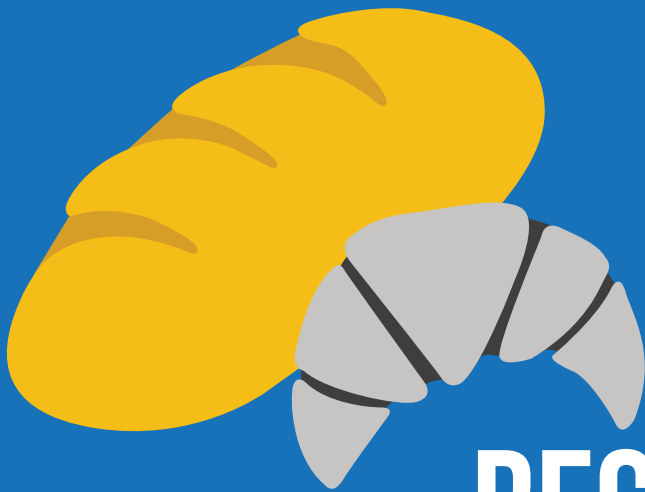
● RXBAR®

● 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 the protein, fat, and carbs and move on. Don't allow one decision to derail your day or week.



REGULAR FOOD LIST

FREE VEGGIES

SOURCE

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

Amaranth or chinese spinach

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

SUPPLEMENTS

SOURCE

BCAAs (FBBC Approved/TruLean)

Everyday Fit (FBBC Approved/TruLean)

Multivitamin (FBBC Approved/TruLean)

Powdered Greens (FBBC Approved/TruLean)

Probiotics- Dr. Formulated (Garden of Life)

PUR Mints & Gum

FREE BEVERAGES

SOURCE

1-3 free beverages may be consumed per day

Coffee, black

Coffee, flavored (unsweetened)

Stir water enhancer (1x day)

Tea: black, green, herbal (unsweetened)

True (grapefruit, lemon, lime, orange) (other flavors not approved)

Water: Bipro, carbonated (unsweetened), fruit infused (count carbs of fruit eaten)

Zevia

BEVERAGES

SOURCE

Kombucha (8g sugar or less)

PROTEIN (G)

CARB (G)

FAT (G)

MEASUREMENT

COUNT P | C | F

SOURCE

🌿🥒🌿 Epic bar (beef apple bacon, turkey almond cranberry, beef habanero cherry, lamb current mint, wild boar bacon)

🌿🍌🌿 Garden of Life Sport performance protein bar (chocolate mint, sea salt caramel)

Go Raw Sprouted bar (all bars)

🌿🍌🌿 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, snickerdoodle)

🌿🍌🌿 LaraBar with protein (lemon blueberry muffin, apple cobbler)

🌿🍌🌿 Naturally Clean Eats bar (all bars)

🌿🌿 Raw Rev Glo (crunchy and creamy peanut butter)

🌿🌿 RXBar (apple cinnamon, blueberry, mango pinneapple, maple, mixed berry, peanut butter, peanut butter and berries)

🌿🍌🌿 Thunderbird Real Food bar (all bars)

🌿🌿 Whole Lotta Clif bar (tart cherry almond, spiced almond ginger)

🌿🍌🌿 Unsweetened baking cocoa / Raw cacao

PROTEIN (G)

CARB (G)

FAT (G)

MEASUREMENT

CARB & FAT

SOURCE

🌿🍌🌿 Chia seeds

🌿🍌🌿 Nutcase Vegan Meats (vegan chorizo, sweet Italian sausage, hot Italian sausage, nutty burger)

4 🌿🍌🌿 Sami's Bakery gluten free bread (low carb)

🌿🍌🌿 So Delicious coconut milk yogurt (unsweetened, plain)

CARB (G)

FAT (G)

MEASUREMENT

CONDIMENTS & DRESSINGS

SOURCE

🌿🍌🌿 Apple cider vinegar (≤ 2g sugar)

🌿🍌🌿 Balsamic vinegar (≤ 2g sugar)

🌿🍌🌿 Braggs Aminos

🌿🍌🌿 Cooking spray (100% avocado, coconut oil, olive oil)

🌿🍌🌿 Dijon mustard/mustard (no sugar)

🌿🍌🌿 Extracts (no added sugar)

🌿🍌🌿 Fresh/dried herbs (no added ingredients)

🌿🍌🌿 Garlic

🌿🍌🌿 Hot sauce (Franks)

🌿🍌🌿 M Salt

🌿🌿 Primal Kitchen Avocado Oil Mayo

🌿🌿 Primal Kitchen Chipotle Lime Mayo

🌿🌿 Primal Kitchen Garlic Aioli Mayo

🌿🍌🌿 Primal Kitchen Ketchup

🌿🍌🌿 Primal Kitchen Mustard

🌿🍌🌿 Primal Kitchen Balsamic Vinaigrette

🌿🌿 Primal Kitchen Caesar Dressing

🌿🍌🌿 Primal Kitchen Dreamy Italian Dressing

🌿🍌🌿 Primal Kitchen Greek Vinaigrette

🌿🌿 Primal Kitchen Green Goddess Dressing

🌿🍌🌿 Primal Kitchen Italian Vinaigrette

🌿🍌🌿 Primal Kitchen Lemon Turmeric Vinaigrette

🌿🌿 Primal Kitchen Ranch Dressing

🌿🍌🌿 Primal Kitchen Vegan Ranch Dressing

🌿🍌🌿 Red wine vinegar (≤ 2g sugar)

🌿🍌🌿 Salsa (≤ 2g sugar)

🌿🍌🌿 Secret Coconut Aminos

🌿🌿 Tessamae Avocado Ranch

🌿🍌🌿 Tessamae Balsamic Vinaigrette

🌿🍌🌿 Tessamae BBQ

🌿🍌🌿 Tessamae Buffalo Mild/Spicy

🌿🌿 Tessamae Creamy Caesar Dressing

🌿🌿 Tessamae Creamy Ranch

🌿🍌🌿 Tessamae Green Goddess

🌿🌿 Tessamae Habanero Ranch

🌿🍌🌿 Tessamae Ketchup

🌿🍌🌿 Tessamae Lemon Garlic Dressing

🌿🌿 Tessamae Slow Roasted Garlic Spread

🌿🌿 Tessamae Snake Oil Hot Sauce

🌿🍌🌿 Tessamae Zesty Ranch

🌿🍌🌿 White wine vinegar (≤ 2g sugar)

CARB (G)

FAT (G)

MEASUREMENT

PROTEIN & CARB

SOURCE

Black beans

Edamame

Garbanzo beans (chick peas)

Green peas

Kidney beans

Lentils

Lima beans

🌿🍌🌿 Nutritional yeast

Pinto beans

PROTEIN (G)

CARB (G)

MEASUREMENT

5

PROTEIN & FAT			
SOURCE			
	Beyond Meat (<i>beyond burger, beyond beef, beyond sasuage</i>)	Read Label	Read Label
	Cheese, raw or natural	7	9
	Chicken sausage (<i>No sugar added</i>)	Read Label	Read Label
	Eggs	6	5
	Hemp seeds	3	5
	Kite Hill Greek style plain unsweetened	11	10
	Yogurt, plain Greek (<i>2% and above</i>)	Read Label	Read Label
	Tempeh, unflavored (<i>organic</i>)	5	3
	Tofu, unflavored (<i>organic</i>)	2	1
	Turkey bacon (<i>No sugar added</i>)	Read Label	Read Label
	Turkey sausage (<i>No sugar added</i>)	Read Label	Read Label

PROTEIN																														
SOURCE	PROTEIN (G)	MEASUREMENT	GRAMS																											
			10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
 Ahi tuna steak	7	1 Oz	1.4	1.7	2	2.3	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		
 Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	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		
Broth (beef or chicken)	Read Label	1 Oz																												
Chicken breast	8	1 Oz	1.3	1.5	1.6	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	6.5	6.8	7	7.3	7.5		
Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5	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		
 Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7	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		
 Egg whites (1 large egg)	4	1 Egg	2.5	3	3.5	4	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		
 Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6	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		
Halibut	6	1 Oz	1.7	2	2.3	2.7	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		
Lamb	7	1 Oz	1.4	1.7	2	2.3	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		
Pork tenderloin	6	1 Oz	1.7	2	2.3	2.7	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		
Salmon (safe catch/wild caught)	5	1 Oz	2	2.4	2.8	3.2	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		
Scallops	7	1 Oz	1.4	1.7	2	2.3	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		
Shrimp	7	1 Oz	1.4	1.7	2	2.3	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		
Steak, bottom round	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8	6	6.2	6.4	6.7		
Steak, eye round	8	1 Oz	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	6.5	6.8	7	7.3	7.5		
Steak, sirloin tip side	8	1 Oz	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	6.5	6.8	7	7.3	7.5		
Steak, top round	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8	6	6.2	6.4	6.7		
Steak, top sirloin	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8	6	6.2	6.4	6.7		
Tilapia	7	1 Oz	1.4	1.7	2	2.3	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		
 Tuna canned in water (safe catch/wild caught)	7	1 Oz	1.4	1.7	2	2.3	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		
Turkey, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	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		
Turkey breast	5	1 Oz	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	10.4	10.8	11.2	11.6	12		
Venison	9	1 Oz	1.1	1.3	1.6	1.8	2	2.2	2.4	2.6	2.8	3.1	3.3	3.5	3.8	4	4.2	4.5	4.7	4.9	5.1	5.3	5.5	5.8	6	6.2	6.4	6.7		
Yogurt, plain Greek 0%	23	1 Cup	0.4	0.5	0.6	0.7	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		

PROTEIN POWDER			
SOURCE			
WHEY BASED			
	FBBC Approved/TruLean whey (<i>all flavors</i>)	24	1 Scoop
NON-WHEY BASED			
	FBBC Approved/TruLean vegan (<i>chocolate brownie</i>)	22	1 Scoop

FAT

SOURCE	FAT (G)	MEASUREMENT	GRAMS																								
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
 Almonds, raw	14	1 Oz	0.1	0.1	0.2	0.3	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
 Almond meal flour	56	1 Cup	0	0	0.1	0.1	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
Avocado	4	1 Oz	0.3	0.5	0.8	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	6.3
Avocado oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Butter, Kerry Gold unsalted	12	1 Tbsp	0.1	0.2	0.2	0.3	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
Brazil nuts, raw	19	1 Oz	0.1	0.1	0.2	0.2	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
Cashews, raw	12	1 Tbsp	0.1	0.2	0.3	0.3	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
Cacao nibs	4	1 Tbsp	0.3	0.5	0.8	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
Coconut flakes, unsweetened	5	1 Tbsp	0.2	0.4	0.6	0.8	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
Coconut milk, full fat	36	1 cup	0.0	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7
Extra virgin coconut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Extra virgin olive oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Flax seed	4	1 Tbsp	0.3	0.5	0.8	1.0	1.3	1.5	1.8	2.0	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
Flax seed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Flax seeds, ground	3.5	1 Tbsp	0.3	0.6	0.9	1.1	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
Ghee	5	1 Tbsp	0.3	0.4	0.5	0.7	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
Grapeseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Guacamole	3	1 Tbsp	0.4	0.5	1	1.3	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
Hazelnuts, raw	17	1 Oz	0.1	0.1	0.2	0.2	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
Heavy cream	5.5	1 Tbsp	0.2	0.4	0.5	0.7	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
 Hummus, Sabra (classic, garlic, pine nuts, red pepper)	2.5	1 Tbsp	0.4	0.8	1.2	1.6	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
Macadamia nut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
 Nut butters (salt and nut only ingredients)	8	1 Tbsp	0.1	0.3	0.4	0.5	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
 Nut pods (coffee creamer)	1	1 Oz	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Olives (black)	2.7	1 Oz	0.4	0.8	1.2	1.5	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
Olives (green)	4	1 Oz	0.3	0.5	0.8	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	6.3
Peanuts, unsalted	14	1 Oz	0.1	0.1	0.2	0.3	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
Pecans, raw	20	1 Oz	0.1	0.1	0.2	0.2	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
Pistachios, shelled	14	1 Oz	0.1	0.1	0.2	0.3	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
Pumpkin seeds, raw	14	1 Oz	0.1	0.1	0.2	0.3	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
Safflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Sunflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Sunflower seeds, raw	17	1 Oz	0.1	0.1	0.2	0.2	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
 Unsweetened almond, cashew, coconut milk (may vary by product)	2.5	1 Cup	0.4	0.8	1.2	1.6	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
Walnuts, raw	18.5	1 Oz	0.1	0.1	0.2	0.2	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

CARB

FRUIT SOURCE	CARB (G)	MEASUREMENT	GRAMS																										
			10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	
 Apple (medium)	22	1 Apple	0.4	0.5	0.6	0.7	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	
	28	1 Cup	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	1.9	1.9	2	2.1	2.1	
	18	1 Oz	0.6	0.6	0.8	0.9	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	
	27	1 Banana	0.4	0.4	0.5	0.6	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	
	3	1 Oz	3.3	4	4.7	5.3	6	6.7	7.3	8	8.7	9.3	10	10.7	11.3	12	12.7	13.3	14	14.7	15.3	16	16.7	17.3	18	18.7	19.3	20	
	4	1 Oz	2.5	3	3.5	4	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	
	2	1 Oz	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	21	1 Oz	0.5	0.6	0.6	0.7	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	
	18	1 Oz	0.5	0.6	0.8	0.9	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	
20	1 Grapefruit	0.5	0.6	0.7	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	2.7	2.8	2.9	3		
 Grapes	5	1 Oz	2	2.4	2.8	3.2	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	1 Oz	3.8	4.6	5.4	6.2	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	1 Oz	2.5	3	3.5	4	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	
	18	1 Medium	0.6	0.7	0.8	0.9	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	
	3.4	1 Oz	2.9	3.5	4.1	4.7	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	
	21	1 Oz	0.5	0.6	0.6	0.7	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	
	14	1 Cup	0.7	0.9	1	1.2	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	
	14	1 Medium	0.7	0.9	1.0	1.1	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	
	26	1 Medium	0.4	0.5	0.5	0.6	0.7	0.8	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
 Pineapple	3.6	1 Oz	2.8	3.3	3.9	4.4	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	
	57	1 Medium	0.2	0.2	0.2	0.3	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	
	22	1 Oz	0.4	0.5	0.6	0.7	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	
	3.4	1 Oz	2.9	3.5	4.1	4.7	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	
	8	1 Large	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	6.5	6.8	7	7.3	7.5	
	2.2	1 Oz	4.5	5.5	6.4	7.3	8.2	9.1	10	10.9	11.8	12.7	13.6	14.5	15.5	16.4	17.3	18.2	19.1	20	20.9	21.8	22.7	23.6	24.5	25.5	26.4	27.3	
	5	1 Oz	2	2.4	2.8	3.2	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	1 Oz	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	 Watermelon																												

STARCHY VEGETABLES			GRAMS																									
SOURCE	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Acorn squash (cooked)	15	1 Cup	0.7	0.8	0.9	1.1	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
Artichoke	13	1 Artichoke	0.7	0.9	1	1.2	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
Beets	13	1 Cup	0.7	0.9	1	1.2	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
Butternut squash (cooked)	16	1 Cup	0.6	0.8	0.9	1	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
Corn	26	1 Cup	0.4	0.5	0.5	0.6	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
Daikon	14	1 Daikon	0.7	0.8	1	1.1	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
Hearts of palm (canned)	10	1 Cup	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	5.2	5.4	5.6	5.8	6
Jicama	11	1 Cup	0.9	1.1	1.3	1.4	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
Parsnips (cooked)	5	1 Oz	2	2.4	2.8	3.2	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
Pumpkin (cooked)	1.5	1 Oz	6.7	8	9.3	10.7	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
 Potatoes, red skin	5	1 Oz	2	2.4	2.8	3.2	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
 Potatoes, russet	5	1 Oz	2	2.4	2.8	3.2	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
Rutabaga	12	1 Cup	0.8	1	1.1	1.3	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
 Sweet potatoes	6	1 Oz	1.7	2	2.3	2.7	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
Water chestnuts	32	1 Cup	0.3	0.3	0.4	0.5	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

COOKED GRAINS SOURCE			GRAMS																									
	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
 Amaranth	51	1 Cup	0.2	0.2	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1	1	1.1	1.1	1.1	1.2
 Basmati brown rice	35	1 Cup	0.3	0.3	0.4	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.9	1	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
 Brown rice	35	1 Cup	0.3	0.3	0.4	0.5	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
 Buckwheat	32	1 Cup	0.3	0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.8	0.9	0.9	1	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
Farro	74	1 Cup	0.1	0.2	0.2	0.2	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
Kamut	43	1 Cup	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	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
 Millet	40	1 Cup	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	1.3	1.4	1.4	1.5	1.5
Old fashioned oats	27	1 Cup	0.4	0.4	0.5	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	1.9	2.0	2.1	2.1	2.2
 Quinoa	43	1 Cup	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	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
Spelt	51	1 Cup	0.2	0.2	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1	1	1.1	1.1	1	1.2
Steel cut oats	36	1 Cup	0.3	0.3	0.4	0.4	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
 Teff	59	1 Cup	0.2	0.2	0.2	0.3	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

DRY GRAINS			GRAMS																											
SOURCE	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
 Amaranth	128	1 Cup	0.1	0.1	0.1	0.1	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		
 Arrowroot flour	7	1 Tbsp	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	7.4	7.7	8	8.3	8.6		
 Basmati brown rice	132	1 Cup	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5		
 Brown rice	140	1 Cup	0.1	0.1	0.1	0.1	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		
 Buckwheat	128	1 Cup	0.1	0.1	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4	0.5	0.5		
 Ezekiel bread <i>(read label, some options are gf)</i>	15	1 Slice	0.7	0.8	1	1	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		
Farro	148	1 Cup	0.1	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4		
Kamut	128	1 Cup	0.1	0.1	0.1	0.1	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		
 Millet	160	1 Cup	0.1	0.1	0.1	0.1	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		
Oat flour	78	1 Cup	0.1	0.2	0.2	0.2	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	0.8			
Old fashioned oats	54	1 Cup	0.2	0.2	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	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.0	1.1	1.1			
 Quinoa	128	1 Cup	0.1	0.1	0.1	0.1	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		
Sami's Bakery gluten free bread <i>(millet vegan, sourdough)</i>	15	1 Slice	0.7	0.8	1	1	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		
Spelt	152	1 Cup	0.1	0.1	0.1	0.1	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		
Steel cut oats	108	1 Cup	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.6		
 Tapioca flour	26	1 Cup	0.4	0.15	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		
 Teff	148	1 Cup	0.1	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4		
Tortilla, Food For Life <i>(all varieties)</i>	Read Label	Read Label																												

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 the protein, fat, and carbs in these grab-and-go options and limit them to one time per week.

• RXBAR®

• LÄRABAR



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



VEGAN/VEGETARIAN FOOD LIST

FREE VEGGIES	
SOURCE	
Serving size: Leafy greens- 2 cups, All others- 1 cup	
Amaranth or chinese spinach	
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	
1-3 free beverages may be consumed per day	
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	

BEVERAGES	
SOURCE	
Kombucha (8g sugar or less)	

SUPPLEMENTS	
SOURCE	
BCAAs (FBBC Approved)	
Everyday Fit (FBBC Approved)	
Multivitamin (FBBC Approved)	
🌿🍏🥤 Plant Iron and Organic herbs cranberry lime (Garden of Life)	
🌿🍏🥤 Probiotics- Dr. Formulated (Garden of Life)	
Powdered Greens (FBBC Approved)	
🌿🍏🥤 PUR Mints & Gum	

COUNT P C F	
SOURCE	
🌿🍏🥤 Garden of Life Sport performance protein bar (chocolate mint, sea salt caramel)	
🌿🍏🥤 Go Raw Sprouted bar (all bars)	
🌿🍏🥤 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, snickerdoodle)	
🌿🍏🥤 LaraBar with Protein (lemon blueberry muffin, apple cobbler)	
🌿🍏🥤 Naturally Clean Eats bar (all bars)	
🌿🍏🥤 Nutcase Vegan Meats (vegan chorizo, sweet Italian sausage, hot Italian sausage, nutty burger)	
🥤 Raw Rev Glo (crunchy and creamy peanut butter)	
🌿🍏🥤 RXBar (apple cinnamon, blueberry, mango pineapple, maple, mixed berry, peanut butter, peanut butter and berries)	
🌿🍏🥤 Unsweetened baking cocoa	
Raw cacao	
🌿🍏🥤 Thunderbird Real Food bar (all bars)	
🌿🍏🥤 Whole Lotta Clif bar (tart cherry almond, spiced almond ginger)	

CARB & FAT	
SOURCE	
🌿🍏🥤 Chia seeds	
🌿🍏🥤 So Delicious coconut milk yogurt (unsweetened, plain)	
14 🌿🍏🥤 Sami's Bakery gluten free bread (low carb)	

CONDIMENTS & DRESSINGS	
SOURCE	
🌿🍏🥤 Apple cider vinegar (≤ 2g sugar)	
🌿🍏🥤 Balsamic vinegar (≤ 2g sugar)	
🌿🍏🥤 Braggs Aminos	
🌿🍏🥤 Cooking spray (100% avocado, coconut oil, olive oil)	
🌿🍏🥤 Dijon mustard/mustard (no sugar)	
🌿🍏🥤 Extracts (no added sugar)	
🌿🍏🥤 Fresh/dried herbs (no added ingredients)	
🌿🍏🥤 Garlic	
🌿🍏🥤 Hot sauce (Franks)	
🌿🍏🥤 M Salt	
🌿🍏🥤 Primal Kitchen Avocado Oil Mayo	
🌿🍏🥤 Primal Kitchen Chipotle Lime Mayo	
🌿🍏🥤 Primal Kitchen Garlic Aioli Mayo	
🌿🍏🥤 Primal Kitchen Ketchup	
🌿🍏🥤 Primal Kitchen Mustard	
🌿🍏🥤 Primal Kitchen Balsamic Vinaigrette	
🌿🍏🥤 Primal Kitchen Caesar Dressing	
🌿🍏🥤 Primal Kitchen Dreamy Italian Dressing	
🌿🍏🥤 Primal Kitchen Greek Vinaigrette	
🌿🍏🥤 Primal Kitchen Green Goddess Dressing	
🌿🍏🥤 Primal Kitchen Italian Vinaigrette	
🌿🍏🥤 Primal Kitchen Lemon Turmeric Vinaigrette	
🌿🍏🥤 Primal Kitchen Ranch Dressing	
🌿🍏🥤 Primal Kitchen Vegan Ranch Dressing	
🌿🍏🥤 Red wine vinegar (≤ 2g sugar)	
🌿🍏🥤 Salsa (≤ 2g sugar)	
🌿🍏🥤 Secret Coconut Aminos	
Soy Sauce (low sodium, MSG and caramel color free)	
🌿🍏🥤 Tessamae Avocado Ranch	
🌿🍏🥤 Tessamae Balsamic Vinaigrette	
🌿🍏🥤 Tessamae BBQ	
🌿🍏🥤 Tessamae Buffalo Mild/Spicy	
🌿🍏🥤 Tessamae Creamy Caesar Dressing	
🌿🍏🥤 Tessamae Creamy Ranch	
🌿🍏🥤 Tessamae Green Goddess	
🌿🍏🥤 Tessamae Habanero Ranch	
🌿🍏🥤 Tessamae Ketchup	
🌿🍏🥤 Tessamae Lemon Garlic Dressing	
🌿🍏🥤 Tessamae Slow Roasted Garlic Spread	
🌿🍏🥤 Tessamae Snake Oil Hot Sauce	
🌿🍏🥤 Tessamae Zesty Ranch	
🌿🍏🥤 White wine vinegar (≤ 2g sugar)	

PROTEIN & CARB	
SOURCE	
COOKED	
🌿🍏🥤 Amaranth	
🌿🍏🥤 Quinoa	
🍏🥤 Spelt	
🌿🍏🥤 Teff	

SOURCE	
DRY	
🌿🍏🥤 Amaranth	
🍏🥤 Ezekiel bread (sprouted grains) (read label, some options are gf)	
🌿🍏🥤 Quinoa	
🍏🥤 Spelt	
🌿🍏🥤 Teff	



FRUIT SOURCE			GRAMS																											
	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
🍏 Apple (medium)	22	1 Apple	0.4	0.5	0.6	0.7	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		
Applesauce (unsweetened/organic)	28	1 Cup	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	1.9	1.9	2	2.1	2.1		
Apricot (dried, no added sugar)	18	1 Oz	0.6	0.6	0.8	0.9	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		
Banana (medium)	27	1 Banana	0.4	0.4	0.5	0.6	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		
Blackberries	3	1 Oz	3.3	4	4.7	5.3	6	6.7	7.3	8	8.7	9.3	10	10.7	11.3	12	12.7	13.3	14	14.7	15.3	16	16.7	17.3	18	18.7	19.3	20		
Blueberries	4	1 Oz	2.5	3	3.5	4	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		
Cantaloupe	2	1 Oz	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Dates (not pitted)	21	1 Oz	0.5	0.6	0.6	0.7	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		
Figs (dried, no added sugar)	18	1 Oz	0.5	0.6	0.8	0.9	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		
Grapefruit	20	1 Grapefruit	0.5	0.6	0.7	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	2.7	2.8	2.9	3		
🍇 Grapes	5	1 Oz	2	2.4	2.8	3.2	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		
Honeydew melon	2.6	1 Oz	3.8	4.6	5.4	6.2	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		
Kiwi	4	1 Oz	2.5	3	3.5	4	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		
Navel orange	18	1 Medium	0.6	0.7	0.8	0.9	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		
Mango	3.4	1 Oz	2.9	3.5	4.1	4.7	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		
Mango (dried)	21	1 Oz	0.5	0.6	0.6	0.7	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		
Papaya	14	1 Cup	0.7	0.9	1	1.2	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		
🍑 Peach	14	1 Medium	0.7	0.9	1.0	1.1	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		
🍐 Pear	26	1 Medium	0.4	0.5	0.5	0.6	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		
Pineapple	3.6	1 Oz	2.8	3.3	3.9	4.4	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		
Plantain (cooked)	57	1 Medium	0.2	0.2	0.2	0.3	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		
Raisins (no added sugar)	22	1 Oz	0.4	0.5	0.6	0.7	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		
Raspberries	3.4	1 Oz	2.9	3.5	4.1	4.7	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		
Starfruit (carambola)	8	1 Large	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	6.5	6.8	7	7.3	7.5		
🍓 Strawberries	2.2	1 Oz	4.5	5.5	6.4	7.3	8.2	9.1	10	10.9	11.8	12.7	13.6	14.5	15.5	16.4	17.3	18.2	19.1	20	20.9	21.8	22.7	23.6	24.5	25.5	26.4	27.3		
🍒 Sweet cherries	5	1 Oz	2	2.4	2.8	3.2	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		
Watermelon	2	1 Oz	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		

COOKED GRAINS SOURCE			GRAMS																											
	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
 Basmati brown rice	35	1 Cup	0.3	0.3	0.4	0.5	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		
 Brown rice	35	1 Cup	0.3	0.3	0.4	0.5	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		
 Buckwheat	32	1 Cup	0.3	0.4	0.4	0.5	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	1.5	1.6	1.7	1.8	1.8	1.9		
Farro	74	1 Cup	0.1	0.2	0.2	0.2	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		
Kamut	43	1 Cup	0.2	0.3	0.3	0.4	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		
 Millet	40	1 Cup	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	1	1	1	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.4	1.5	1.5		
Old fashioned oats	27	1 Cup	0.4	0.4	0.5	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.6	1.7	1.8	1.9	1.9	2.0	2.1	2.1	2.2		
Steel cut oats	36	1 Cup	0.3	0.3	0.4	0.4	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		

DRY GRAINS SOURCE			GRAMS																											
	CARB (G)	MEASUREMENT	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60		
 Arrowroot flour	7	1 Tbsp	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	7.4	7.7	8	8.3	8.6		
 Basmati brown rice	132	1 Cup	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5		
 Brown rice	140	1 Cup	0.1	0.1	0.1	0.1	0.1	0.1	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		
 Buckwheat	128	1 Cup	0.1	0.1	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	0.5	0.5		
Farro	148	1 Cup	0.1	0.1	0.1	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	0.4	0.4	0.4	0.4	0.4		
Kamut	128	1 Cup	0.1	0.1	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	0.5	0.5		
 Millet	160	1 Cup	0.1	0.1	0.1	0.1	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		
Oat flour	78	1 Cup	0.1	0.2	0.2	0.2	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		
Old fashioned oats	54	1 Cup	0.2	0.2	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	0.9	0.9	0.9	1.0	1.0	1.0	1.1	1.1		
 Sami's Bakery gluten free bread (millet vegan, sourdough)	15	1 Slice	0.7	0.8	1	1	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		
Steel cut oats	108	1 Cup	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.6			
Tapioca flour	26	1 Cup	0.4	0.2	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		
Tortilla, Food For Life (all varieties)	Read Label	Read Label																												

STARCHY VEGETABLES

SOURCE

STARCHY VEGETABLES SOURCE	CARB (G)	MEASUREMENT	GRAMS																										
			10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	
Acorn squash <i>(cooked)</i>	15	1 Cup	0.7	0.8	0.9	1.1	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	
Artichoke	13	1 Artichoke	0.7	0.9	1	1.2	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	
Beets	13	1 Cup	0.7	0.9	1	1.2	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	
Butternut squash <i>(cooked)</i>	16	1 Cup	0.6	0.8	0.9	1	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	
Corn	26	1 Cup	0.4	0.5	0.5	0.6	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	
Daikon	14	1 Daikon	0.7	0.8	1	1.1	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	
Hearts of palm <i>(canned)</i>	10	1 Cup	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	5.2	5.4	5.6	5.8	6	
Jicama	11	1 Cup	0.9	1.1	1.3	1.4	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	
Parsnips <i>(cooked)</i>	5	1 Oz	2	2.4	2.8	3.2	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	
Pumpkin <i>(cooked)</i>	1.5	1 Oz	6.7	8	9.3	10.7	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	
Potatoes, red skin	5	1 Oz	2	2.4	2.8	3.2	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	
Potatoes, russet	5	1 Oz	2	2.4	2.8	3.2	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	
Rutabaga	12	1 Cup	0.8	1	1.1	1.3	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	
Sweet potatoes	6	1 Oz	1.7	2	2.3	2.7	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	
Water chestnuts	32	1 Cup	0.3	0.3	0.4	0.5	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	

SOURCE

	FAT (G)	MEASUREMENT	GRAMS																								
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
 Almond meal flour	56	1 Cup	0	0	0.1	0.1	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
Avocado	4	1 Oz	0.3	0.5	0.8	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	6.3
Avocado oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Butter, Kerry Gold unsalted	12	1 Tbsp	0.1	0.2	0.2	0.3	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
Cacao nibs	4	1 Tbsp	0.3	0.5	0.8	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
Coconut flakes, unsweetened	5	1 Tbsp	0.2	0.4	0.6	0.8	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
Coconut milk, full fat	36	1 Cup	0	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.7	0.7
Extra virgin coconut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Extra virgin olive oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Flaxseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Ghee	5	1 Tbsp	0.3	0.4	0.5	0.7	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
Grapeseed oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Guacamole	3	1 Tbsp	0.4	0.5	1	1.3	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
Heavy cream	5.5	1 Tbsp	0.2	0.4	0.5	0.7	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
 Hummus, Sabra <i>(classic, garlic, pine nuts, red pepper)</i>	2.5	1 Tbsp	0.4	0.8	1.2	1.6	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
Macadamia nut oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
 Nut pods <i>(coffee creamer)</i>	1	1 Tbsp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Olives <i>(black)</i>	2.7	1 Oz	0.4	0.8	1.2	1.5	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
Olives <i>(green)</i>	4	1 Oz	0.3	0.5	0.8	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	6.3
Safflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
Sunflower oil	14	1 Tbsp	0.1	0.1	0.2	0.3	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
 Unsweetened almond, cashew, coconut milk	2.5	1 Cup	0.4	0.8	1.2	1.6	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

WE'VE CUT THROUGH THE DIET CLUTTER AND INCLUDED REAL INFORMATION TO HELP YOU RETHINK WHAT YOU EAT.

KNOWLEDGE IS POWER

When it comes to nutrition, there's a lot of conflicting - and confusing - advice out there. But here's one thing most experts agree on: eating whole foods, limiting sugar, and avoiding artificial sweeteners and additives is good for your body and mind and helps prevent disease.





BENEFITS OF GRASS-FED BEEF

One sirloin steak from a grass-fed steer has half the amount of fat as a similar cut from a grain-fed steer. What's more, a 4-oz serving of grass-fed beef contains 500-800 milligrams of CLA (conjugated linoleic acid), approximately three times greater than the amount found in non-grass-fed beef. CLA is a fatty acid made from linoleic acid, an omega-6 fatty acid commonly found in food. However, CLA is unique in its chemical structure, and this uniqueness is associated with an increasing list of health benefits, including: immune and inflammatory system support, improved bone mass, improved blood sugar regulation, reduced body fat, reduced risk of heart attack, and maintenance of lean body mass.

Grass-fed beef is also higher in omega-3 fatty acids. Omega 3s from this food source, and others found in fish, nuts, and seeds play a vital role in the cells in your body. And, people who have ample amounts of omega 3s:

- Are less likely to have high blood pressure or an irregular heartbeat.
- Are 50% less likely to have a serious heart attack.
- May reduce their risk of cancer. In animal studies, these essential fatty acids have slowed the growth of a wide array of cancers and kept them from spreading.
- Are less likely to be afflicted with depression, schizophrenia, attention deficit disorder (hyperactivity) and Alzheimer's disease.

RED MEAT

Some red meats are higher in saturated fat, so we recommend varying your protein sources to include chicken, turkey, fish, shrimp, eggs, yogurt, etc.



CAGE FREE / FARM-RAISED

Take a walk down the dairy aisle and it's easy to be confused by the labels on eggs: cage-free, hormone-free, farm-raised, free-range, organic. When deciding what to buy, consider this:

Cage-free means that the hen that laid the eggs did not live confined to a cage, however, what you don't see on the label is that cage-free only means that the hen has space to stand upright. They do not necessarily have room to turn around, spread their wings, or move freely. For eggs to be labeled cage-free, only an approximate 8" x 8" square is required per hen.

Free-range chicken refers to birds that have access to the outdoors each day. This may mean that chickens live most of their lives outdoors, or it can simply mean that the birds spend all of their time in indoor pens, with a small door opened to the outside for just a few minutes each day. Today, USDA rules for "free range" only applies to chickens (not their eggs), making the designation somewhat meaningless.

If poultry is part of the **Humane Farm Animal Care (HFAC)'s Certified Humane** program, you'll know that the chickens spend at least six hours a day outdoors (weather permitting) and have at least two square feet per bird in their pens. Better yet?

Pasture-raised HFAC certification requires 108 square feet per bird, and requires that the chickens be outdoors year-round in rotating fields, with shelter to protect them from inclement weather and predators.



NITRATE/NITRITE-FREE DELI MEAT

Choose nitrate/nitrite-free. Here's why:

- Nitrates/nitrites have been shown to contribute to a number of cancers, including: stomach, pancreatic, and colorectal.
- Children born to mothers who consume high quantities of meat cured with nitrates/nitrites during pregnancy have 2-3 times the risk of developing brain tumors than those born to mothers who do not consume cured meat.

THE DIRTY DOZEN & THE CLEAN 15

Every year, the U.S. Department of Agriculture (USDA) and Environmental Protection Agency (EPA) work together to identify fruits and vegetables that contain the least and most pesticides.

The foods on the Dirty Dozen list contain the most pesticides and the foods on the Clean 15 list contain the least.

To reduce the amount of pesticides you ingest, we recommend purchasing organic versions of fruits and vegetables on the Dirty Dozen list.

 THE DIRTY DOZEN

- 1 Strawberries
- 2 Spinach
- 3 Nectarines
- 4 Apples
- 5 Grapes
- 6 Peaches
- 7 Cherries
- 8 Pears
- 9 Tomatoes
- 10 Celery
- 11 Potatoes
- 12 Sweet bell peppers

THE CLEAN 15

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbages
- 5 Onions
- 6 Sweet Peas
- 7 Papayas
- 8 Asparagus
- 9 Mangos
- 10 Eggplant
- 11 Honeydew
- 12 Kiwi
- 13 Cantaloupe
- 14 Cauliflower
- 15 Broccoli

BEST OILS FOR HIGH-HEAT COOKING (350 DEGREES AND ABOVE)

- Coconut oil
- Avocado oil
- Sesame oil
- Grapeseed oil
- Walnut oil
- Cottonseed oil

BEST OILS FOR LOW-HEAT COOKING (350 DEGREES AND BELOW) AND SALAD DRESSINGS

- Extra virgin olive oil (EVOO)
- Flax oil
- Safflower oil
- Sunflower oil
- Hemp seed oil

RAW CHEESE

Raw (unpasteurized) cheese is preferred as it contains naturally occurring, beneficial enzymes (aka, good bacteria). To be sold in the United States, raw cheese must be aged for at least 60 days to destroy any harmful pathogens that it may contain. In contrast, the pasteurization of cheese, heating it to high temperatures, kills harmful pathogens **and** beneficial bacteria. You can find raw cheese in the specialty cheese section of most grocery stores. Most other cheese in this section is acceptable as well; just be sure to avoid highly-processed cheese products such as Kraft Singles.



THERE ARE NO HEALTH BENEFITS OF CONSUMING ANY TYPE OF ADDED SUGAR.

In fact, consuming too much sugar, even natural sugars, can lead to serious health problems, including: diabetes, obesity, inflammation, increased triglycerides, tooth decay, and many other health problems. What’s more, there is overwhelming evidence that sugar triggers the same reward pathway in the brain that drugs do, making it highly addictive. So, if you’ve felt addicted to sugar, there’s a reason why!

For these reasons: added sugars are not allowed during the Transformation Challenge, nor are artificial sweeteners.

Artificial sweeteners are synthetic sugar substitutes that are much sweeter than regular sugar. When consumed regularly, people find less-intensely sweet foods, such as fruit, less appealing and unsweet foods, such as vegetables, downright unpalatable. Hate veggies? Fake sugar is likely to blame!

As you reduce your sugar intake, you’ll see your cravings for it diminish as well!

Now for the good news!

Naturally-occurring sugars found in fresh and dried fruit are allowed, as are a handful of other sweeteners. With that said, use natural sugars sparingly.

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)

ALWAYS READ THE INGREDIENT LIST!

For example, this RXBAR includes 14 grams of sugar, but there is NO added sugar in the ingredient list, making it an acceptable grab-and-go option.

Nutrition Facts

1 serving per container	
Serving size	1 bar (52g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	
Protein 12g	21%
Vit. D 0mcg 0%	Calcium 60mg 4%
Iron 1mg 6%	Potassium 440mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Dates, Egg Whites, Almonds, Cashews, Cranberries, Strawberries, Raspberries, Natural Flavors.

Contains: Eggs, Almonds & Cashews

Beginning in 2020, most nutrition labels will include an added sugar line!



COMMON ADDITIVES

NOT ALL FOOD ADDITIVES ARE CONSIDERED EQUAL

Food additives are substances that are added to foods and beverages to enhance their color, flavor, texture, or to keep them fresh longer. Food additives can be derived from nature (think ascorbic acid; also known as vitamin C) or created artificially. Artificial food additives include aspartame, nitrates/nitrites, and many more. Artificial food additives have been linked to headaches, heart palpitations, skin rashes, unexplained allergies, and a host of other health conditions. For optimal health during the Transformation Challenge, please follow the guidelines for additives. Please note: this list is not exhaustive. If you have a question about an additive that’s not listed here, please consult with your coach.

NOT ALLOWED ON THE CHALLENGE

- Aspartame
- Alcohol (besides extracts)
- Carrageenan
- Corn starch
- Honey
- Maple syrup
- Mio/Crystal Light/ Propel/ etc.
- Molasses
- Monk fruit in the raw
- Monosodium glutamate
- Splenda/Equal/Sweet’N low
- Stevia in the raw (dextrose)
- Sulfites
- Sugar alcohols
- Sugar
- Other names for sugar:
 - Dextrose, maltose, xyitol, erythritiol, 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
- Niacin (Vitamin B3)
- Pure monk fruit
- Pectin (sodium pectinate)
- Potato starch
- Potassium chloride
- Riboflavin (Vitamin B2)
- Sodium citrate
- Soy lecithin
- Sunflower lecithin
- Sweetleaf
 - inulin, organic stevia leaf extract, silica
- Zinc gluconate

ALWAYS READ THE INGREDIENT LIST!

While the zeros on this nutrition label are attractive to a challenger, the ingredient list is anything but friendly. Too many artificial ingredients in this Walden Farms syrup make it an unhealthy option for your challenge-approved pancakes!

Nutrition Facts

6 serving per container

Serving size1/4 cup (60mL)

Amount per serving

Calories0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 0g	0%

Vitamin A	0%	•	Calcium	4%
Vitamin C	0%	•	Iron	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS*:

Triple Filtered Purified Water, Cellulose Gum, Maple Flavor, Sucralose, Salt, Natural Flavors, Xanthan Gum, Lactic Acid, Sodium Acid Sulfate, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate (To Preserve Freshness), Caramel Color, Beta Carotene Color.

*Contains trace calories

