

Proteins: 1 Serv~30 grams of Protein

Recommended:

1 oz - 1 scoop	Whey and Whey Blends
3 oz	Chicken Breast
3 oz	Turkey Breast
3 oz	Beef Loin (Sirloin, Top round, etc)
3 oz	Pork Loin
3 oz	Whitefish (Catfish, Orange Roughy, etc)
3 oz	Meaty Fish (Swordfish, Tuna, Salmon)
3 oz	Extra lean ground beef
3 oz	98% Fat Free Ham (No Nitrites)
1 oz - 1 Serving	Luncheon Meats (No Nitrites)
6	Egg Whites
1 cup	Fat Free Cottage Cheese
1 oz - 1 Serving	Fat Free Cheeses
1 cup	Fat Free Yogurt
1 cup	Skim Milk

Carbohydrates: 1 Serving = 50 grams Carbohydrate

Vegetables **Highly Recommended: (Can have large quantities)**

Unlimited	Brassicas: (Broccoli, Cauliflower, Cabbage, etc)
Unlimited	Non-starchy, fibrous: Zucchini, Yellow squash, peppers, tomato, celery, carrots cucumber, onion, garlic, asparagus, green beans, mushrooms, etc.)
Unlimited	Any dark green leafy types (spinach, kale, romaine, escarole, endive, etc)
Unlimited	Sprouts

Starches

1 Serving =	Recommended: Portion carefully:
1 cup	Corn
1 cup	Sweet Potato
1 cup	Brown and Wild rice
1 cup	Pastas
2 slices	Whole Wheat breads
1 cup	Grains (Barley, Oatmeal, Quinoa, etc.
2 cups	Berries/Melons (Strawberries/Blackberries/Blueberries/Raspberries Recommended)
2 med	Citrus Fruits
1 cup	Any Starchy Vegetable (particularly the richly colored types)
2 cups	Any Sugary Fruit (Bananas, Tropical fruits, cherries, etc)
2 cups	Low Sugar Fiber Cereal

Fats: 1 Serving = 1 tsp oil or about 6 whole nuts or sprinkle of chopped

Recommended:

1 Tbsp	Nuts and seeds, Raw: Walnuts, Almonds, Sunflower, Pumpkin, Sesame Filberts
1 tsp	Canola Oil or Flax Oil Mayonnaise (Spectrum Brand is Good)
1 tsp	Peanut butter
1 Tbsp	Avocados
1 tsp	Healthy Balance™ Spread

Use in Cooking: Olive Oil (Only extra virgin) Use for cooking

Use, but do not Heat: Canola Oil (Only cold pressed, not conventional store bought) Do not heat
Seed oils: Safflower, sesame, etc.)
Flax Seed Oil (Cold pressed) Do not heat it.

Use in limited quantities:

- Butter
- Tropical Oils (Coconut, Palm, etc.)
- Egg Yolks

Avoid:

- Store bought processed oils
- Margarine
- Hydrogenated or partially hydrogenated oils
- Any oil fried foods