

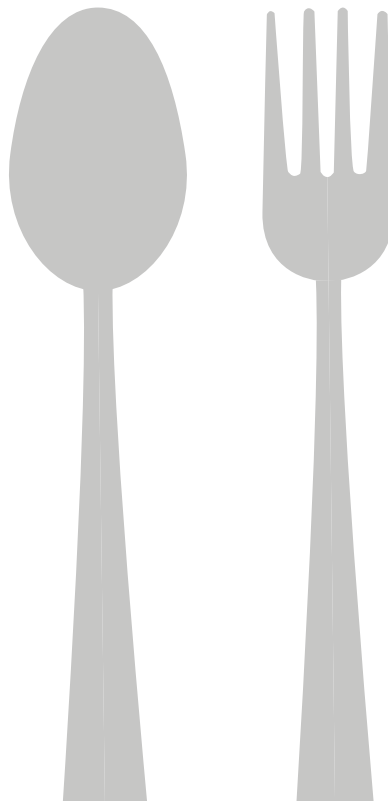
# **FIT BODY** **TRANSFORMATION** C H A L L E N G E

**FIT BODY NUTRITION SYSTEM**  
**MEAL BUILDER GUIDE & FOOD LIST**

FEMALE & MALE

**“LET FOOD  
BE THY MEDICINE  
AND MEDICINE  
BE THY FOOD”**

**—HIPPOCRATES**



IN THE GETTING STARTED GUIDE, YOU LEARNED THAT LOSING FAT ON THE TRANSFORMATION CHALLENGE IS AS EASY AS FOLLOWING THESE SIMPLE STEPS. THIS GUIDE WALKS YOU THROUGH STEP 3, PLANNING YOUR MEALS.

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### STEP 1

DIVIDE THE DAILY CALORIE BUDGET YOUR COACH PROVIDES INTO MEALS

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### STEP 2

DECIDE WHAT KIND OF MEALS YOU WANT TO EAT

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### STEP 3

PLAN YOUR MEALS

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### STEP 4

PREP YOUR MEALS

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### STEP 5

TRACK EVERYTHING YOU EAT

Planning delicious, nutrient-dense meals using the Meal Builder Guide is as easy as 1, 2, 3.

**1.**

**DIVIDE YOUR DAILY CALORIE BUDGET BY  
THE NUMBER OF MEALS YOU WANT TO EAT**

**2.**

**TURN TO THAT CALORIE PAGE IN THE  
MEAL BUILDER GUIDE**

**3.**

**PICK A PROTEIN, CARB, FAT**

1.

## DIVIDE YOUR DAILY CALORIE BUDGET BY THE NUMBER OF MEALS YOU WANT TO EAT

We recommend dividing your daily calorie budget into 4 meals, but you're welcome to eat 4, 5, or even 6 meals per day. Most people find it much easier to stave off hunger and keep their energy levels high by eating every few hours. Do what works for YOU. Remember, sustainability is the goal.

LET'S SAY YOUR DAILY CALORIE BUDGET IS 1,600 AND YOU WANT TO EAT 4 MEALS EACH DAY. AS YOU CAN SEE HERE, YOU'LL EAT 4, 400-CALORIE MEALS.

MY DAILY  
CALORIE BUDGET

1,600

÷

NUMBER  
OF MEALS

4 meals

MEAL 1

400

MEAL 2

400

MEAL 3

400

MEAL 4

400

SIMPLE, RIGHT?

## TURN TO THAT CALORIE PAGE IN THE MEAL BUILDER GUIDE

NEXT, YOU'RE GOING TO TURN TO THE 400-CALORIE PAGES IN THIS GUIDE.

As you'll see, we've categorized proteins, carbohydrates, and fats into 3 categories:

| EAT MORE                                                                                                                                                                                                        | EAT SOME                                                                                                                                                                                                                                                         | EAT LESS                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br>Amaranth <br>Applesauce, unsweetened      | <br>Alternative flours (coconut, oat, tapioca) <br>Bread, whole wheat/ grain or sprouted grain | <br>Applesauce, sweetened <br>Cakes |
| <br>Corn <br>Farro                        | <br>Gluten free bread <br>Honey, pure or raw                                               | <br>Fries <br>Pastries          |
| <br>Oats (rolled, steel cut) <br>Parsnips | <br>Tortillas <br>White rice                                                               | <br>White flour                                                                                                      |

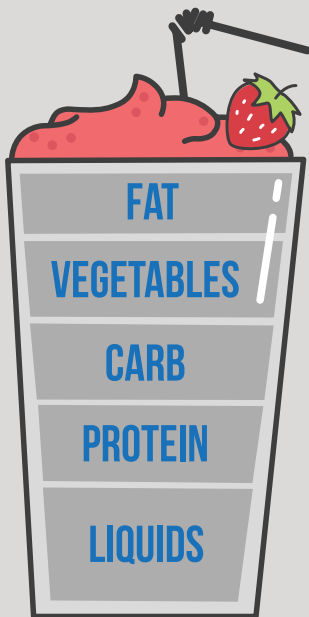
Remember, no foods are off limits. You're welcome to eat whatever you'd like. Just stay within your daily calorie budget +/- 100 calories.

3.

## PICK A PROTEIN, CARB, FAT

The last step is to pick what you want to eat. Whether you eat a protein shake, salad, or simple meal, you'll follow the same process build your meals.

### LET'S BUILD A PROTEIN SHAKE:



1.

FIRST, PICK A PROTEIN FROM THE 400-CALORIE OPTIONS.

Here, we've selected TruLean protein powder, whey

2.

NEXT, CHOOSE A CARB  
Bananas are great in protein shakes!

3.

NOW, ADD A FAT.  
We're adding almond butter.

| PROTEIN                      |   |            |     |    |   |   |                   |         |     |
|------------------------------|---|------------|-----|----|---|---|-------------------|---------|-----|
| EAT MORE                     |   |            |     |    |   |   |                   |         |     |
|                              |   | SERVING    | CAL | P  | C | F |                   | SERVING | CAL |
| vegan                        | M | 1.6 Scoops | 180 | 36 | 3 | 3 |                   | 4 oz    | 168 |
| TruLean protein powder, whey | F | 1.7 Scoops | 168 | 40 | 2 | 0 |                   | 8 oz    | 180 |
|                              | M | 1.8 Scoops | 180 | 43 | 2 | 0 |                   | 1 oz    | 180 |
|                              | F | 3.9 oz     | 168 | 35 | 0 | 4 |                   | 7 oz    | 168 |
| Beef, ground 96/4            | M | 3.3 oz     | 180 | 30 | 0 | 7 | Nutritional yeast | 4 Tbsp  | 168 |
|                              | F | 2.8 oz     | 168 | 22 | 0 | 8 |                   | 9 Tbsp  | 180 |
| Beef, ground 90/10           | M | 3 oz       | 180 | 24 | 0 | 8 | Pheasant          | 2.5 oz  | 168 |
|                              | F | 3.6 oz     | 168 | 29 | 0 | 4 |                   | 2.6 oz  | 180 |
| Beef, sirloin tip side       | F | 3.6 oz     | 168 | 29 | 0 | 4 | Rabbit            | 3.4 oz  | 168 |

| CARB                |   |          |     |   |    |   |  |             |     |
|---------------------|---|----------|-----|---|----|---|--|-------------|-----|
| EAT MORE            |   |          |     |   |    |   |  |             |     |
|                     |   | SERVING  | CAL | P | C  | F |  | SERVING     | CAL |
| Banana              | M | 8 oz     | 120 | 0 | 32 | 0 |  | 6 Cups      | 120 |
|                     | F | 4.8 oz   | 120 | 0 | 29 | 0 |  | 10 1/2 Cups | 120 |
|                     | M | 4.8 oz   | 120 | 0 | 29 | 0 |  | 12 1/2 Cups | 120 |
|                     | F | 0.5 Cups | 120 | 8 | 21 | 1 |  | 14 1/2 Cups | 120 |
| Beans, black canned | M | 4.8 oz   | 120 | 0 | 29 | 0 |  | 16 1/2 Cups | 120 |
|                     | F | 0.5 Cups | 120 | 8 | 21 | 1 |  | 18 1/2 Cups | 120 |
| Beans, black canned | M | 0.5 Cups | 120 | 8 | 21 | 1 |  | 20 1/2 Cups | 120 |
|                     | F | 0.6 Cups | 120 | 8 | 23 | 0 |  | 22 1/2 Cups | 120 |

| FAT                |   |          |     |   |   |    |  |         |     |
|--------------------|---|----------|-----|---|---|----|--|---------|-----|
| EAT MORE           |   |          |     |   |   |    |  |         |     |
|                    |   | SERVING  | CAL | P | C | F  |  | SERVING | CAL |
| Nut butter, almond | M | 2.9 Tbsp | 100 | 3 | 6 | 9  |  | 9 oz    | 112 |
|                    | F | 1.2 Tbsp | 112 | 5 | 4 | 11 |  | 10 oz   | 100 |
|                    | M | 1.1 Tbsp | 100 | 4 | 3 | 9  |  | 11 oz   | 112 |
|                    | F | 1.2 Tbsp | 112 | 2 | 6 | 9  |  | 12 oz   | 100 |
| Nut butter, cashew | M | 2.3 Cups | 100 | 0 | 2 | 0  |  | 13 oz   | 112 |
|                    | F | 0.8 Tbsp | 100 | 0 | 2 | 0  |  | 14 oz   | 112 |
|                    | M | 0.8 Tbsp | 100 | 0 | 2 | 0  |  | 15 oz   | 112 |
|                    | F | 0.8 Tbsp | 100 | 0 | 2 | 0  |  | 16 oz   | 112 |

Don't forget to add water and free veggies, too. Spinach is a great addition to protein shakes.

As you can see, the calories from the protein, carb, and fat total 400 calories.

|                              |              |     |        |          |     |                    |            |     |              |
|------------------------------|--------------|-----|--------|----------|-----|--------------------|------------|-----|--------------|
| TruLean protein powder, whey | F 1.7 Scoops | 168 | Banana | F 4.8 oz | 120 | Nut butter, almond | F 1.2 Tbsp | 112 | 400 CALORIES |
|                              | M 1.8 Scoops | 180 |        | M 4.8 oz | 120 |                    | M 1.1 Tbsp | 100 |              |

Use the measurements provided and voila, you have a 400-calorie meal.

Be sure to note the serving size differences for males and females as noted by the M and F in the food list.

## AFTER YOU'VE CHOSEN WHAT YOU'RE GOING TO EAT, WRITE IT DOWN ON THE MEAL PLANNING SHEET

This step is for those who love details and planning, but it's not required. If you're okay with just entering things straight into the Fit Body Nutrition App, then go for it! You can even log a few days in advance to save yourself time and have a glance at what your week will look like if you stick to your plan.

MONDAY

P: 1c greek yogurt  
C: 25g granola  
F: Incl in granola  
V: Blueberries

P: 3 eggs  
C: tortilla  
F: 14g cheeses  
V: bell peppers

P: 4oz chicken  
C: 6oz potatoes  
F: 10g honey mustard  
V: Roasted broccoli

P: Protein powder  
C: Frozen banana  
F: tsp peanut butter  
V: Spinach

P: Ground turkey  
C: Spaghetti squash  
F: Sauce  
V: Zucc noodles

P: \_\_\_\_\_  
C: \_\_\_\_\_  
F: \_\_\_\_\_  
V: \_\_\_\_\_

REMEMBER, NO FOODS ARE OFF LIMITS! EAT WHAT YOU  
ENJOY AND MAKES YOU FEEL YOUR BEST!

# HERE'S A FEW HELPFUL TIPS TO CONSIDER AS YOU PLAN YOUR MEALS.

In the food list, you'll see an (\*) next to some foods. For these foods, we recommend you cut the serving size that's listed in the food list in half and combine it with an eat more food. **Here's why.**



Whole eggs and turkey bacon are higher in fat and lower in protein, making it difficult to reach an adequate amount of protein when eating these foods.

Likewise, dairy milk is higher in carbohydrates and lower in protein.

For these reasons, we recommend pairing whole eggs, turkey bacon, and dairy milk with other protein sources to ensure you're eating an adequate amount of protein.

To do this, simply cut the serving size that's listed in the food list in half and combine these foods with a half-serving size of an "eat more" food to increase your protein intake; without adding more fat or carbohydrates to your meal.

For example, let's say you're building a 400-calorie meal and combine dairy milk with Trulean Vegan protein powder. The serving size for the protein powder listed in the food list is 1.5 scoops. The serving size for 1% dairy milk is 1.5 cups. To combine these two protein choices, simply divide each serving in half. You will eat 3/4 scoops protein powder and 3/4 cups 1% dairy milk.



Dark chocolate made with >70% cacao, pure maple syrup, and raw honey are not ideal primary sources of nutrients. Go ahead and enjoy these foods, but pair them with other foods in the same group by using the method described above.



Pourable egg whites and egg whites from whole eggs, nutritional yeast, almond milk, coconut milk, and cashew milk may need to be consumed in unrealistic quantities to reach your calorie goal.

## FOR EXAMPLE, IN A 400-CALORIE MEAL, YOU'D HAVE TO CONSUME:

| Pourable eggs | Egg whites from whole eggs | Nutritional yeast | Almond milk | Coconut milk | Cashew milk |
|---------------|----------------------------|-------------------|-------------|--------------|-------------|
| 12.9 OZ       | 9.9 EGGS                   | 8.4 TBSP          | 3.7 CUPS    | 2.5 CUPS     | 4.5 CUPS    |

*For this reason, we recommend pairing these foods with other foods in the same group when building your meals.*



TruLean supplements are **not** available in Canada.



Serving sizes of animal protein reflect cooked measurements.



# FOOD LIST

|                              |                           |                            |                            |                            |
|------------------------------|---------------------------|----------------------------|----------------------------|----------------------------|
| <b>PG 11</b> Free vegetables | <b>PG 40</b> 350 calories | <b>PG 75</b> 475 calories  | <b>PG 110</b> 600 calories | <b>PG 145</b> 725 calories |
| <b>PG 12</b> 250 calories    | <b>PG 47</b> 375 calories | <b>PG 82</b> 500 calories  | <b>PG 117</b> 625 calories | <b>PG 152</b> 750 calories |
| <b>PG 19</b> 275 calories    | <b>PG 54</b> 400 calories | <b>PG 89</b> 525 calories  | <b>PG 124</b> 650 calories |                            |
| <b>PG 26</b> 300 calories    | <b>PG 61</b> 425 calories | <b>PG 96</b> 550 calories  | <b>PG 131</b> 675 calories |                            |
| <b>PG 33</b> 325 calories    | <b>PG 68</b> 450 calories | <b>PG 103</b> 575 calories | <b>PG 138</b> 700 calories |                            |



## FREE VEGETABLES



Artichoke hearts



Asparagus



Bamboo shoots



Beans  
(green, Italian, wax, yard-long)



Broccoli



Broth  
(vegetable)



Brussels sprouts



Cabbage  
(bok choy, Chinese, green)



Carrots



Cauliflower



Celery



Chayote



Coleslaw  
(packaged, no dressing)



Cucumber



Daikon



Eggplant



Greens, leafy  
(collard, kale, mustard, spinach,  
swiss chard, turnip)



Jicama



Kimchi  
(raw, naturally fermented)



Kohlrabi



Leek



Mushrooms



Okra



Onion



Pea pods  
(English, snow, sugar snap)



Peppers



Pickles,  
(unsweetened)



Radishes



Rutabaga



Sauerkraut  
(raw, naturally fermented)



Sprouts  
(alfalfa, bean)



Squash  
(crookneck, cushaw,  
summer, zucchini)



Squash, spaghetti



Tomato



TruLean powdered  
greens



Turnips



Vegetables, frozen



## PROTEIN

**250** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|---|
| Beef, bottom round          | F | 1.7 oz   | 105 | 17 | 0  | 3 | Fish, mahi mahi               | F | 3.4 oz     | 105 | 24 | 0  | 0 |
|                             | M | 1.9 oz   | 113 | 19 | 0  | 4 |                               | M | 3.6 oz     | 113 | 26 | 0  | 0 |
| Beef, eye round             | F | 1.8 oz   | 105 | 14 | 0  | 5 | Fish, salmon                  | F | 1.8 oz     | 105 | 11 | 0  | 7 |
|                             | M | 1.9 oz   | 113 | 15 | 0  | 6 |                               | M | 1.9 oz     | 113 | 11 | 0  | 8 |
| Beef, flank                 | F | 1.8 oz   | 105 | 15 | 0  | 6 | Lobster                       | F | 4.2 oz     | 105 | 21 | 0  | 0 |
|                             | M | 2 oz     | 113 | 16 | 0  | 6 |                               | M | 4.5 oz     | 113 | 23 | 0  | 0 |
| Beef, ground 96/4           | F | 1.9 oz   | 105 | 18 | 0  | 4 | Nutritional yeast*            | F | 5.3 Tbsp   | 105 | 16 | 11 | 0 |
|                             | M | 2.1 oz   | 113 | 19 | 0  | 4 |                               | M | 5.7 Tbsp   | 113 | 17 | 11 | 0 |
| Beef, ground 90/10          | F | 1.7 oz   | 105 | 14 | 0  | 5 | Pheasant                      | F | 1.5 oz     | 105 | 14 | 0  | 5 |
|                             | M | 1.9 oz   | 113 | 15 | 0  | 6 |                               | M | 1.7 oz     | 113 | 15 | 0  | 5 |
| Beef, sirloin tip side      | F | 2.2 oz   | 105 | 18 | 0  | 2 | Rabbit                        | F | 2.1 oz     | 105 | 19 | 0  | 2 |
|                             | M | 2.4 oz   | 113 | 19 | 0  | 2 |                               | M | 2.3 oz     | 113 | 21 | 0  | 2 |
| Beef, top round             | F | 1.8 oz   | 105 | 16 | 0  | 4 | Scallops                      | F | 4.2 oz     | 105 | 21 | 0  | 0 |
|                             | M | 1.9 oz   | 113 | 17 | 0  | 4 |                               | M | 4.5 oz     | 113 | 23 | 0  | 0 |
| Bison                       | F | 2.1 oz   | 105 | 14 | 0  | 4 | Shrimp                        | F | 3.8 oz     | 105 | 26 | 0  | 0 |
|                             | M | 2.2 oz   | 113 | 16 | 0  | 4 |                               | M | 4 oz       | 113 | 28 | 0  | 0 |
| Broth, bone                 | F | 5.3 oz   | 105 | 21 | 0  | 5 | TruLean protein powder, vegan | F | 1 Scoops   | 105 | 21 | 2  | 2 |
|                             | M | 5.7 oz   | 113 | 23 | 0  | 6 |                               | M | 1 Scoops   | 113 | 23 | 2  | 2 |
| Chicken, breast             | F | 2.2 oz   | 105 | 20 | 0  | 2 | TruLean protein powder, whey  | F | 1.1 Scoops | 105 | 25 | 1  | 0 |
|                             | M | 2.4 oz   | 113 | 22 | 0  | 2 |                               | M | 1.1 Scoops | 113 | 27 | 1  | 0 |
| Cottage cheese, 0% fat      | F | 0.7 Cups | 105 | 14 | 11 | 0 | Turkey, breast                | F | 2.4 oz     | 105 | 22 | 0  | 2 |
|                             | M | 0.7 Cups | 113 | 16 | 11 | 0 |                               | M | 2.6 oz     | 113 | 24 | 0  | 3 |
| Cottage cheese, 2% fat      | F | 0.7 Cups | 105 | 14 | 4  | 3 | Turkey, ground 99/1           | F | 2.7 oz     | 105 | 22 | 0  | 3 |
|                             | M | 0.7 Cups | 113 | 16 | 4  | 4 |                               | M | 2.9 oz     | 113 | 23 | 0  | 3 |
| Crab                        | F | 3.6 oz   | 105 | 22 | 0  | 0 | Turkey, ground 93/7           | F | 1.8 oz     | 105 | 14 | 0  | 5 |
|                             | M | 3.9 oz   | 113 | 23 | 0  | 0 |                               | M | 1.9 oz     | 113 | 15 | 0  | 6 |
| Egg whites, pourable*       | F | 8.1 oz   | 105 | 24 | 0  | 0 | Turkey, ground 90/10          | F | 1.8 oz     | 105 | 12 | 0  | 5 |
|                             | M | 8.7 oz   | 113 | 26 | 0  | 0 |                               | M | 1.9 oz     | 113 | 13 | 0  | 6 |
| Egg whites, from whole egg* | F | 6.2 Eggs | 105 | 25 | 0  | 0 | Venison                       | F | 2 oz       | 105 | 16 | 0  | 4 |
|                             | M | 6.6 Eggs | 113 | 27 | 0  | 0 |                               | M | 2.1 oz     | 113 | 17 | 0  | 4 |
| Fish, ahi tuna steak        | F | 2.7 oz   | 105 | 22 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 0.9 Cups   | 105 | 18 | 7  | 0 |
|                             | M | 2.9 oz   | 113 | 23 | 0  | 0 |                               | M | 0.9 Cups   | 113 | 20 | 8  | 0 |
| Fish, cod                   | F | 3 oz     | 105 | 18 | 0  | 3 | Yogurt, Greek plain low-fat   | F | 0.6 Cups   | 105 | 15 | 6  | 3 |
|                             | M | 3.2 oz   | 113 | 19 | 0  | 3 |                               | M | 0.7 Cups   | 113 | 16 | 6  | 3 |



## PROTEIN

**250** CALORIES PER MEAL

### EAT SOME

| EAT SOME               |   | SERVING |      | CAL | P  | C  | F |                              | SERVING |     | CAL  | P   | C  | F |   |
|------------------------|---|---------|------|-----|----|----|---|------------------------------|---------|-----|------|-----|----|---|---|
| Beef, ground 85/15     | F | 1.6     | oz   | 105 | 11 | 0  | 6 | Duck                         | F       | 1.6 | oz   | 105 | 9  | 0 | 8 |
|                        | M | 1.7     | oz   | 113 | 12 | 0  | 7 |                              | M       | 1.7 | oz   | 113 | 10 | 0 | 8 |
| Beef, skirt            | F | 1.7     | oz   | 105 | 12 | 0  | 5 | Eggs, whole *                | F       | 1.5 | Eggs | 105 | 9  | 2 | 8 |
|                        | M | 1.8     | oz   | 113 | 13 | 0  | 5 |                              | M       | 1.6 | Eggs | 113 | 10 | 2 | 8 |
| Chicken, ground        | F | 1.9     | oz   | 105 | 14 | 0  | 6 | Fish, tuna packaged          | F       | 3.5 | oz   | 105 | 25 | 0 | 0 |
|                        | M | 2.1     | oz   | 113 | 15 | 0  | 6 |                              | M       | 3.8 | oz   | 113 | 26 | 0 | 0 |
| Chicken, thighs        | F | 1.9     | oz   | 105 | 13 | 0  | 6 | Lamb, ground                 | F       | 1.3 | oz   | 105 | 9  | 0 | 8 |
|                        | M | 2.1     | oz   | 113 | 14 | 0  | 6 |                              | M       | 1.4 | oz   | 113 | 10 | 0 | 8 |
| Cottage cheese, 4% fat | F | 0.4     | Cups | 105 | 11 | 5  | 4 | Lamb, shank                  | F       | 2.6 | oz   | 105 | 13 | 3 | 5 |
|                        | M | 0.5     | Cups | 113 | 11 | 6  | 5 |                              | M       | 2.8 | oz   | 113 | 14 | 3 | 6 |
| Dairy milk, skim*      | F | 1.2     | Cups | 105 | 9  | 15 | 0 | Pork, tenderloin             | F       | 2.6 | oz   | 105 | 18 | 0 | 3 |
|                        | M | 1.3     | Cups | 113 | 10 | 16 | 0 |                              | M       | 2.8 | oz   | 113 | 19 | 0 | 3 |
| Dairy milk, 1%*        | F | 1       | Cups | 105 | 8  | 12 | 3 | Tempeh                       | F       | 1.9 | oz   | 105 | 9  | 6 | 6 |
|                        | M | 1       | Cups | 113 | 8  | 13 | 3 |                              | M       | 2   | oz   | 113 | 10 | 6 | 6 |
| Dairy milk, 2%*        | F | 0.8     | Cups | 105 | 6  | 11 | 4 | Tofu                         | F       | 4.6 | oz   | 105 | 9  | 5 | 5 |
|                        | M | 0.9     | Cups | 113 | 7  | 11 | 4 |                              | M       | 4.9 | oz   | 113 | 10 | 5 | 5 |
| Deli meat, chicken     | F | 3.5     | oz   | 105 | 21 | 4  | 0 | Turkey, bacon*               | F       | 1.4 | oz   | 105 | 11 | 0 | 7 |
|                        | M | 3.8     | oz   | 113 | 23 | 4  | 0 |                              | M       | 1.5 | oz   | 113 | 12 | 0 | 7 |
| Deli meat, ham         | F | 3       | oz   | 105 | 15 | 0  | 6 | Turkey, ground 85/15         | F       | 1.6 | oz   | 105 | 11 | 0 | 8 |
|                        | M | 3.2     | oz   | 113 | 16 | 0  | 6 |                              | M       | 1.8 | oz   | 113 | 12 | 0 | 9 |
| Deli meat, roast beef  | F | 3       | oz   | 105 | 21 | 0  | 3 | Yogurt, Greek plain full fat | F       | 0.5 | Cups | 105 | 10 | 4 | 5 |
|                        | M | 3.2     | oz   | 113 | 23 | 0  | 3 |                              | M       | 0.5 | Cups | 113 | 11 | 4 | 5 |
| Deli meat, turkey      | F | 3.5     | oz   | 105 | 21 | 0  | 4 |                              |         |     |      |     |    |   |   |
|                        | M | 3.8     | oz   | 113 | 23 | 0  | 4 |                              |         |     |      |     |    |   |   |

### EAT LESS

|                            |                             |
|----------------------------|-----------------------------|
| Beef, brisket              | Chicken sausage, dinner     |
| Beef, chuck roast          | Dairy milk, whole           |
| Beef, ground 80/20         | Fried meats                 |
| Beef, ribeye               | Jerky, processed            |
| Beef, strip                | Meat substitutes, processed |
| Beef, T-bone               | Pork, bacon                 |
| Beef, top sirloin          | Pork, chop                  |
| Chicken sausage, breakfast | Yogurt, sweetened           |



**250** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING         | CAL       | P | C  | F |                             |   | SERVING         | CAL       | P | C  | F |
|------------------------------|---|-----------------|-----------|---|----|---|-----------------------------|---|-----------------|-----------|---|----|---|
| Amaranth, cooked             | F | <b>0.3</b> Cups | <b>75</b> | 3 | 14 | 1 | Edamame                     | F | <b>0.4</b> Cups | <b>75</b> | 6 | 7  | 2 |
|                              | M | <b>0.3</b> Cups | <b>75</b> | 3 | 14 | 1 |                             | M | <b>0.4</b> Cups | <b>75</b> | 6 | 7  | 2 |
| Amaranth, dry                | F | <b>0.1</b> Cups | <b>75</b> | 3 | 13 | 1 | Farro, cooked               | F | <b>0.4</b> Cups | <b>75</b> | 3 | 14 | 1 |
|                              | M | <b>0.1</b> Cups | <b>75</b> | 3 | 13 | 1 |                             | M | <b>0.4</b> Cups | <b>75</b> | 3 | 14 | 1 |
| Apple                        | F | <b>5</b> oz     | <b>75</b> | 0 | 20 | 0 | Farro, dry                  | F | <b>0.1</b> Cups | <b>75</b> | 3 | 14 | 0 |
|                              | M | <b>5</b> oz     | <b>75</b> | 0 | 20 | 0 |                             | M | <b>0.1</b> Cups | <b>75</b> | 3 | 14 | 0 |
| Banana                       | F | <b>3</b> oz     | <b>75</b> | 0 | 18 | 0 | Grapefruit                  | F | <b>8.3</b> oz   | <b>75</b> | 0 | 17 | 0 |
|                              | M | <b>3</b> oz     | <b>75</b> | 0 | 18 | 0 |                             | M | <b>8.3</b> oz   | <b>75</b> | 0 | 17 | 0 |
| Beans, black canned          | F | <b>0.3</b> Cups | <b>75</b> | 5 | 13 | 1 | Grapes                      | F | <b>4.2</b> oz   | <b>75</b> | 0 | 21 | 0 |
|                              | M | <b>0.3</b> Cups | <b>75</b> | 5 | 13 | 1 |                             | M | <b>4.2</b> oz   | <b>75</b> | 0 | 21 | 0 |
| Beans, cannellini canned     | F | <b>0.4</b> Cups | <b>75</b> | 5 | 14 | 0 | Kamut, cooked               | F | <b>0.3</b> Cups | <b>75</b> | 3 | 16 | 1 |
|                              | M | <b>0.4</b> Cups | <b>75</b> | 5 | 14 | 0 |                             | M | <b>0.3</b> Cups | <b>75</b> | 3 | 16 | 1 |
| Beans, garbanzo canned       | F | <b>0.3</b> Cups | <b>75</b> | 4 | 12 | 0 | Kamut, dry                  | F | <b>0.1</b> Cups | <b>75</b> | 3 | 16 | 0 |
|                              | M | <b>0.3</b> Cups | <b>75</b> | 4 | 12 | 0 |                             | M | <b>0.1</b> Cups | <b>75</b> | 3 | 16 | 0 |
| Beans, great northern canned | F | <b>0.3</b> Cups | <b>75</b> | 5 | 14 | 0 | Kiwi                        | F | <b>4.4</b> oz   | <b>75</b> | 0 | 18 | 0 |
|                              | M | <b>0.3</b> Cups | <b>75</b> | 5 | 14 | 0 |                             | M | <b>4.4</b> oz   | <b>75</b> | 0 | 18 | 0 |
| Beans, kidney canned         | F | <b>0.4</b> Cups | <b>75</b> | 5 | 13 | 1 | Lentils, cooked             | F | <b>0.3</b> Cups | <b>75</b> | 6 | 13 | 0 |
|                              | M | <b>0.4</b> Cups | <b>75</b> | 5 | 13 | 1 |                             | M | <b>0.3</b> Cups | <b>75</b> | 6 | 13 | 0 |
| Beans, lima canned           | F | <b>0.7</b> Cups | <b>75</b> | 4 | 14 | 0 | Lentils, dry                | F | <b>0.2</b> Cups | <b>75</b> | 6 | 15 | 0 |
|                              | M | <b>0.7</b> Cups | <b>75</b> | 4 | 14 | 0 |                             | M | <b>0.2</b> Cups | <b>75</b> | 6 | 15 | 0 |
| Beans, pinto canned          | F | <b>0.4</b> Cups | <b>75</b> | 5 | 14 | 0 | Mango                       | F | <b>4.4</b> oz   | <b>75</b> | 0 | 18 | 0 |
|                              | M | <b>0.4</b> Cups | <b>75</b> | 5 | 14 | 0 |                             | M | <b>4.4</b> oz   | <b>75</b> | 0 | 18 | 0 |
| Beets                        | F | <b>6.3</b> oz   | <b>75</b> | 0 | 19 | 0 | Melon, cantaloupe           | F | <b>7.5</b> oz   | <b>75</b> | 0 | 15 | 0 |
|                              | M | <b>6.3</b> oz   | <b>75</b> | 0 | 19 | 0 |                             | M | <b>7.5</b> oz   | <b>75</b> | 0 | 15 | 0 |
| Blackberries                 | F | <b>6.3</b> oz   | <b>75</b> | 0 | 19 | 0 | Melon, honeydew             | F | <b>7.5</b> oz   | <b>75</b> | 0 | 23 | 0 |
|                              | M | <b>6.3</b> oz   | <b>75</b> | 0 | 19 | 0 |                             | M | <b>7.5</b> oz   | <b>75</b> | 0 | 23 | 0 |
| Blueberries                  | F | <b>4.7</b> oz   | <b>75</b> | 0 | 19 | 0 | Melon, watermelon           | F | <b>8.3</b> oz   | <b>75</b> | 0 | 17 | 0 |
|                              | M | <b>4.7</b> oz   | <b>75</b> | 0 | 19 | 0 |                             | M | <b>8.3</b> oz   | <b>75</b> | 0 | 17 | 0 |
| Buckwheat, cooked            | F | <b>0.5</b> Cups | <b>75</b> | 3 | 16 | 0 | Millet, cooked              | F | <b>0.4</b> Cups | <b>75</b> | 2 | 15 | 1 |
|                              | M | <b>0.5</b> Cups | <b>75</b> | 3 | 16 | 0 |                             | M | <b>0.4</b> Cups | <b>75</b> | 2 | 15 | 1 |
| Buckwheat, dry               | F | <b>0.1</b> Cups | <b>75</b> | 3 | 16 | 1 | Millet, dry                 | F | <b>0.1</b> Cups | <b>75</b> | 2 | 15 | 1 |
|                              | M | <b>0.1</b> Cups | <b>75</b> | 3 | 16 | 1 |                             | M | <b>0.1</b> Cups | <b>75</b> | 2 | 15 | 1 |
| Clementine                   | F | <b>5.8</b> oz   | <b>75</b> | 0 | 17 | 0 | Oat milk                    | F | <b>0.9</b> Cups | <b>75</b> | 2 | 10 | 3 |
|                              | M | <b>5.8</b> oz   | <b>75</b> | 0 | 17 | 0 |                             | M | <b>0.9</b> Cups | <b>75</b> | 2 | 10 | 3 |
| Corn                         | F | <b>0.5</b> Cups | <b>75</b> | 1 | 14 | 1 | Oats, old fashioned, cooked | F | <b>0.5</b> Cups | <b>75</b> | 3 | 13 | 2 |
|                              | M | <b>0.5</b> Cups | <b>75</b> | 1 | 14 | 1 |                             | M | <b>0.5</b> Cups | <b>75</b> | 3 | 13 | 2 |



## CARB

250 CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P | C  | F |                    |   | SERVING  | CAL | P | C  | F |
|--------------------------|---|----------|-----|---|----|---|--------------------|---|----------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.3 Cups | 75  | 3 | 14 | 2 | Raspberries        | F | 5 oz     | 75  | 0 | 15 | 0 |
|                          | M | 0.3 Cups | 75  | 3 | 14 | 2 |                    | M | 5 oz     | 75  | 0 | 15 | 0 |
| Oats, steel cut, cooked  | F | 0.5 Cups | 75  | 4 | 26 | 1 | Rice, brown cooked | F | 0.3 Cups | 75  | 2 | 15 | 1 |
|                          | M | 0.5 Cups | 75  | 4 | 26 | 1 |                    | M | 0.3 Cups | 75  | 2 | 15 | 1 |
| Oats, steel cut, dry     | F | 0.1 Cups | 75  | 3 | 14 | 1 | Rice, brown dry    | F | 0.1 Cups | 75  | 1 | 16 | 1 |
|                          | M | 0.1 Cups | 75  | 3 | 14 | 1 |                    | M | 0.1 Cups | 75  | 1 | 16 | 1 |
| Orange                   | F | 5.8 oz   | 75  | 0 | 17 | 0 | Rice, wild cooked  | F | 0.5 Cups | 75  | 3 | 16 | 0 |
|                          | M | 5.8 oz   | 75  | 0 | 17 | 0 |                    | M | 0.5 Cups | 75  | 3 | 16 | 0 |
| Papaya                   | F | 6.3 oz   | 75  | 0 | 13 | 0 | Rice, wild dry     | F | 0.1 Cups | 75  | 3 | 16 | 0 |
|                          | M | 6.3 oz   | 75  | 0 | 13 | 0 |                    | M | 0.1 Cups | 75  | 3 | 16 | 0 |
| Parsnips                 | F | 3.6 oz   | 75  | 0 | 18 | 0 | Spelt, cooked      | F | 0.3 Cups | 75  | 3 | 16 | 1 |
|                          | M | 3.6 oz   | 75  | 0 | 18 | 0 |                    | M | 0.3 Cups | 75  | 3 | 16 | 1 |
| Peach                    | F | 6.8 oz   | 75  | 0 | 20 | 0 | Spelt, dry         | F | 0.1 Cups | 75  | 3 | 17 | 1 |
|                          | M | 6.8 oz   | 75  | 0 | 20 | 0 |                    | M | 0.1 Cups | 75  | 3 | 17 | 1 |
| Pear                     | F | 4.7 oz   | 75  | 0 | 19 | 0 | Squash, acorn      | F | 6.3 oz   | 75  | 0 | 19 | 0 |
|                          | M | 4.7 oz   | 75  | 0 | 19 | 0 |                    | M | 6.3 oz   | 75  | 0 | 19 | 0 |
| Pineapple                | F | 5.4 oz   | 75  | 0 | 21 | 0 | Squash, butternut  | F | 3.3 oz   | 75  | 3 | 20 | 0 |
|                          | M | 5.4 oz   | 75  | 0 | 21 | 0 |                    | M | 3.3 oz   | 75  | 3 | 20 | 0 |
| Peas, green or yellow    | F | 0.6 Cups | 75  | 5 | 13 | 0 | Squash, kabocha    | F | 7.5 oz   | 75  | 0 | 15 | 0 |
|                          | M | 0.6 Cups | 75  | 5 | 13 | 0 |                    | M | 7.5 oz   | 75  | 0 | 15 | 0 |
| Potato, sweet            | F | 3.1 oz   | 75  | 0 | 19 | 0 | Strawberries       | F | 8.3 oz   | 75  | 0 | 17 | 0 |
|                          | M | 3.1 oz   | 75  | 0 | 19 | 0 |                    | M | 8.3 oz   | 75  | 0 | 17 | 0 |
| Potato, white            | F | 3.8 oz   | 75  | 0 | 19 | 0 | Sweet cherries     | F | 4.2 oz   | 75  | 0 | 17 | 0 |
|                          | M | 3.8 oz   | 75  | 0 | 19 | 0 |                    | M | 4.2 oz   | 75  | 0 | 17 | 0 |
| Potato, yellow           | F | 3.6 oz   | 75  | 4 | 18 | 0 | Teff, cooked       | F | 0.3 Cups | 75  | 3 | 15 | 1 |
|                          | M | 3.6 oz   | 75  | 4 | 18 | 0 |                    | M | 0.3 Cups | 75  | 3 | 15 | 1 |
| Pumpkin                  | F | 10.7 oz  | 75  | 0 | 21 | 0 | Teff, dry          | F | 0.1 Cups | 75  | 3 | 15 | 1 |
|                          | M | 10.7 oz  | 75  | 0 | 21 | 0 |                    | M | 0.1 Cups | 75  | 3 | 15 | 1 |
| Quinoa, cooked           | F | 0.3 Cups | 75  | 3 | 13 | 1 | Water chestnuts    | F | 1.9 Cups | 75  | 2 | 17 | 0 |
|                          | M | 0.3 Cups | 75  | 3 | 13 | 1 |                    | M | 1.9 Cups | 75  | 2 | 17 | 0 |
| Quinoa, dry              | F | 0.1 Cups | 75  | 2 | 14 | 1 |                    |   |          |     |   |    |   |
|                          | M | 0.1 Cups | 75  | 2 | 14 | 1 |                    |   |          |     |   |    |   |



## CARB

**250** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING              | CAL       | P | C  | F |
|--------------------------------|---|----------------------|-----------|---|----|---|
| Applesauce, unsweetened        | F | <b>0.8</b> Cups      | <b>75</b> | 0 | 20 | 0 |
|                                | M | <b>0.8</b> Cups      | <b>75</b> | 0 | 20 | 0 |
| Bread, sprouted or whole wheat | F | <b>0.9</b> Slices    | <b>75</b> | 5 | 14 | 1 |
|                                | M | <b>0.9</b> Slices    | <b>75</b> | 5 | 14 | 1 |
| Corn tortillas                 | F | <b>1.4</b> Tortillas | <b>75</b> | 1 | 15 | 1 |
|                                | M | <b>1.4</b> Tortillas | <b>75</b> | 1 | 15 | 1 |
| Dried fruit                    | F | <b>0.9</b> oz        | <b>75</b> | 1 | 19 | 0 |
|                                | M | <b>0.9</b> oz        | <b>75</b> | 1 | 19 | 0 |
| Honey, raw*                    | F | <b>1.2</b> Tbsp      | <b>75</b> | 0 | 20 | 0 |
|                                | M | <b>1.2</b> Tbsp      | <b>75</b> | 0 | 20 | 0 |
| Maple syrup, pure*             | F | <b>1.4</b> Tbsp      | <b>75</b> | 0 | 19 | 0 |
|                                | M | <b>1.4</b> Tbsp      | <b>75</b> | 0 | 19 | 0 |
| Pasta, bean cooked             | F | <b>1.9</b> oz        | <b>75</b> | 6 | 13 | 2 |
|                                | M | <b>1.9</b> oz        | <b>75</b> | 6 | 13 | 2 |

### SERVING

CAL

P

C

F

|                      |   |                 |           |   |    |   |
|----------------------|---|-----------------|-----------|---|----|---|
| Pasta, bean dry      | F | <b>0.8</b> oz   | <b>75</b> | 5 | 13 | 2 |
|                      | M | <b>0.8</b> oz   | <b>75</b> | 5 | 13 | 2 |
| Pasta, lentil cooked | F | <b>0.9</b> oz   | <b>75</b> | 6 | 10 | 1 |
|                      | M | <b>0.9</b> oz   | <b>75</b> | 6 | 10 | 1 |
| Pasta, lentil dry    | F | <b>0.8</b> oz   | <b>75</b> | 3 | 16 | 1 |
|                      | M | <b>0.8</b> oz   | <b>75</b> | 3 | 16 | 1 |
| Popcorn, air-popped  | F | <b>2.4</b> Cups | <b>75</b> | 2 | 15 | 0 |
|                      | M | <b>2.4</b> Cups | <b>75</b> | 2 | 15 | 0 |
| Rice, white cooked   | F | <b>0.4</b> Cups | <b>75</b> | 1 | 16 | 0 |
|                      | M | <b>0.4</b> Cups | <b>75</b> | 1 | 16 | 0 |
| Rice, white dry      | F | <b>0.1</b> Cups | <b>75</b> | 1 | 17 | 0 |
|                      | M | <b>0.1</b> Cups | <b>75</b> | 1 | 17 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

250 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F |                         |   | SERVING  | CAL | P | C | F |
|-------------------------------|---|----------|-----|---|---|---|-------------------------|---|----------|-----|---|---|---|
| Avocado                       | F | 1.6 oz   | 70  | 2 | 3 | 6 | Nuts, walnuts           | F | 0.4 oz   | 70  | 2 | 2 | 7 |
|                               | M | 1.4 oz   | 63  | 1 | 3 | 6 |                         | M | 0.3 oz   | 63  | 1 | 1 | 6 |
| Butter, grass-fed             | F | 0.7 Tbsp | 70  | 0 | 0 | 8 | Oil, avocado            | F | 0.6 Tbsp | 70  | 0 | 0 | 8 |
|                               | M | 0.6 Tbsp | 63  | 0 | 0 | 7 |                         | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Cacao nibs                    | F | 1.3 Tbsp | 70  | 0 | 4 | 5 | Oil, extra virgin olive | F | 0.6 Tbsp | 70  | 0 | 0 | 8 |
|                               | M | 1.2 Tbsp | 63  | 0 | 4 | 5 |                         | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Coconut milk, unsweetened*    | F | 1.6 Cups | 70  | 0 | 2 | 6 | Oil, flaxseed           | F | 0.6 Tbsp | 70  | 0 | 0 | 8 |
|                               | M | 1.4 Cups | 63  | 0 | 1 | 6 |                         | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Guacamole                     | F | 2.8 Tbsp | 70  | 3 | 3 | 6 | Oil, grapeseed          | F | 0.6 Tbsp | 70  | 0 | 0 | 8 |
|                               | M | 2.5 Tbsp | 63  | 3 | 3 | 5 |                         | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Hummus                        | F | 2 Tbsp   | 70  | 2 | 4 | 6 | Oil, sesame             | F | 0.6 Tbsp | 70  | 0 | 0 | 8 |
|                               | M | 1.8 Tbsp | 63  | 2 | 4 | 5 |                         | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Nut butter, almond            | F | 0.7 Tbsp | 70  | 3 | 2 | 7 | Olives, black           | F | 1.4 oz   | 70  | 0 | 3 | 7 |
|                               | M | 0.7 Tbsp | 63  | 3 | 2 | 6 |                         | M | 1.3 oz   | 63  | 0 | 3 | 6 |
| Nut butter, cashew            | F | 0.7 Tbsp | 70  | 1 | 4 | 6 | Olives, green           | F | 1.4 oz   | 70  | 1 | 1 | 7 |
|                               | M | 0.7 Tbsp | 63  | 1 | 3 | 5 |                         | M | 1.3 oz   | 63  | 1 | 1 | 6 |
| Nut milk, almond unsweetened* | F | 2.3 Cups | 70  | 2 | 2 | 7 | Olives, kalamata        | F | 0.8 oz   | 70  | 0 | 3 | 7 |
|                               | M | 2.1 Cups | 63  | 2 | 2 | 6 |                         | M | 0.7 oz   | 63  | 0 | 3 | 6 |
| Nut milk, cashew unsweetened* | F | 2.8 Cups | 70  | 3 | 3 | 6 | Pea milk, unsweetened   | F | 0.7 Cups | 70  | 6 | 4 | 3 |
|                               | M | 2.5 Cups | 63  | 3 | 3 | 5 |                         | M | 0.6 Cups | 63  | 5 | 4 | 3 |
| Nuts, almonds                 | F | 0.4 oz   | 70  | 3 | 3 | 6 | Seed butter, sunflower  | F | 0.7 Tbsp | 70  | 3 | 3 | 6 |
|                               | M | 0.4 oz   | 63  | 2 | 2 | 5 |                         | M | 0.6 Tbsp | 63  | 3 | 3 | 5 |
| Nuts, brazil nuts             | F | 0.4 oz   | 70  | 1 | 0 | 7 | Seeds, chia             | F | 1 Tbsp   | 70  | 2 | 6 | 4 |
|                               | M | 0.3 oz   | 63  | 1 | 0 | 6 |                         | M | 0.9 Tbsp | 63  | 2 | 6 | 4 |
| Nuts, cashews                 | F | 0.4 oz   | 70  | 2 | 4 | 5 | Seeds, flax             | F | 1.3 Tbsp | 70  | 3 | 4 | 5 |
|                               | M | 0.4 oz   | 63  | 2 | 4 | 5 |                         | M | 1.2 Tbsp | 63  | 2 | 4 | 5 |
| Nuts, hazelnuts               | F | 0.4 oz   | 70  | 2 | 2 | 7 | Seeds, hemp             | F | 1.2 Tbsp | 70  | 4 | 0 | 6 |
|                               | M | 0.3 oz   | 63  | 1 | 2 | 6 |                         | M | 1.1 Tbsp | 63  | 3 | 0 | 5 |
| Nuts, pecans                  | F | 0.4 oz   | 70  | 1 | 1 | 7 | Seeds, pumpkin          | F | 0.4 oz   | 70  | 4 | 1 | 6 |
|                               | M | 0.3 oz   | 63  | 1 | 1 | 6 |                         | M | 0.4 oz   | 63  | 3 | 1 | 6 |
| Nuts, pistachios shelled      | F | 0.4 oz   | 70  | 3 | 1 | 6 | Seeds, sunflower        | F | 0.5 oz   | 70  | 5 | 2 | 4 |
|                               | M | 0.4 oz   | 63  | 3 | 1 | 5 |                         | M | 0.5 oz   | 63  | 4 | 1 | 4 |



## FAT

250 CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P | C | F |                             |   | SERVING  | CAL | P | C | F |
|--------------------|---|----------|-----|---|---|---|-----------------------------|---|----------|-----|---|---|---|
| Butter             | F | 0.7 Tbsp | 70  | 0 | 0 | 8 | Cheese, ricotta             | F | 1.6 oz   | 70  | 5 | 2 | 5 |
|                    | M | 0.6 Tbsp | 63  | 0 | 0 | 7 |                             | M | 1.4 oz   | 63  | 4 | 1 | 4 |
| Cheese, asiago     | F | 0.6 oz   | 70  | 5 | 1 | 5 | Cheese, swiss               | F | 0.6 oz   | 70  | 5 | 0 | 6 |
|                    | M | 0.6 oz   | 63  | 5 | 1 | 5 |                             | M | 0.6 oz   | 63  | 5 | 0 | 5 |
| Cheese, blue       | F | 0.7 oz   | 70  | 5 | 0 | 6 | Chocolate, dark >70% cacao* | F | 0.4 oz   | 70  | 1 | 5 | 5 |
|                    | M | 0.6 oz   | 63  | 4 | 0 | 5 |                             | M | 0.4 oz   | 63  | 1 | 5 | 5 |
| Cheese, brie       | F | 0.8 oz   | 70  | 4 | 0 | 6 | Coconut flakes unsweetened  | F | 1.3 Tbsp | 70  | 0 | 0 | 6 |
|                    | M | 0.7 oz   | 63  | 3 | 0 | 6 |                             | M | 1.1 Tbsp | 63  | 0 | 0 | 6 |
| Cheese, cheddar    | F | 0.6 oz   | 70  | 4 | 1 | 5 | Coconut milk, full fat      | F | 0.2 Cups | 70  | 0 | 1 | 7 |
|                    | M | 0.5 oz   | 63  | 3 | 1 | 5 |                             | M | 0.2 Cups | 63  | 0 | 1 | 6 |
| Cheese, feta       | F | 1 oz     | 70  | 6 | 2 | 4 | Ghee                        | F | 0.5 Tbsp | 70  | 0 | 0 | 8 |
|                    | M | 0.9 oz   | 63  | 5 | 2 | 4 |                             | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Cheese, goat       | F | 0.9 oz   | 70  | 4 | 2 | 5 | Heavy cream                 | F | 1.4 Tbsp | 70  | 0 | 0 | 8 |
|                    | M | 0.8 oz   | 63  | 3 | 2 | 5 |                             | M | 1.3 Tbsp | 63  | 0 | 0 | 8 |
| Cheese, gouda      | F | 0.7 oz   | 70  | 5 | 1 | 6 | Nut butter, peanut          | F | 0.7 Tbsp | 70  | 3 | 2 | 6 |
|                    | M | 0.6 oz   | 63  | 4 | 1 | 5 |                             | M | 0.6 Tbsp | 63  | 3 | 2 | 5 |
| Cheese, mozzarella | F | 0.9 oz   | 70  | 6 | 1 | 3 | Oil, extra virgin coconut   | F | 0.5 Tbsp | 70  | 0 | 0 | 8 |
|                    | M | 0.8 oz   | 63  | 5 | 1 | 3 |                             | M | 0.5 Tbsp | 63  | 0 | 0 | 7 |
| Cheese, muenster   | F | 0.7 oz   | 70  | 5 | 0 | 6 | Peanuts                     | F | 0.4 oz   | 70  | 3 | 2 | 6 |
|                    | M | 0.6 oz   | 63  | 4 | 0 | 5 |                             | M | 0.4 oz   | 63  | 3 | 2 | 5 |
| Cheese, parmesan   | F | 0.6 oz   | 70  | 7 | 0 | 6 | Salad dressing, oil-based   | F | 0.9 Tbsp | 70  | 0 | 2 | 7 |
|                    | M | 0.6 oz   | 63  | 6 | 0 | 5 |                             | M | 0.8 Tbsp | 63  | 0 | 2 | 6 |
| Cheese, provolone  | F | 0.7 oz   | 70  | 5 | 1 | 6 |                             |   |          |     |   |   |   |
|                    | M | 0.6 oz   | 63  | 4 | 1 | 5 |                             |   |          |     |   |   |   |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**275** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|---|
| Beef, bottom round          | F | 1.9 oz   | 116 | 19 | 0  | 4 | Fish, mahi mahi               | F | 3.7 oz     | 116 | 26 | 0  | 0 |
|                             | M | 2 oz     | 124 | 20 | 0  | 4 |                               | M | 4 oz       | 124 | 28 | 0  | 0 |
| Beef, eye round             | F | 2 oz     | 116 | 16 | 0  | 6 | Fish, salmon                  | F | 2 oz       | 116 | 12 | 0  | 8 |
|                             | M | 2.1 oz   | 124 | 17 | 0  | 6 |                               | M | 2.1 oz     | 124 | 13 | 0  | 8 |
| Beef, flank                 | F | 2 oz     | 116 | 16 | 0  | 6 | Lobster                       | F | 4.6 oz     | 116 | 23 | 0  | 0 |
|                             | M | 2.2 oz   | 124 | 17 | 0  | 7 |                               | M | 5 oz       | 124 | 25 | 0  | 0 |
| Beef, ground 96/4           | F | 2.1 oz   | 116 | 19 | 0  | 4 | Nutritional yeast*            | F | 5.8 Tbsp   | 116 | 17 | 12 | 0 |
|                             | M | 2.3 oz   | 124 | 21 | 0  | 5 |                               | M | 6.2 Tbsp   | 124 | 19 | 12 | 0 |
| Beef, ground 90/10          | F | 1.9 oz   | 116 | 15 | 0  | 6 | Pheasant                      | F | 1.7 oz     | 116 | 15 | 0  | 5 |
|                             | M | 2 oz     | 124 | 16 | 0  | 6 |                               | M | 1.8 oz     | 124 | 16 | 0  | 5 |
| Beef, sirloin tip side      | F | 2.5 oz   | 116 | 20 | 0  | 2 | Rabbit                        | F | 2.4 oz     | 116 | 21 | 0  | 2 |
|                             | M | 2.6 oz   | 124 | 21 | 0  | 3 |                               | M | 2.5 oz     | 124 | 23 | 0  | 3 |
| Beef, top round             | F | 1.9 oz   | 116 | 17 | 0  | 4 | Scallops                      | F | 4.6 oz     | 116 | 23 | 0  | 0 |
|                             | M | 2.1 oz   | 124 | 19 | 0  | 4 |                               | M | 5 oz       | 124 | 25 | 0  | 0 |
| Bison                       | F | 2.3 oz   | 116 | 16 | 0  | 5 | Shrimp                        | F | 4.1 oz     | 116 | 29 | 0  | 0 |
|                             | M | 2.4 oz   | 124 | 17 | 0  | 5 |                               | M | 4.4 oz     | 124 | 31 | 0  | 0 |
| Broth, bone                 | F | 5.8 oz   | 116 | 23 | 0  | 6 | TruLean protein powder, vegan | F | 1.1 Scoops | 116 | 23 | 2  | 2 |
|                             | M | 6.2 oz   | 124 | 25 | 0  | 6 |                               | M | 1.1 Scoops | 124 | 25 | 2  | 2 |
| Chicken, breast             | F | 2.5 oz   | 116 | 22 | 0  | 2 | TruLean protein powder, whey  | F | 1.2 Scoops | 116 | 28 | 1  | 0 |
|                             | M | 2.6 oz   | 124 | 24 | 0  | 3 |                               | M | 1.2 Scoops | 124 | 30 | 1  | 0 |
| Cottage cheese, 0% fat      | F | 0.7 Cups | 116 | 16 | 12 | 0 | Turkey, breast                | F | 2.7 oz     | 116 | 24 | 0  | 3 |
|                             | M | 0.8 Cups | 124 | 17 | 12 | 0 |                               | M | 2.9 oz     | 124 | 26 | 0  | 3 |
| Cottage cheese, 2% fat      | F | 0.7 Cups | 116 | 16 | 4  | 4 | Turkey, ground 99/1           | F | 3 oz       | 116 | 24 | 0  | 3 |
|                             | M | 0.8 Cups | 124 | 17 | 5  | 4 |                               | M | 3.2 oz     | 124 | 25 | 0  | 3 |
| Crab                        | F | 4 oz     | 116 | 24 | 0  | 0 | Turkey, ground 93/7           | F | 1.9 oz     | 116 | 15 | 0  | 6 |
|                             | M | 4.3 oz   | 124 | 26 | 0  | 0 |                               | M | 2.1 oz     | 124 | 17 | 0  | 6 |
| Egg whites, pourable*       | F | 8.9 oz   | 116 | 27 | 0  | 0 | Turkey, ground 90/10          | F | 2 oz       | 116 | 14 | 0  | 6 |
|                             | M | 9.5 oz   | 124 | 29 | 0  | 0 |                               | M | 2.1 oz     | 124 | 15 | 0  | 6 |
| Egg whites, from whole egg* | F | 6.8 Eggs | 116 | 27 | 0  | 0 | Venison                       | F | 2.2 oz     | 116 | 18 | 0  | 4 |
|                             | M | 7.3 Eggs | 124 | 29 | 0  | 0 |                               | M | 2.3 oz     | 124 | 19 | 0  | 5 |
| Fish, ahi tuna steak        | F | 3 oz     | 116 | 24 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1 Cups     | 116 | 20 | 8  | 0 |
|                             | M | 3.2 oz   | 124 | 25 | 0  | 0 |                               | M | 1 Cups     | 124 | 22 | 8  | 0 |
| Fish, cod                   | F | 3.3 oz   | 116 | 20 | 0  | 3 | Yogurt, Greek plain low-fat   | F | 0.7 Cups   | 116 | 16 | 6  | 3 |
|                             | M | 3.5 oz   | 124 | 21 | 0  | 4 |                               | M | 0.7 Cups   | 124 | 18 | 7  | 4 |



## PROTEIN

**275** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING         | CAL        | P  | C  | F |
|------------------------|---|-----------------|------------|----|----|---|
| Beef, ground 85/15     | F | <b>1.8</b> oz   | <b>116</b> | 12 | 0  | 7 |
|                        | M | <b>1.9</b> oz   | <b>124</b> | 13 | 0  | 8 |
| Beef, skirt            | F | <b>1.9</b> oz   | <b>116</b> | 13 | 0  | 6 |
|                        | M | <b>2</b> oz     | <b>124</b> | 14 | 0  | 6 |
| Chicken, ground        | F | <b>2.1</b> oz   | <b>116</b> | 15 | 0  | 6 |
|                        | M | <b>2.3</b> oz   | <b>124</b> | 16 | 0  | 7 |
| Chicken, thighs        | F | <b>2.1</b> oz   | <b>116</b> | 15 | 0  | 6 |
|                        | M | <b>2.3</b> oz   | <b>124</b> | 16 | 0  | 7 |
| Cottage cheese, 4% fat | F | <b>0.5</b> Cups | <b>116</b> | 12 | 6  | 5 |
|                        | M | <b>0.5</b> Cups | <b>124</b> | 12 | 6  | 5 |
| Dairy milk, skim*      | F | <b>1.3</b> Cups | <b>116</b> | 10 | 17 | 0 |
|                        | M | <b>1.4</b> Cups | <b>124</b> | 11 | 18 | 0 |
| Dairy milk, 1%*        | F | <b>1.1</b> Cups | <b>116</b> | 8  | 14 | 3 |
|                        | M | <b>1.1</b> Cups | <b>124</b> | 9  | 15 | 3 |
| Dairy milk, 2%*        | F | <b>0.9</b> Cups | <b>116</b> | 7  | 12 | 4 |
|                        | M | <b>1</b> Cups   | <b>124</b> | 8  | 12 | 5 |
| Deli meat, chicken     | F | <b>3.9</b> oz   | <b>116</b> | 23 | 4  | 0 |
|                        | M | <b>4.1</b> oz   | <b>124</b> | 25 | 4  | 0 |
| Deli meat, ham         | F | <b>3.3</b> oz   | <b>116</b> | 17 | 0  | 7 |
|                        | M | <b>3.5</b> oz   | <b>124</b> | 18 | 0  | 7 |
| Deli meat, roast beef  | F | <b>3.3</b> oz   | <b>116</b> | 23 | 0  | 3 |
|                        | M | <b>3.5</b> oz   | <b>124</b> | 25 | 0  | 4 |
| Deli meat, turkey      | F | <b>3.9</b> oz   | <b>116</b> | 23 | 0  | 4 |
|                        | M | <b>4.1</b> oz   | <b>124</b> | 25 | 0  | 4 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING         | CAL        | P  | C | F  |
|------------------------------|---|-----------------|------------|----|---|----|
| Duck                         | F | <b>1.7</b> oz   | <b>116</b> | 10 | 0 | 9  |
|                              | M | <b>1.9</b> oz   | <b>124</b> | 11 | 0 | 9  |
| Eggs, whole *                | F | <b>1.7</b> Eggs | <b>116</b> | 10 | 2 | 8  |
|                              | M | <b>1.8</b> Eggs | <b>124</b> | 11 | 2 | 9  |
| Fish, tuna packaged          | F | <b>3.9</b> oz   | <b>116</b> | 27 | 0 | 0  |
|                              | M | <b>4.1</b> oz   | <b>124</b> | 29 | 0 | 0  |
| Lamb, ground                 | F | <b>1.5</b> oz   | <b>116</b> | 10 | 0 | 9  |
|                              | M | <b>1.6</b> oz   | <b>124</b> | 11 | 0 | 9  |
| Lamb, shank                  | F | <b>2.9</b> oz   | <b>116</b> | 15 | 3 | 6  |
|                              | M | <b>3.1</b> oz   | <b>124</b> | 16 | 3 | 6  |
| Pork, tenderloin             | F | <b>2.8</b> oz   | <b>116</b> | 20 | 0 | 3  |
|                              | M | <b>3</b> oz     | <b>124</b> | 21 | 0 | 3  |
| Tempeh                       | F | <b>2.1</b> oz   | <b>116</b> | 10 | 6 | 6  |
|                              | M | <b>2.2</b> oz   | <b>124</b> | 11 | 7 | 7  |
| Tofu                         | F | <b>5</b> oz     | <b>116</b> | 10 | 5 | 5  |
|                              | M | <b>5.4</b> oz   | <b>124</b> | 11 | 5 | 5  |
| Turkey, bacon*               | F | <b>1.5</b> oz   | <b>116</b> | 12 | 0 | 8  |
|                              | M | <b>1.6</b> oz   | <b>124</b> | 13 | 0 | 8  |
| Turkey, ground 85/15         | F | <b>1.8</b> oz   | <b>116</b> | 13 | 0 | 9  |
|                              | M | <b>1.9</b> oz   | <b>124</b> | 14 | 0 | 10 |
| Yogurt, Greek plain full fat | F | <b>0.5</b> Cups | <b>116</b> | 11 | 5 | 6  |
|                              | M | <b>0.5</b> Cups | <b>124</b> | 12 | 5 | 6  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**275** CALORIES PER MEAL

**EAT MORE**

| EAT MORE                     |   | SERVING |      | CAL | P | C  | F |                             |   | SERVING |      | CAL | P | C  | F |
|------------------------------|---|---------|------|-----|---|----|---|-----------------------------|---|---------|------|-----|---|----|---|
| Amaranth, cooked             | F | 0.3     | Cups | 83  | 3 | 15 | 1 | Edamame                     | F | 0.4     | Cups | 83  | 7 | 7  | 2 |
|                              | M | 0.3     | Cups | 83  | 3 | 15 | 1 |                             | M | 0.4     | Cups | 83  | 7 | 7  | 2 |
| Amaranth, dry                | F | 0.1     | Cups | 83  | 3 | 15 | 2 | Farro, cooked               | F | 0.4     | Cups | 83  | 3 | 15 | 1 |
|                              | M | 0.1     | Cups | 83  | 3 | 15 | 2 |                             | M | 0.4     | Cups | 83  | 3 | 15 | 1 |
| Apple                        | F | 5.5     | oz   | 83  | 0 | 22 | 0 | Farro, dry                  | F | 0.1     | Cups | 83  | 3 | 16 | 0 |
|                              | M | 5.5     | oz   | 83  | 0 | 22 | 0 |                             | M | 0.1     | Cups | 83  | 3 | 16 | 0 |
| Banana                       | F | 3.3     | oz   | 83  | 0 | 20 | 0 | Grapefruit                  | F | 9.2     | oz   | 83  | 0 | 18 | 0 |
|                              | M | 3.3     | oz   | 83  | 0 | 20 | 0 |                             | M | 9.2     | oz   | 83  | 0 | 18 | 0 |
| Beans, black canned          | F | 0.4     | Cups | 83  | 5 | 14 | 1 | Grapes                      | F | 4.6     | oz   | 83  | 0 | 23 | 0 |
|                              | M | 0.4     | Cups | 83  | 5 | 14 | 1 |                             | M | 4.6     | oz   | 83  | 0 | 23 | 0 |
| Beans, cannellini canned     | F | 0.4     | Cups | 83  | 6 | 16 | 0 | Kamut, cooked               | F | 0.3     | Cups | 83  | 4 | 17 | 1 |
|                              | M | 0.4     | Cups | 83  | 6 | 16 | 0 |                             | M | 0.3     | Cups | 83  | 4 | 17 | 1 |
| Beans, garbanzo canned       | F | 0.3     | Cups | 83  | 4 | 13 | 0 | Kamut, dry                  | F | 0.1     | Cups | 83  | 4 | 17 | 1 |
|                              | M | 0.3     | Cups | 83  | 4 | 13 | 0 |                             | M | 0.1     | Cups | 83  | 4 | 17 | 1 |
| Beans, great northern canned | F | 0.4     | Cups | 83  | 5 | 15 | 0 | Kiwi                        | F | 4.9     | oz   | 83  | 0 | 20 | 0 |
|                              | M | 0.4     | Cups | 83  | 5 | 15 | 0 |                             | M | 4.9     | oz   | 83  | 0 | 20 | 0 |
| Beans, kidney canned         | F | 0.4     | Cups | 83  | 5 | 15 | 1 | Lentils, cooked             | F | 0.4     | Cups | 83  | 6 | 14 | 0 |
|                              | M | 0.4     | Cups | 83  | 5 | 15 | 1 |                             | M | 0.4     | Cups | 83  | 6 | 14 | 0 |
| Beans, lima canned           | F | 0.8     | Cups | 83  | 5 | 15 | 0 | Lentils, dry                | F | 0.2     | Cups | 83  | 7 | 17 | 0 |
|                              | M | 0.8     | Cups | 83  | 5 | 15 | 0 |                             | M | 0.2     | Cups | 83  | 7 | 17 | 0 |
| Beans, pinto canned          | F | 0.5     | Cups | 83  | 6 | 16 | 0 | Mango                       | F | 4.9     | oz   | 83  | 0 | 20 | 0 |
|                              | M | 0.5     | Cups | 83  | 6 | 16 | 0 |                             | M | 4.9     | oz   | 83  | 0 | 20 | 0 |
| Beets                        | F | 6.9     | oz   | 83  | 0 | 21 | 0 | Melon, cantaloupe           | F | 8.3     | oz   | 83  | 0 | 17 | 0 |
|                              | M | 6.9     | oz   | 83  | 0 | 21 | 0 |                             | M | 8.3     | oz   | 83  | 0 | 17 | 0 |
| Blackberries                 | F | 6.9     | oz   | 83  | 0 | 21 | 0 | Melon, honeydew             | F | 8.3     | oz   | 83  | 0 | 25 | 0 |
|                              | M | 6.9     | oz   | 83  | 0 | 21 | 0 |                             | M | 8.3     | oz   | 83  | 0 | 25 | 0 |
| Blueberries                  | F | 5.2     | oz   | 83  | 0 | 21 | 0 | Melon, watermelon           | F | 9.2     | oz   | 83  | 0 | 18 | 0 |
|                              | M | 5.2     | oz   | 83  | 0 | 21 | 0 |                             | M | 9.2     | oz   | 83  | 0 | 18 | 0 |
| Buckwheat, cooked            | F | 0.5     | Cups | 83  | 3 | 18 | 1 | Millet, cooked              | F | 0.4     | Cups | 83  | 2 | 16 | 1 |
|                              | M | 0.5     | Cups | 83  | 3 | 18 | 1 |                             | M | 0.4     | Cups | 83  | 2 | 16 | 1 |
| Buckwheat, dry               | F | 0.1     | Cups | 83  | 3 | 18 | 1 | Millet, dry                 | F | 0.1     | Cups | 83  | 2 | 17 | 1 |
|                              | M | 0.1     | Cups | 83  | 3 | 18 | 1 |                             | M | 0.1     | Cups | 83  | 2 | 17 | 1 |
| Clementine                   | F | 6.4     | oz   | 83  | 0 | 19 | 0 | Oat milk                    | F | 1       | Cups | 83  | 2 | 11 | 3 |
|                              | M | 6.4     | oz   | 83  | 0 | 19 | 0 |                             | M | 1       | Cups | 83  | 2 | 11 | 3 |
| Corn                         | F | 0.6     | Cups | 83  | 1 | 15 | 1 | Oats, old fashioned, cooked | F | 0.5     | Cups | 83  | 3 | 14 | 2 |
|                              | M | 0.6     | Cups | 83  | 1 | 15 | 1 |                             | M | 0.5     | Cups | 83  | 3 | 14 | 2 |



## CARB

275 CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P | C  | F |                    |   | SERVING  | CAL | P | C  | F |
|--------------------------|---|----------|-----|---|----|---|--------------------|---|----------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.3 Cups | 83  | 3 | 15 | 2 | Raspberries        | F | 5.5 oz   | 83  | 0 | 17 | 0 |
|                          | M | 0.3 Cups | 83  | 3 | 15 | 2 |                    | M | 5.5 oz   | 83  | 0 | 17 | 0 |
| Oats, steel cut, cooked  | F | 0.6 Cups | 83  | 4 | 29 | 1 | Rice, brown cooked | F | 0.4 Cups | 83  | 2 | 17 | 1 |
|                          | M | 0.6 Cups | 83  | 4 | 29 | 1 |                    | M | 0.4 Cups | 83  | 2 | 17 | 1 |
| Oats, steel cut, dry     | F | 0.1 Cups | 83  | 3 | 15 | 1 | Rice, brown dry    | F | 0.1 Cups | 83  | 2 | 18 | 1 |
|                          | M | 0.1 Cups | 83  | 3 | 15 | 1 |                    | M | 0.1 Cups | 83  | 2 | 18 | 1 |
| Orange                   | F | 6.4 oz   | 83  | 0 | 19 | 0 | Rice, wild cooked  | F | 0.5 Cups | 83  | 4 | 18 | 1 |
|                          | M | 6.4 oz   | 83  | 0 | 19 | 0 |                    | M | 0.5 Cups | 83  | 4 | 18 | 1 |
| Papaya                   | F | 6.9 oz   | 83  | 0 | 14 | 0 | Rice, wild dry     | F | 0.1 Cups | 83  | 3 | 17 | 0 |
|                          | M | 6.9 oz   | 83  | 0 | 14 | 0 |                    | M | 0.1 Cups | 83  | 3 | 17 | 0 |
| Parsnips                 | F | 4 oz     | 83  | 0 | 20 | 0 | Spelt, cooked      | F | 0.3 Cups | 83  | 4 | 17 | 1 |
|                          | M | 4 oz     | 83  | 0 | 20 | 0 |                    | M | 0.3 Cups | 83  | 4 | 17 | 1 |
| Peach                    | F | 7.5 oz   | 83  | 0 | 23 | 0 | Spelt, dry         | F | 0.1 Cups | 83  | 4 | 18 | 1 |
|                          | M | 7.5 oz   | 83  | 0 | 23 | 0 |                    | M | 0.1 Cups | 83  | 4 | 18 | 1 |
| Pear                     | F | 5.2 oz   | 83  | 0 | 21 | 0 | Squash, acorn      | F | 6.9 oz   | 83  | 0 | 21 | 0 |
|                          | M | 5.2 oz   | 83  | 0 | 21 | 0 |                    | M | 6.9 oz   | 83  | 0 | 21 | 0 |
| Pineapple                | F | 5.9 oz   | 83  | 0 | 24 | 0 | Squash, butternut  | F | 3.6 oz   | 83  | 4 | 22 | 0 |
|                          | M | 5.9 oz   | 83  | 0 | 24 | 0 |                    | M | 3.6 oz   | 83  | 4 | 22 | 0 |
| Peas, green or yellow    | F | 0.7 Cups | 83  | 6 | 15 | 0 | Squash, kabocha    | F | 8.3 oz   | 83  | 0 | 17 | 0 |
|                          | M | 0.7 Cups | 83  | 6 | 15 | 0 |                    | M | 8.3 oz   | 83  | 0 | 17 | 0 |
| Potato, sweet            | F | 3.5 oz   | 83  | 0 | 21 | 0 | Strawberries       | F | 9.2 oz   | 83  | 0 | 18 | 0 |
|                          | M | 3.5 oz   | 83  | 0 | 21 | 0 |                    | M | 9.2 oz   | 83  | 0 | 18 | 0 |
| Potato, white            | F | 4.2 oz   | 83  | 0 | 21 | 0 | Sweet cherries     | F | 4.6 oz   | 83  | 0 | 18 | 0 |
|                          | M | 4.2 oz   | 83  | 0 | 21 | 0 |                    | M | 4.6 oz   | 83  | 0 | 18 | 0 |
| Potato, yellow           | F | 4 oz     | 83  | 4 | 20 | 0 | Teff, cooked       | F | 0.3 Cups | 83  | 3 | 16 | 1 |
|                          | M | 4 oz     | 83  | 4 | 20 | 0 |                    | M | 0.3 Cups | 83  | 3 | 16 | 1 |
| Pumpkin                  | F | 11.9 oz  | 83  | 0 | 24 | 0 | Teff, dry          | F | 0.1 Cups | 83  | 3 | 17 | 1 |
|                          | M | 11.9 oz  | 83  | 0 | 24 | 0 |                    | M | 0.1 Cups | 83  | 3 | 17 | 1 |
| Quinoa, cooked           | F | 0.4 Cups | 83  | 3 | 15 | 1 | Water chestnuts    | F | 2.1 Cups | 83  | 2 | 19 | 0 |
|                          | M | 0.4 Cups | 83  | 3 | 15 | 1 |                    | M | 2.1 Cups | 83  | 2 | 19 | 0 |
| Quinoa, dry              | F | 0.1 Cups | 83  | 3 | 16 | 1 |                    |   |          |     |   |    |   |
|                          | M | 0.1 Cups | 83  | 3 | 16 | 1 |                    |   |          |     |   |    |   |



## CARB

275 CALORIES PER MEAL

### EAT SOME

| EAT SOME                       |   | SERVING |           | CAL | P | C  | F |                      |   | SERVING |      | CAL | P | C  | F |
|--------------------------------|---|---------|-----------|-----|---|----|---|----------------------|---|---------|------|-----|---|----|---|
| Applesauce, unsweetened        | F | 0.8     | Cups      | 83  | 0 | 22 | 0 | Pasta, bean dry      | F | 0.9     | oz   | 83  | 5 | 14 | 2 |
|                                | M | 0.8     | Cups      | 83  | 0 | 22 | 0 |                      | M | 0.9     | oz   | 83  | 5 | 14 | 2 |
| Bread, sprouted or whole wheat | F | 1       | Slices    | 83  | 5 | 16 | 1 | Pasta, lentil cooked | F | 1       | oz   | 83  | 7 | 11 | 1 |
|                                | M | 1       | Slices    | 83  | 5 | 16 | 1 |                      | M | 1       | oz   | 83  | 7 | 11 | 1 |
| Corn tortillas                 | F | 1.5     | Tortillas | 83  | 2 | 17 | 2 | Pasta, lentil dry    | F | 0.8     | oz   | 83  | 3 | 17 | 1 |
|                                | M | 1.5     | Tortillas | 83  | 2 | 17 | 2 |                      | M | 0.8     | oz   | 83  | 3 | 17 | 1 |
| Dried fruit                    | F | 1.1     | oz        | 83  | 1 | 21 | 0 | Popcorn, air-popped  | F | 2.7     | Cups | 83  | 3 | 16 | 0 |
|                                | M | 1.1     | oz        | 83  | 1 | 21 | 0 |                      | M | 2.7     | Cups | 83  | 3 | 16 | 0 |
| Honey, raw*                    | F | 1.3     | Tbsp      | 83  | 0 | 22 | 0 | Rice, white cooked   | F | 0.4     | Cups | 83  | 2 | 18 | 0 |
|                                | M | 1.3     | Tbsp      | 83  | 0 | 22 | 0 |                      | M | 0.4     | Cups | 83  | 2 | 18 | 0 |
| Maple syrup, pure*             | F | 1.5     | Tbsp      | 83  | 0 | 21 | 0 | Rice, white dry      | F | 0.1     | Cups | 83  | 2 | 19 | 0 |
|                                | M | 1.5     | Tbsp      | 83  | 0 | 21 | 0 |                      | M | 0.1     | Cups | 83  | 2 | 19 | 0 |
| Pasta, bean cooked             | F | 2.1     | oz        | 83  | 6 | 15 | 2 |                      |   |         |      |     |   |    |   |
|                                | M | 2.1     | oz        | 83  | 6 | 15 | 2 |                      |   |         |      |     |   |    |   |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**275** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F |                         |   | SERVING  | CAL | P | C | F |
|-------------------------------|---|----------|-----|---|---|---|-------------------------|---|----------|-----|---|---|---|
| Avocado                       | F | 1.7 oz   | 77  | 2 | 3 | 7 | Nuts, walnuts           | F | 0.4 oz   | 77  | 2 | 2 | 8 |
|                               | M | 1.5 oz   | 69  | 2 | 3 | 6 |                         | M | 0.4 oz   | 69  | 1 | 1 | 7 |
| Butter, grass-fed             | F | 0.8 Tbsp | 77  | 0 | 0 | 8 | Oil, avocado            | F | 0.6 Tbsp | 77  | 0 | 0 | 9 |
|                               | M | 0.7 Tbsp | 69  | 0 | 0 | 8 |                         | M | 0.6 Tbsp | 69  | 0 | 0 | 8 |
| Cacao nibs                    | F | 1.4 Tbsp | 77  | 0 | 4 | 6 | Oil, extra virgin olive | F | 0.6 Tbsp | 77  | 0 | 0 | 9 |
|                               | M | 1.3 Tbsp | 69  | 0 | 4 | 5 |                         | M | 0.6 Tbsp | 69  | 0 | 0 | 8 |
| Coconut milk, unsweetened*    | F | 1.8 Cups | 77  | 0 | 2 | 7 | Oil, flaxseed           | F | 0.6 Tbsp | 77  | 0 | 0 | 9 |
|                               | M | 1.6 Cups | 69  | 0 | 2 | 6 |                         | M | 0.6 Tbsp | 69  | 0 | 0 | 8 |
| Guacamole                     | F | 3.1 Tbsp | 77  | 3 | 3 | 6 | Oil, grapeseed          | F | 0.6 Tbsp | 77  | 0 | 0 | 9 |
|                               | M | 2.8 Tbsp | 69  | 3 | 3 | 6 |                         | M | 0.6 Tbsp | 69  | 0 | 0 | 8 |
| Hummus                        | F | 2.2 Tbsp | 77  | 2 | 4 | 7 | Oil, sesame             | F | 0.6 Tbsp | 77  | 0 | 0 | 9 |
|                               | M | 2 Tbsp   | 69  | 2 | 4 | 6 |                         | M | 0.6 Tbsp | 69  | 0 | 0 | 8 |
| Nut butter, almond            | F | 0.8 Tbsp | 77  | 3 | 2 | 7 | Olives, black           | F | 1.5 oz   | 77  | 0 | 3 | 8 |
|                               | M | 0.7 Tbsp | 69  | 3 | 2 | 7 |                         | M | 1.4 oz   | 69  | 0 | 3 | 7 |
| Nut butter, cashew            | F | 0.8 Tbsp | 77  | 2 | 4 | 6 | Olives, green           | F | 1.5 oz   | 77  | 2 | 2 | 8 |
|                               | M | 0.7 Tbsp | 69  | 1 | 4 | 6 |                         | M | 1.4 oz   | 69  | 1 | 1 | 7 |
| Nut milk, almond unsweetened* | F | 2.6 Cups | 77  | 3 | 3 | 8 | Olives, kalamata        | F | 0.9 oz   | 77  | 0 | 4 | 7 |
|                               | M | 2.3 Cups | 69  | 2 | 2 | 7 |                         | M | 0.8 oz   | 69  | 0 | 3 | 6 |
| Nut milk, cashew unsweetened* | F | 3.1 Cups | 77  | 3 | 3 | 6 | Pea milk, unsweetened   | F | 0.8 Cups | 77  | 6 | 5 | 3 |
|                               | M | 2.8 Cups | 69  | 3 | 3 | 6 |                         | M | 0.7 Cups | 69  | 6 | 4 | 3 |
| Nuts, almonds                 | F | 0.5 oz   | 77  | 3 | 3 | 7 | Seed butter, sunflower  | F | 0.8 Tbsp | 77  | 3 | 3 | 6 |
|                               | M | 0.4 oz   | 69  | 3 | 3 | 6 |                         | M | 0.7 Tbsp | 69  | 3 | 3 | 6 |
| Nuts, brazil nuts             | F | 0.4 oz   | 77  | 2 | 0 | 7 | Seeds, chia             | F | 1.1 Tbsp | 77  | 2 | 7 | 5 |
|                               | M | 0.4 oz   | 69  | 1 | 0 | 7 |                         | M | 1 Tbsp   | 69  | 2 | 6 | 4 |
| Nuts, cashews                 | F | 0.5 oz   | 77  | 2 | 4 | 6 | Seeds, flax             | F | 1.5 Tbsp | 77  | 3 | 4 | 6 |
|                               | M | 0.4 oz   | 2.8 | 2 | 4 | 5 |                         | M | 1.3 Tbsp | 69  | 3 | 4 | 5 |
| Nuts, hazelnuts               | F | 0.4 oz   | 77  | 2 | 2 | 7 | Seeds, hemp             | F | 1.3 Tbsp | 77  | 4 | 0 | 6 |
|                               | M | 0.4 oz   | 69  | 2 | 2 | 6 |                         | M | 1.2 Tbsp | 69  | 3 | 0 | 6 |
| Nuts, pecans                  | F | 0.4 oz   | 77  | 1 | 2 | 8 | Seeds, pumpkin          | F | 0.5 oz   | 77  | 4 | 1 | 7 |
|                               | M | 0.3 oz   | 69  | 1 | 1 | 7 |                         | M | 0.4 oz   | 69  | 4 | 1 | 6 |
| Nuts, pistachios shelled      | F | 0.4 oz   | 77  | 3 | 1 | 6 | Seeds, sunflower        | F | 0.6 oz   | 77  | 5 | 2 | 4 |
|                               | M | 0.4 oz   | 69  | 3 | 1 | 6 |                         | M | 0.5 oz   | 69  | 4 | 1 | 4 |



**275** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING         | CAL       | P | C | F |                             |   | SERVING         | CAL       | P | C | F |
|--------------------|---|-----------------|-----------|---|---|---|-----------------------------|---|-----------------|-----------|---|---|---|
| Butter             | F | <b>0.8</b> Tbsp | <b>77</b> | 0 | 0 | 8 | Cheese, ricotta             | F | <b>1.8</b> oz   | <b>77</b> | 5 | 2 | 5 |
|                    | M | <b>0.7</b> Tbsp | <b>69</b> | 0 | 0 | 8 |                             | M | <b>1.6</b> oz   | <b>69</b> | 5 | 2 | 5 |
| Cheese, asiago     | F | <b>0.7</b> oz   | <b>77</b> | 6 | 1 | 6 | Cheese, swiss               | F | <b>0.7</b> oz   | <b>77</b> | 6 | 0 | 6 |
|                    | M | <b>0.6</b> oz   | <b>69</b> | 5 | 1 | 5 |                             | M | <b>0.6</b> oz   | <b>69</b> | 5 | 0 | 6 |
| Cheese, blue       | F | <b>0.8</b> oz   | <b>77</b> | 5 | 0 | 6 | Chocolate, dark >70% cacao* | F | <b>0.5</b> oz   | <b>77</b> | 1 | 6 | 6 |
|                    | M | <b>0.7</b> oz   | <b>69</b> | 5 | 0 | 6 |                             | M | <b>0.4</b> oz   | <b>69</b> | 1 | 5 | 5 |
| Cheese, brie       | F | <b>0.8</b> oz   | <b>77</b> | 4 | 0 | 7 | Coconut flakes unsweetened  | F | <b>1.4</b> Tbsp | <b>77</b> | 0 | 0 | 7 |
|                    | M | <b>0.8</b> oz   | <b>69</b> | 4 | 0 | 6 |                             | M | <b>1.3</b> Tbsp | <b>69</b> | 0 | 0 | 6 |
| Cheese, cheddar    | F | <b>0.7</b> oz   | <b>77</b> | 4 | 1 | 6 | Coconut milk, full fat      | F | <b>0.2</b> Cups | <b>77</b> | 0 | 1 | 8 |
|                    | M | <b>0.6</b> oz   | <b>69</b> | 4 | 1 | 5 |                             | M | <b>0.2</b> Cups | <b>69</b> | 0 | 1 | 7 |
| Cheese, feta       | F | <b>1.1</b> oz   | <b>77</b> | 7 | 2 | 4 | Ghee                        | F | <b>0.6</b> Tbsp | <b>77</b> | 0 | 0 | 9 |
|                    | M | <b>1</b> oz     | <b>69</b> | 6 | 2 | 4 |                             | M | <b>0.5</b> Tbsp | <b>69</b> | 0 | 0 | 8 |
| Cheese, goat       | F | <b>1</b> oz     | <b>77</b> | 4 | 2 | 6 | Heavy cream                 | F | <b>1.5</b> Tbsp | <b>77</b> | 0 | 0 | 9 |
|                    | M | <b>0.9</b> oz   | <b>69</b> | 3 | 2 | 5 |                             | M | <b>1.4</b> Tbsp | <b>69</b> | 0 | 0 | 8 |
| Cheese, gouda      | F | <b>0.8</b> oz   | <b>77</b> | 5 | 1 | 6 | Nut butter, peanut          | F | <b>0.8</b> Tbsp | <b>77</b> | 3 | 2 | 6 |
|                    | M | <b>0.7</b> oz   | <b>69</b> | 5 | 1 | 5 |                             | M | <b>0.7</b> Tbsp | <b>69</b> | 3 | 2 | 6 |
| Cheese, mozzarella | F | <b>1</b> oz     | <b>77</b> | 7 | 1 | 4 | Oil, extra virgin coconut   | F | <b>0.6</b> Tbsp | <b>77</b> | 0 | 0 | 8 |
|                    | M | <b>0.9</b> oz   | <b>69</b> | 6 | 1 | 3 |                             | M | <b>0.5</b> Tbsp | <b>69</b> | 0 | 0 | 8 |
| Cheese, muenster   | F | <b>0.7</b> oz   | <b>77</b> | 5 | 0 | 7 | Peanuts                     | F | <b>0.5</b> oz   | <b>77</b> | 3 | 2 | 7 |
|                    | M | <b>0.7</b> oz   | <b>69</b> | 5 | 0 | 6 |                             | M | <b>0.4</b> oz   | <b>69</b> | 3 | 2 | 6 |
| Cheese, parmesan   | F | <b>0.7</b> oz   | <b>77</b> | 7 | 0 | 6 | Salad dressing, oil-based   | F | <b>1</b> Tbsp   | <b>77</b> | 0 | 2 | 8 |
|                    | M | <b>0.6</b> oz   | <b>69</b> | 7 | 0 | 5 |                             | M | <b>0.9</b> Tbsp | <b>69</b> | 0 | 2 | 7 |
| Cheese, provolone  | F | <b>0.8</b> oz   | <b>77</b> | 5 | 1 | 6 |                             |   |                 |           |   |   |   |
|                    | M | <b>0.7</b> oz   | <b>69</b> | 5 | 1 | 6 |                             |   |                 |           |   |   |   |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**300** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|---|
| Beef, bottom round          | F | 2.1 oz   | 126 | 21 | 0  | 4 | Fish, mahi mahi               | F | 4.1 oz     | 126 | 28 | 0  | 0 |
|                             | M | 2.2 oz   | 135 | 22 | 0  | 4 |                               | M | 4.4 oz     | 135 | 30 | 0  | 0 |
| Beef, eye round             | F | 2.1 oz   | 126 | 17 | 0  | 6 | Fish, salmon                  | F | 2.1 oz     | 126 | 13 | 0  | 9 |
|                             | M | 2.3 oz   | 135 | 18 | 0  | 7 |                               | M | 2.3 oz     | 135 | 14 | 0  | 9 |
| Beef, flank                 | F | 2.2 oz   | 126 | 18 | 0  | 7 | Lobster                       | F | 5 oz       | 126 | 25 | 0  | 0 |
|                             | M | 2.4 oz   | 135 | 19 | 0  | 7 |                               | M | 5.4 oz     | 135 | 27 | 0  | 0 |
| Beef, ground 96/4           | F | 2.3 oz   | 126 | 21 | 0  | 5 | Nutritional yeast*            | F | 6.3 Tbsp   | 126 | 19 | 13 | 0 |
|                             | M | 2.5 oz   | 135 | 23 | 0  | 5 |                               | M | 6.8 Tbsp   | 135 | 20 | 14 | 0 |
| Beef, ground 90/10          | F | 2.1 oz   | 126 | 17 | 0  | 6 | Pheasant                      | F | 1.9 oz     | 126 | 17 | 0  | 6 |
|                             | M | 2.2 oz   | 135 | 18 | 0  | 7 |                               | M | 2 oz       | 135 | 18 | 0  | 6 |
| Beef, sirloin tip side      | F | 2.7 oz   | 126 | 21 | 0  | 3 | Rabbit                        | F | 2.6 oz     | 126 | 23 | 0  | 3 |
|                             | M | 2.9 oz   | 135 | 23 | 0  | 3 |                               | M | 2.8 oz     | 135 | 25 | 0  | 3 |
| Beef, top round             | F | 2.1 oz   | 126 | 19 | 0  | 4 | Scallops                      | F | 5 oz       | 126 | 25 | 0  | 0 |
|                             | M | 2.3 oz   | 135 | 20 | 0  | 5 |                               | M | 5.4 oz     | 135 | 27 | 0  | 0 |
| Bison                       | F | 2.5 oz   | 126 | 17 | 0  | 5 | Shrimp                        | F | 4.5 oz     | 126 | 32 | 0  | 0 |
|                             | M | 2.6 oz   | 135 | 19 | 0  | 5 |                               | M | 4.8 oz     | 135 | 34 | 0  | 0 |
| Broth, bone                 | F | 6.3 oz   | 126 | 25 | 0  | 6 | TruLean protein powder, vegan | F | 1.1 Scoops | 126 | 25 | 2  | 2 |
|                             | M | 6.8 oz   | 135 | 27 | 0  | 7 |                               | M | 1.2 Scoops | 135 | 27 | 2  | 2 |
| Chicken, breast             | F | 2.7 oz   | 126 | 24 | 0  | 3 | TruLean protein powder, whey  | F | 1.3 Scoops | 126 | 30 | 1  | 0 |
|                             | M | 2.9 oz   | 135 | 26 | 0  | 3 |                               | M | 1.4 Scoops | 135 | 32 | 1  | 0 |
| Cottage cheese, 0% fat      | F | 0.8 Cups | 126 | 17 | 13 | 0 | Turkey, breast                | F | 2.9 oz     | 126 | 26 | 0  | 3 |
|                             | M | 0.8 Cups | 135 | 19 | 14 | 0 |                               | M | 3.1 oz     | 135 | 28 | 0  | 3 |
| Cottage cheese, 2% fat      | F | 0.8 Cups | 126 | 17 | 5  | 4 | Turkey, ground 99/1           | F | 3.2 oz     | 126 | 26 | 0  | 3 |
|                             | M | 0.8 Cups | 135 | 19 | 5  | 4 |                               | M | 3.5 oz     | 135 | 28 | 0  | 3 |
| Crab                        | F | 4.3 oz   | 126 | 26 | 0  | 0 | Turkey, ground 93/7           | F | 2.1 oz     | 126 | 17 | 0  | 6 |
|                             | M | 4.7 oz   | 135 | 28 | 0  | 0 |                               | M | 2.3 oz     | 135 | 18 | 0  | 7 |
| Egg whites, pourable*       | F | 9.7 oz   | 126 | 29 | 0  | 0 | Turkey, ground 90/10          | F | 2.1 oz     | 126 | 15 | 0  | 6 |
|                             | M | 10.4 oz  | 135 | 31 | 0  | 0 |                               | M | 2.3 oz     | 135 | 16 | 0  | 7 |
| Egg whites, from whole egg* | F | 7.4 Eggs | 126 | 30 | 0  | 0 | Venison                       | F | 2.4 oz     | 126 | 19 | 0  | 5 |
|                             | M | 7.9 Eggs | 135 | 32 | 0  | 0 |                               | M | 2.5 oz     | 135 | 20 | 0  | 5 |
| Fish, ahi tuna steak        | F | 3.2 oz   | 126 | 26 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1.1 Cups   | 126 | 22 | 8  | 0 |
|                             | M | 3.5 oz   | 135 | 28 | 0  | 0 |                               | M | 1.1 Cups   | 135 | 24 | 9  | 0 |
| Fish, cod                   | F | 3.6 oz   | 126 | 22 | 0  | 4 | Yogurt, Greek plain low-fat   | F | 0.7 Cups   | 126 | 18 | 7  | 4 |
|                             | M | 3.9 oz   | 135 | 23 | 0  | 4 |                               | M | 0.8 Cups   | 135 | 19 | 7  | 4 |



## PROTEIN

**300** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING         | CAL        | P  | C  | F |
|------------------------|---|-----------------|------------|----|----|---|
| Beef, ground 85/15     | F | <b>1.9</b> oz   | <b>126</b> | 13 | 0  | 8 |
|                        | M | <b>2</b> oz     | <b>135</b> | 14 | 0  | 8 |
| Beef, skirt            | F | <b>2</b> oz     | <b>126</b> | 14 | 0  | 6 |
|                        | M | <b>2.2</b> oz   | <b>135</b> | 15 | 0  | 7 |
| Chicken, ground        | F | <b>2.3</b> oz   | <b>126</b> | 16 | 0  | 7 |
|                        | M | <b>2.5</b> oz   | <b>135</b> | 18 | 0  | 8 |
| Chicken, thighs        | F | <b>2.3</b> oz   | <b>126</b> | 16 | 0  | 7 |
|                        | M | <b>2.5</b> oz   | <b>135</b> | 17 | 0  | 7 |
| Cottage cheese, 4% fat | F | <b>0.5</b> Cups | <b>126</b> | 13 | 6  | 5 |
|                        | M | <b>0.6</b> Cups | <b>135</b> | 14 | 7  | 6 |
| Dairy milk, skim*      | F | <b>1.4</b> Cups | <b>126</b> | 11 | 18 | 0 |
|                        | M | <b>1.5</b> Cups | <b>135</b> | 12 | 20 | 0 |
| Dairy milk, 1%*        | F | <b>1.1</b> Cups | <b>126</b> | 9  | 15 | 3 |
|                        | M | <b>1.2</b> Cups | <b>135</b> | 10 | 16 | 4 |
| Dairy milk, 2%*        | F | <b>1</b> Cups   | <b>126</b> | 8  | 13 | 5 |
|                        | M | <b>1</b> Cups   | <b>135</b> | 8  | 14 | 5 |
| Deli meat, chicken     | F | <b>4.2</b> oz   | <b>126</b> | 25 | 4  | 0 |
|                        | M | <b>4.5</b> oz   | <b>135</b> | 27 | 5  | 0 |
| Deli meat, ham         | F | <b>3.6</b> oz   | <b>126</b> | 18 | 0  | 7 |
|                        | M | <b>3.9</b> oz   | <b>135</b> | 19 | 0  | 8 |
| Deli meat, roast beef  | F | <b>3.6</b> oz   | <b>126</b> | 25 | 0  | 4 |
|                        | M | <b>3.9</b> oz   | <b>135</b> | 27 | 0  | 4 |
| Deli meat, turkey      | F | <b>4.2</b> oz   | <b>126</b> | 25 | 0  | 4 |
|                        | M | <b>4.5</b> oz   | <b>135</b> | 27 | 0  | 5 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING         | CAL        | P  | C | F  |
|------------------------------|---|-----------------|------------|----|---|----|
| Duck                         | F | <b>1.9</b> oz   | <b>126</b> | 11 | 0 | 9  |
|                              | M | <b>2</b> oz     | <b>135</b> | 12 | 0 | 10 |
| Eggs, whole *                | F | <b>1.8</b> Eggs | <b>126</b> | 11 | 2 | 9  |
|                              | M | <b>1.9</b> Eggs | <b>135</b> | 12 | 2 | 10 |
| Fish, tuna packaged          | F | <b>4.2</b> oz   | <b>126</b> | 29 | 0 | 0  |
|                              | M | <b>4.5</b> oz   | <b>135</b> | 32 | 0 | 0  |
| Lamb, ground                 | F | <b>1.6</b> oz   | <b>126</b> | 11 | 0 | 9  |
|                              | M | <b>1.7</b> oz   | <b>135</b> | 12 | 0 | 10 |
| Lamb, shank                  | F | <b>3.2</b> oz   | <b>126</b> | 16 | 3 | 6  |
|                              | M | <b>3.4</b> oz   | <b>135</b> | 17 | 3 | 7  |
| Pork, tenderloin             | F | <b>3.1</b> oz   | <b>126</b> | 22 | 0 | 3  |
|                              | M | <b>3.3</b> oz   | <b>135</b> | 23 | 0 | 3  |
| Tempeh                       | F | <b>2.3</b> oz   | <b>126</b> | 11 | 7 | 7  |
|                              | M | <b>2.4</b> oz   | <b>135</b> | 12 | 7 | 7  |
| Tofu                         | F | <b>5.5</b> oz   | <b>126</b> | 11 | 5 | 5  |
|                              | M | <b>5.9</b> oz   | <b>135</b> | 12 | 6 | 6  |
| Turkey, bacon*               | F | <b>1.6</b> oz   | <b>126</b> | 13 | 0 | 8  |
|                              | M | <b>1.8</b> oz   | <b>135</b> | 14 | 0 | 9  |
| Turkey, ground 85/15         | F | <b>2</b> oz     | <b>126</b> | 14 | 0 | 10 |
|                              | M | <b>2.1</b> oz   | <b>135</b> | 15 | 0 | 11 |
| Yogurt, Greek plain full fat | F | <b>0.5</b> Cups | <b>126</b> | 12 | 5 | 6  |
|                              | M | <b>0.6</b> Cups | <b>135</b> | 13 | 5 | 6  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**300** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING         | CAL       | P | C  | F |                             |   | SERVING         | CAL       | P | C  | F |
|------------------------------|---|-----------------|-----------|---|----|---|-----------------------------|---|-----------------|-----------|---|----|---|
| Amaranth, cooked             | F | <b>0.4</b> Cups | <b>90</b> | 3 | 16 | 1 | Edamame                     | F | <b>0.5</b> Cups | <b>90</b> | 7 | 8  | 3 |
|                              | M | <b>0.4</b> Cups | <b>90</b> | 3 | 16 | 1 |                             | M | <b>0.5</b> Cups | <b>90</b> | 7 | 8  | 3 |
| Amaranth, dry                | F | <b>0.1</b> Cups | <b>90</b> | 4 | 16 | 2 | Farro, cooked               | F | <b>0.5</b> Cups | <b>90</b> | 3 | 17 | 1 |
|                              | M | <b>0.1</b> Cups | <b>90</b> | 4 | 16 | 2 |                             | M | <b>0.5</b> Cups | <b>90</b> | 3 | 17 | 1 |
| Apple                        | F | <b>6</b> oz     | <b>90</b> | 0 | 24 | 0 | Farro, dry                  | F | <b>0.1</b> Cups | <b>90</b> | 4 | 17 | 1 |
|                              | M | <b>6</b> oz     | <b>90</b> | 0 | 24 | 0 |                             | M | <b>0.1</b> Cups | <b>90</b> | 4 | 17 | 1 |
| Banana                       | F | <b>3.6</b> oz   | <b>90</b> | 0 | 22 | 0 | Grapefruit                  | F | <b>10</b> oz    | <b>90</b> | 0 | 20 | 0 |
|                              | M | <b>3.6</b> oz   | <b>90</b> | 0 | 22 | 0 |                             | M | <b>10</b> oz    | <b>90</b> | 0 | 20 | 0 |
| Beans, black canned          | F | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 1 | Grapes                      | F | <b>5</b> oz     | <b>90</b> | 0 | 25 | 0 |
|                              | M | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 1 |                             | M | <b>5</b> oz     | <b>90</b> | 0 | 25 | 0 |
| Beans, cannellini canned     | F | <b>0.5</b> Cups | <b>90</b> | 6 | 17 | 0 | Kamut, cooked               | F | <b>0.4</b> Cups | <b>90</b> | 4 | 19 | 1 |
|                              | M | <b>0.5</b> Cups | <b>90</b> | 6 | 17 | 0 |                             | M | <b>0.4</b> Cups | <b>90</b> | 4 | 19 | 1 |
| Beans, garbanzo canned       | F | <b>0.4</b> Cups | <b>90</b> | 5 | 14 | 0 | Kamut, dry                  | F | <b>0.1</b> Cups | <b>90</b> | 4 | 19 | 1 |
|                              | M | <b>0.4</b> Cups | <b>90</b> | 5 | 14 | 0 |                             | M | <b>0.1</b> Cups | <b>90</b> | 4 | 19 | 1 |
| Beans, great northern canned | F | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 0 | Kiwi                        | F | <b>5.3</b> oz   | <b>90</b> | 0 | 21 | 0 |
|                              | M | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 0 |                             | M | <b>5.3</b> oz   | <b>90</b> | 0 | 21 | 0 |
| Beans, kidney canned         | F | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 1 | Lentils, cooked             | F | <b>0.4</b> Cups | <b>90</b> | 7 | 16 | 0 |
|                              | M | <b>0.4</b> Cups | <b>90</b> | 6 | 16 | 1 |                             | M | <b>0.4</b> Cups | <b>90</b> | 7 | 16 | 0 |
| Beans, lima canned           | F | <b>0.8</b> Cups | <b>90</b> | 5 | 16 | 0 | Lentils, dry                | F | <b>0.2</b> Cups | <b>90</b> | 7 | 18 | 0 |
|                              | M | <b>0.8</b> Cups | <b>90</b> | 5 | 16 | 0 |                             | M | <b>0.2</b> Cups | <b>90</b> | 7 | 18 | 0 |
| Beans, pinto canned          | F | <b>0.5</b> Cups | <b>90</b> | 6 | 17 | 0 | Mango                       | F | <b>5.3</b> oz   | <b>90</b> | 0 | 21 | 0 |
|                              | M | <b>0.5</b> Cups | <b>90</b> | 6 | 17 | 0 |                             | M | <b>5.3</b> oz   | <b>90</b> | 0 | 21 | 0 |
| Beets                        | F | <b>7.5</b> oz   | <b>90</b> | 0 | 23 | 0 | Melon, cantaloupe           | F | <b>9</b> oz     | <b>90</b> | 0 | 18 | 0 |
|                              | M | <b>7.5</b> oz   | <b>90</b> | 0 | 23 | 0 |                             | M | <b>9</b> oz     | <b>90</b> | 0 | 18 | 0 |
| Blackberries                 | F | <b>7.5</b> oz   | <b>90</b> | 0 | 23 | 0 | Melon, honeydew             | F | <b>9</b> oz     | <b>90</b> | 0 | 27 | 0 |
|                              | M | <b>7.5</b> oz   | <b>90</b> | 0 | 23 | 0 |                             | M | <b>9</b> oz     | <b>90</b> | 0 | 27 | 0 |
| Blueberries                  | F | <b>5.6</b> oz   | <b>90</b> | 0 | 23 | 0 | Melon, watermelon           | F | <b>10</b> oz    | <b>90</b> | 0 | 20 | 0 |
|                              | M | <b>5.6</b> oz   | <b>90</b> | 0 | 23 | 0 |                             | M | <b>10</b> oz    | <b>90</b> | 0 | 20 | 0 |
| Buckwheat, cooked            | F | <b>0.6</b> Cups | <b>90</b> | 4 | 19 | 1 | Millet, cooked              | F | <b>0.4</b> Cups | <b>90</b> | 3 | 18 | 1 |
|                              | M | <b>0.6</b> Cups | <b>90</b> | 4 | 19 | 1 |                             | M | <b>0.4</b> Cups | <b>90</b> | 3 | 18 | 1 |
| Buckwheat, dry               | F | <b>0.2</b> Cups | <b>90</b> | 3 | 20 | 1 | Millet, dry                 | F | <b>0.1</b> Cups | <b>90</b> | 3 | 18 | 1 |
|                              | M | <b>0.2</b> Cups | <b>90</b> | 3 | 20 | 1 |                             | M | <b>0.1</b> Cups | <b>90</b> | 3 | 18 | 1 |
| Clementine                   | F | <b>6.9</b> oz   | <b>90</b> | 0 | 21 | 0 | Oat milk                    | F | <b>1.1</b> Cups | <b>90</b> | 2 | 12 | 3 |
|                              | M | <b>6.9</b> oz   | <b>90</b> | 0 | 21 | 0 |                             | M | <b>1.1</b> Cups | <b>90</b> | 2 | 12 | 3 |
| Corn                         | F | <b>0.6</b> Cups | <b>90</b> | 1 | 17 | 1 | Oats, old fashioned, cooked | F | <b>0.5</b> Cups | <b>90</b> | 3 | 15 | 2 |
|                              | M | <b>0.6</b> Cups | <b>90</b> | 1 | 17 | 1 |                             | M | <b>0.5</b> Cups | <b>90</b> | 3 | 15 | 2 |



## CARB

**300** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|---|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.3     | Cups | 90  | 3 | 16 | 2 | Raspberries        | F | 6       | oz   | 90  | 0 | 18 | 0 |
|                          | M | 0.3     | Cups | 90  | 3 | 16 | 2 |                    | M | 6       | oz   | 90  | 0 | 18 | 0 |
| Oats, steel cut, cooked  | F | 0.6     | Cups | 90  | 5 | 31 | 1 | Rice, brown cooked | F | 0.4     | Cups | 90  | 2 | 18 | 1 |
|                          | M | 0.6     | Cups | 90  | 5 | 31 | 1 |                    | M | 0.4     | Cups | 90  | 2 | 18 | 1 |
| Oats, steel cut, dry     | F | 0.2     | Cups | 90  | 3 | 16 | 2 | Rice, brown dry    | F | 0.1     | Cups | 90  | 2 | 20 | 1 |
|                          | M | 0.2     | Cups | 90  | 3 | 16 | 2 |                    | M | 0.1     | Cups | 90  | 2 | 20 | 1 |
| Orange                   | F | 6.9     | oz   | 90  | 0 | 21 | 0 | Rice, wild cooked  | F | 0.5     | Cups | 90  | 4 | 19 | 1 |
|                          | M | 6.9     | oz   | 90  | 0 | 21 | 0 |                    | M | 0.5     | Cups | 90  | 4 | 19 | 1 |
| Papaya                   | F | 7.5     | oz   | 90  | 0 | 15 | 0 | Rice, wild dry     | F | 0.2     | Cups | 90  | 4 | 19 | 0 |
|                          | M | 7.5     | oz   | 90  | 0 | 15 | 0 |                    | M | 0.2     | Cups | 90  | 4 | 19 | 0 |
| Parsnips                 | F | 4.3     | oz   | 90  | 0 | 21 | 0 | Spelt, cooked      | F | 0.4     | Cups | 90  | 4 | 19 | 1 |
|                          | M | 4.3     | oz   | 90  | 0 | 21 | 0 |                    | M | 0.4     | Cups | 90  | 4 | 19 | 1 |
| Peach                    | F | 8.2     | oz   | 90  | 0 | 25 | 0 | Spelt, dry         | F | 0.2     | Cups | 90  | 4 | 20 | 1 |
|                          | M | 8.2     | oz   | 90  | 0 | 25 | 0 |                    | M | 0.2     | Cups | 90  | 4 | 20 | 1 |
| Pear                     | F | 5.6     | oz   | 90  | 0 | 23 | 0 | Squash, acorn      | F | 7.5     | oz   | 90  | 0 | 23 | 0 |
|                          | M | 5.6     | oz   | 90  | 0 | 23 | 0 |                    | M | 7.5     | oz   | 90  | 0 | 23 | 0 |
| Pineapple                | F | 6.4     | oz   | 90  | 0 | 26 | 0 | Squash, butternut  | F | 3.9     | oz   | 90  | 4 | 23 | 0 |
|                          | M | 6.4     | oz   | 90  | 0 | 26 | 0 |                    | M | 3.9     | oz   | 90  | 4 | 23 | 0 |
| Peas, green or yellow    | F | 0.8     | Cups | 90  | 6 | 16 | 0 | Squash, kabocha    | F | 9       | oz   | 90  | 0 | 18 | 0 |
|                          | M | 0.8     | Cups | 90  | 6 | 16 | 0 |                    | M | 9       | oz   | 90  | 0 | 18 | 0 |
| Potato, sweet            | F | 3.8     | oz   | 90  | 0 | 23 | 0 | Strawberries       | F | 10      | oz   | 90  | 0 | 20 | 0 |
|                          | M | 3.8     | oz   | 90  | 0 | 23 | 0 |                    | M | 10      | oz   | 90  | 0 | 20 | 0 |
| Potato, white            | F | 4.5     | oz   | 90  | 0 | 23 | 0 | Sweet cherries     | F | 5       | oz   | 90  | 0 | 20 | 0 |
|                          | M | 4.5     | oz   | 90  | 0 | 23 | 0 |                    | M | 5       | oz   | 90  | 0 | 20 | 0 |
| Potato, yellow           | F | 4.3     | oz   | 90  | 4 | 21 | 0 | Teff, cooked       | F | 0.4     | Cups | 90  | 4 | 18 | 1 |
|                          | M | 4.3     | oz   | 90  | 4 | 21 | 0 |                    | M | 0.4     | Cups | 90  | 4 | 18 | 1 |
| Pumpkin                  | F | 12.9    | oz   | 90  | 0 | 26 | 0 | Teff, dry          | F | 0.1     | Cups | 90  | 3 | 18 | 1 |
|                          | M | 12.9    | oz   | 90  | 0 | 26 | 0 |                    | M | 0.1     | Cups | 90  | 3 | 18 | 1 |
| Quinoa, cooked           | F | 0.4     | Cups | 90  | 3 | 16 | 2 | Water chestnuts    | F | 2.3     | Cups | 90  | 2 | 20 | 0 |
|                          | M | 0.4     | Cups | 90  | 3 | 16 | 2 |                    | M | 2.3     | Cups | 90  | 2 | 20 | 0 |
| Quinoa, dry              | F | 0.1     | Cups | 90  | 3 | 17 | 1 |                    |   |         |      |     |   |    |   |
|                          | M | 0.1     | Cups | 90  | 3 | 17 | 1 |                    |   |         |      |     |   |    |   |



## CARB

**300** CALORIES PER MEAL

### EAT SOME

| EAT SOME                       |   | SERVING |           | CAL | P | C  | F |                      |   | SERVING |      | CAL | P | C  | F |
|--------------------------------|---|---------|-----------|-----|---|----|---|----------------------|---|---------|------|-----|---|----|---|
| Applesauce, unsweetened        | F | 0.9     | Cups      | 90  | 0 | 23 | 0 | Pasta, bean dry      | F | 0.9     | oz   | 90  | 6 | 15 | 2 |
|                                | M | 0.9     | Cups      | 90  | 0 | 23 | 0 |                      | M | 0.9     | oz   | 90  | 6 | 15 | 2 |
| Bread, sprouted or whole wheat | F | 1.1     | Slices    | 90  | 6 | 17 | 1 | Pasta, lentil cooked | F | 1       | oz   | 90  | 7 | 12 | 1 |
|                                | M | 1.1     | Slices    | 90  | 6 | 17 | 1 |                      | M | 1       | oz   | 90  | 7 | 12 | 1 |
| Corn tortillas                 | F | 1.6     | Tortillas | 90  | 2 | 18 | 2 | Pasta, lentil dry    | F | 0.9     | oz   | 90  | 4 | 19 | 1 |
|                                | M | 1.6     | Tortillas | 90  | 2 | 18 | 2 |                      | M | 0.9     | oz   | 90  | 4 | 19 | 1 |
| Dried fruit                    | F | 1.1     | oz        | 90  | 1 | 23 | 0 | Popcorn, air-popped  | F | 2.9     | Cups | 90  | 3 | 17 | 0 |
|                                | M | 1.1     | oz        | 90  | 1 | 23 | 0 |                      | M | 2.9     | Cups | 90  | 3 | 17 | 0 |
| Honey, raw*                    | F | 1.4     | Tbsp      | 90  | 0 | 24 | 0 | Rice, white cooked   | F | 0.4     | Cups | 90  | 2 | 20 | 0 |
|                                | M | 1.4     | Tbsp      | 90  | 0 | 24 | 0 |                      | M | 0.4     | Cups | 90  | 2 | 20 | 0 |
| Maple syrup, pure*             | F | 1.6     | Tbsp      | 90  | 0 | 23 | 0 | Rice, white dry      | F | 0.1     | Cups | 90  | 2 | 20 | 0 |
|                                | M | 1.6     | Tbsp      | 90  | 0 | 23 | 0 |                      | M | 0.1     | Cups | 90  | 2 | 20 | 0 |
| Pasta, bean cooked             | F | 2.3     | oz        | 90  | 7 | 16 | 2 |                      |   |         |      |     |   |    |   |
|                                | M | 2.3     | oz        | 90  | 7 | 16 | 2 |                      |   |         |      |     |   |    |   |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**300** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F |                         |   | SERVING  | CAL | P | C | F  |
|-------------------------------|---|----------|-----|---|---|---|-------------------------|---|----------|-----|---|---|----|
| Avocado                       | F | 1.9 oz   | 84  | 2 | 4 | 7 | Nuts, walnuts           | F | 0.5 oz   | 84  | 2 | 2 | 9  |
|                               | M | 1.7 oz   | 75  | 2 | 3 | 7 |                         | M | 0.4 oz   | 75  | 2 | 2 | 8  |
| Butter, grass-fed             | F | 0.8 Tbsp | 84  | 0 | 0 | 9 | Oil, avocado            | F | 0.7 Tbsp | 84  | 0 | 0 | 9  |
|                               | M | 0.8 Tbsp | 75  | 0 | 0 | 8 |                         | M | 0.6 Tbsp | 75  | 0 | 0 | 8  |
| Cacao nibs                    | F | 1.6 Tbsp | 84  | 0 | 5 | 6 | Oil, extra virgin olive | F | 0.7 Tbsp | 84  | 0 | 0 | 10 |
|                               | M | 1.4 Tbsp | 75  | 0 | 4 | 6 |                         | M | 0.6 Tbsp | 75  | 0 | 0 | 9  |
| Coconut milk, unsweetened*    | F | 1.9 Cups | 84  | 0 | 2 | 8 | Oil, flaxseed           | F | 0.7 Tbsp | 84  | 0 | 0 | 10 |
|                               | M | 1.7 Cups | 75  | 0 | 2 | 7 |                         | M | 0.6 Tbsp | 75  | 0 | 0 | 9  |
| Guacamole                     | F | 3.4 Tbsp | 84  | 3 | 3 | 7 | Oil, grapeseed          | F | 0.7 Tbsp | 84  | 0 | 0 | 10 |
|                               | M | 3 Tbsp   | 75  | 3 | 3 | 6 |                         | M | 0.6 Tbsp | 75  | 0 | 0 | 9  |
| Hummus                        | F | 2.4 Tbsp | 84  | 2 | 5 | 7 | Oil, sesame             | F | 0.7 Tbsp | 84  | 0 | 0 | 10 |
|                               | M | 2.1 Tbsp | 75  | 2 | 4 | 6 |                         | M | 0.6 Tbsp | 75  | 0 | 0 | 9  |
| Nut butter, almond            | F | 0.9 Tbsp | 84  | 4 | 3 | 8 | Olives, black           | F | 1.7 oz   | 84  | 0 | 3 | 8  |
|                               | M | 0.8 Tbsp | 75  | 3 | 2 | 7 |                         | M | 1.5 oz   | 75  | 0 | 3 | 8  |
| Nut butter, cashew            | F | 0.9 Tbsp | 84  | 2 | 4 | 7 | Olives, green           | F | 1.7 oz   | 84  | 2 | 2 | 8  |
|                               | M | 0.8 Tbsp | 75  | 2 | 4 | 6 |                         | M | 1.5 oz   | 75  | 2 | 2 | 8  |
| Nut milk, almond unsweetened* | F | 2.8 Cups | 84  | 3 | 3 | 8 | Olives, kalamata        | F | 1 oz     | 84  | 0 | 4 | 8  |
|                               | M | 2.5 Cups | 75  | 3 | 3 | 8 |                         | M | 0.9 oz   | 75  | 0 | 4 | 7  |
| Nut milk, cashew unsweetened* | F | 3.4 Cups | 84  | 3 | 3 | 7 | Pea milk, unsweetened   | F | 0.8 Cups | 84  | 7 | 5 | 3  |
|                               | M | 3 Cups   | 75  | 3 | 3 | 6 |                         | M | 0.8 Cups | 75  | 6 | 5 | 3  |
| Nuts, almonds                 | F | 0.5 oz   | 84  | 3 | 3 | 7 | Seed butter, sunflower  | F | 0.8 Tbsp | 84  | 3 | 3 | 7  |
|                               | M | 0.5 oz   | 75  | 3 | 3 | 6 |                         | M | 0.8 Tbsp | 75  | 3 | 3 | 6  |
| Nuts, brazil nuts             | F | 0.4 oz   | 84  | 2 | 0 | 8 | Seeds, chia             | F | 1.2 Tbsp | 84  | 2 | 7 | 5  |
|                               | M | 0.4 oz   | 75  | 2 | 0 | 7 |                         | M | 1.1 Tbsp | 75  | 2 | 7 | 4  |
| Nuts, cashews                 | F | 0.5 oz   | 84  | 3 | 5 | 6 | Seeds, flax             | F | 1.6 Tbsp | 84  | 3 | 5 | 6  |
|                               | M | 0.5 oz   | 75  | 2 | 4 | 6 |                         | M | 1.4 Tbsp | 75  | 3 | 4 | 6  |
| Nuts, hazelnuts               | F | 0.5 oz   | 84  | 2 | 2 | 8 | Seeds, hemp             | F | 1.4 Tbsp | 84  | 4 | 0 | 7  |
|                               | M | 0.4 oz   | 75  | 2 | 2 | 7 |                         | M | 1.3 Tbsp | 75  | 4 | 0 | 6  |
| Nuts, pecans                  | F | 0.4 oz   | 84  | 1 | 2 | 8 | Seeds, pumpkin          | F | 0.5 oz   | 84  | 4 | 1 | 7  |
|                               | M | 0.4 oz   | 75  | 1 | 2 | 8 |                         | M | 0.4 oz   | 75  | 4 | 1 | 7  |
| Nuts, pistachios shelled      | F | 0.5 oz   | 84  | 3 | 1 | 7 | Seeds, sunflower        | F | 0.6 oz   | 84  | 5 | 2 | 5  |
|                               | M | 0.4 oz   | 75  | 3 | 1 | 6 |                         | M | 0.5 oz   | 75  | 5 | 2 | 4  |



## FAT

300 CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P | C | F |                             |   | SERVING  | CAL | P | C | F  |
|--------------------|---|----------|-----|---|---|---|-----------------------------|---|----------|-----|---|---|----|
| Butter             | F | 0.8 Tbsp | 84  | 0 | 0 | 9 | Cheese, ricotta             | F | 1.9 oz   | 84  | 6 | 2 | 6  |
|                    | M | 0.8 Tbsp | 75  | 0 | 0 | 8 |                             | M | 1.7 oz   | 75  | 5 | 2 | 5  |
| Cheese, asiago     | F | 0.8 oz   | 84  | 6 | 1 | 6 | Cheese, swiss               | F | 0.8 oz   | 84  | 6 | 0 | 7  |
|                    | M | 0.7 oz   | 75  | 6 | 1 | 6 |                             | M | 0.7 oz   | 75  | 5 | 0 | 6  |
| Cheese, blue       | F | 0.8 oz   | 84  | 6 | 0 | 7 | Chocolate, dark >70% cacao* | F | 0.5 oz   | 84  | 1 | 6 | 6  |
|                    | M | 0.8 oz   | 75  | 5 | 0 | 6 |                             | M | 0.4 oz   | 75  | 1 | 6 | 6  |
| Cheese, brie       | F | 0.9 oz   | 84  | 5 | 0 | 7 | Coconut flakes unsweetened  | F | 1.5 Tbsp | 84  | 0 | 0 | 8  |
|                    | M | 0.8 oz   | 75  | 4 | 0 | 7 |                             | M | 1.4 Tbsp | 75  | 0 | 0 | 7  |
| Cheese, cheddar    | F | 0.7 oz   | 84  | 4 | 1 | 7 | Coconut milk, full fat      | F | 0.2 Cups | 84  | 0 | 1 | 9  |
|                    | M | 0.7 oz   | 75  | 4 | 1 | 6 |                             | M | 0.2 Cups | 75  | 0 | 1 | 8  |
| Cheese, feta       | F | 1.2 oz   | 84  | 7 | 2 | 5 | Ghee                        | F | 0.6 Tbsp | 84  | 0 | 0 | 9  |
|                    | M | 1.1 oz   | 75  | 6 | 2 | 4 |                             | M | 0.6 Tbsp | 75  | 0 | 0 | 8  |
| Cheese, goat       | F | 1.1 oz   | 84  | 4 | 2 | 6 | Heavy cream                 | F | 1.7 Tbsp | 84  | 0 | 0 | 10 |
|                    | M | 0.9 oz   | 75  | 4 | 2 | 6 |                             | M | 1.5 Tbsp | 75  | 0 | 0 | 9  |
| Cheese, gouda      | F | 0.8 oz   | 84  | 6 | 1 | 7 | Nut butter, peanut          | F | 0.8 Tbsp | 84  | 3 | 3 | 7  |
|                    | M | 0.7 oz   | 75  | 5 | 1 | 6 |                             | M | 0.8 Tbsp | 75  | 3 | 2 | 6  |
| Cheese, mozzarella | F | 1 oz     | 84  | 7 | 1 | 4 | Oil, extra virgin coconut   | F | 0.7 Tbsp | 84  | 0 | 0 | 9  |
|                    | M | 0.9 oz   | 75  | 6 | 1 | 4 |                             | M | 0.6 Tbsp | 75  | 0 | 0 | 8  |
| Cheese, muenster   | F | 0.8 oz   | 84  | 6 | 0 | 7 | Peanuts                     | F | 0.5 oz   | 84  | 4 | 3 | 7  |
|                    | M | 0.7 oz   | 75  | 5 | 0 | 6 |                             | M | 0.5 oz   | 75  | 3 | 2 | 7  |
| Cheese, parmesan   | F | 0.7 oz   | 84  | 8 | 0 | 7 | Salad dressing, oil-based   | F | 1.1 Tbsp | 84  | 0 | 2 | 8  |
|                    | M | 0.7 oz   | 75  | 7 | 0 | 6 |                             | M | 0.9 Tbsp | 75  | 0 | 2 | 8  |
| Cheese, provolone  | F | 0.8 oz   | 84  | 6 | 1 | 7 |                             |   |          |     |   |   |    |
|                    | M | 0.8 oz   | 75  | 5 | 1 | 6 |                             |   |          |     |   |   |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**325** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 2.2 oz   | 137 | 22 | 0  | 4 | Fish, mahi mahi               | F | 4.4 oz     | 137 | 31 | 0  | 0  |
|                             | M | 2.4 oz   | 146 | 24 | 0  | 5 |                               | M | 4.7 oz     | 146 | 33 | 0  | 0  |
| Beef, eye round             | F | 2.3 oz   | 137 | 19 | 0  | 7 | Fish, salmon                  | F | 2.3 oz     | 137 | 14 | 0  | 9  |
|                             | M | 2.5 oz   | 146 | 20 | 0  | 7 |                               | M | 2.5 oz     | 146 | 15 | 0  | 10 |
| Beef, flank                 | F | 2.4 oz   | 137 | 19 | 0  | 7 | Lobster                       | F | 5.5 oz     | 137 | 27 | 0  | 0  |
|                             | M | 2.6 oz   | 146 | 20 | 0  | 8 |                               | M | 5.8 oz     | 146 | 29 | 0  | 0  |
| Beef, ground 96/4           | F | 2.5 oz   | 137 | 23 | 0  | 5 | Nutritional yeast*            | F | 6.9 Tbsp   | 137 | 21 | 14 | 0  |
|                             | M | 2.7 oz   | 146 | 24 | 0  | 5 |                               | M | 7.3 Tbsp   | 146 | 22 | 15 | 0  |
| Beef, ground 90/10          | F | 2.2 oz   | 137 | 18 | 0  | 7 | Pheasant                      | F | 2 oz       | 137 | 18 | 0  | 6  |
|                             | M | 2.4 oz   | 146 | 19 | 0  | 7 |                               | M | 2.1 oz     | 146 | 19 | 0  | 6  |
| Beef, sirloin tip side      | F | 2.9 oz   | 137 | 23 | 0  | 3 | Rabbit                        | F | 2.8 oz     | 137 | 25 | 0  | 3  |
|                             | M | 3.1 oz   | 146 | 25 | 0  | 3 |                               | M | 3 oz       | 146 | 27 | 0  | 3  |
| Beef, top round             | F | 2.3 oz   | 137 | 21 | 0  | 5 | Scallops                      | F | 5.5 oz     | 137 | 27 | 0  | 0  |
|                             | M | 2.4 oz   | 146 | 22 | 0  | 5 |                               | M | 5.8 oz     | 146 | 29 | 0  | 0  |
| Bison                       | F | 2.7 oz   | 137 | 19 | 0  | 5 | Shrimp                        | F | 4.9 oz     | 137 | 34 | 0  | 0  |
|                             | M | 2.9 oz   | 146 | 20 | 0  | 6 |                               | M | 5.2 oz     | 146 | 37 | 0  | 0  |
| Broth, bone                 | F | 6.9 oz   | 137 | 27 | 0  | 7 | TruLean protein powder, vegan | F | 1.2 Scoops | 137 | 27 | 2  | 2  |
|                             | M | 7.3 oz   | 146 | 29 | 0  | 7 |                               | M | 1.3 Scoops | 146 | 29 | 3  | 3  |
| Chicken, breast             | F | 2.9 oz   | 137 | 26 | 0  | 3 | TruLean protein powder, whey  | F | 1.4 Scoops | 137 | 33 | 1  | 0  |
|                             | M | 3.1 oz   | 146 | 28 | 0  | 3 |                               | M | 1.5 Scoops | 146 | 35 | 1  | 0  |
| Cottage cheese, 0% fat      | F | 0.9 Cups | 137 | 19 | 14 | 0 | Turkey, breast                | F | 3.2 oz     | 137 | 29 | 0  | 3  |
|                             | M | 0.9 Cups | 146 | 20 | 15 | 0 |                               | M | 3.4 oz     | 146 | 31 | 0  | 3  |
| Cottage cheese, 2% fat      | F | 0.9 Cups | 137 | 19 | 5  | 4 | Turkey, ground 99/1           | F | 3.5 oz     | 137 | 28 | 0  | 4  |
|                             | M | 0.9 Cups | 146 | 20 | 5  | 5 |                               | M | 3.7 oz     | 146 | 30 | 0  | 4  |
| Crab                        | F | 4.7 oz   | 137 | 28 | 0  | 0 | Turkey, ground 93/7           | F | 2.3 oz     | 137 | 18 | 0  | 7  |
|                             | M | 5 oz     | 146 | 30 | 0  | 0 |                               | M | 2.4 oz     | 146 | 19 | 0  | 7  |
| Egg whites, pourable*       | F | 10.5 oz  | 137 | 32 | 0  | 0 | Turkey, ground 90/10          | F | 2.3 oz     | 137 | 16 | 0  | 7  |
|                             | M | 11.2 oz  | 146 | 34 | 0  | 0 |                               | M | 2.5 oz     | 146 | 17 | 0  | 7  |
| Egg whites, from whole egg* | F | 8.1 Eggs | 137 | 32 | 0  | 0 | Venison                       | F | 2.6 oz     | 137 | 21 | 0  | 5  |
|                             | M | 8.6 Eggs | 146 | 34 | 0  | 0 |                               | M | 2.8 oz     | 146 | 22 | 0  | 6  |
| Fish, ahi tuna steak        | F | 3.5 oz   | 137 | 28 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1.1 Cups   | 137 | 24 | 9  | 0  |
|                             | M | 3.7 oz   | 146 | 30 | 0  | 0 |                               | M | 1.2 Cups   | 146 | 26 | 10 | 0  |
| Fish, cod                   | F | 3.9 oz   | 137 | 23 | 0  | 4 | Yogurt, Greek plain low-fat   | F | 0.8 Cups   | 137 | 19 | 7  | 4  |
|                             | M | 4.2 oz   | 146 | 25 | 0  | 4 |                               | M | 0.9 Cups   | 146 | 21 | 8  | 4  |



## PROTEIN

**325** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F |
|------------------------|---|----------|-----|----|----|---|
| Beef, ground 85/15     | F | 2.1 oz   | 137 | 15 | 0  | 8 |
|                        | M | 2.2 oz   | 146 | 15 | 0  | 9 |
| Beef, skirt            | F | 2.2 oz   | 137 | 15 | 0  | 7 |
|                        | M | 2.4 oz   | 146 | 16 | 0  | 7 |
| Chicken, ground        | F | 2.5 oz   | 137 | 18 | 0  | 8 |
|                        | M | 2.7 oz   | 146 | 19 | 0  | 8 |
| Chicken, thighs        | F | 2.5 oz   | 137 | 17 | 0  | 7 |
|                        | M | 2.7 oz   | 146 | 19 | 0  | 8 |
| Cottage cheese, 4% fat | F | 0.6 Cups | 137 | 14 | 7  | 6 |
|                        | M | 0.6 Cups | 146 | 15 | 7  | 6 |
| Dairy milk, skim*      | F | 1.5 Cups | 137 | 12 | 20 | 0 |
|                        | M | 1.6 Cups | 146 | 13 | 21 | 0 |
| Dairy milk, 1%*        | F | 1.2 Cups | 137 | 10 | 16 | 4 |
|                        | M | 1.3 Cups | 146 | 11 | 17 | 4 |
| Dairy milk, 2%*        | F | 1.1 Cups | 137 | 8  | 14 | 5 |
|                        | M | 1.1 Cups | 146 | 9  | 15 | 6 |
| Deli meat, chicken     | F | 4.6 oz   | 137 | 27 | 5  | 0 |
|                        | M | 4.9 oz   | 146 | 29 | 5  | 0 |
| Deli meat, ham         | F | 3.9 oz   | 137 | 20 | 0  | 8 |
|                        | M | 4.2 oz   | 146 | 21 | 0  | 8 |
| Deli meat, roast beef  | F | 3.9 oz   | 137 | 27 | 0  | 4 |
|                        | M | 4.2 oz   | 146 | 29 | 0  | 4 |
| Deli meat, turkey      | F | 4.6 oz   | 137 | 27 | 0  | 5 |
|                        | M | 4.9 oz   | 146 | 29 | 0  | 5 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C | F  |
|------------------------------|---|----------|-----|----|---|----|
| Duck                         | F | 2 oz     | 137 | 12 | 0 | 10 |
|                              | M | 2.2 oz   | 146 | 13 | 0 | 11 |
| Eggs, whole *                | F | 2 Eggs   | 137 | 12 | 2 | 10 |
|                              | M | 2.1 Eggs | 146 | 13 | 2 | 10 |
| Fish, tuna packaged          | F | 4.6 oz   | 137 | 32 | 0 | 0  |
|                              | M | 4.9 oz   | 146 | 34 | 0 | 0  |
| Lamb, ground                 | F | 1.7 oz   | 137 | 12 | 0 | 10 |
|                              | M | 1.8 oz   | 146 | 13 | 0 | 11 |
| Lamb, shank                  | F | 3.4 oz   | 137 | 17 | 3 | 7  |
|                              | M | 3.7 oz   | 146 | 18 | 4 | 7  |
| Pork, tenderloin             | F | 3.3 oz   | 137 | 23 | 0 | 3  |
|                              | M | 3.6 oz   | 146 | 25 | 0 | 4  |
| Tempeh                       | F | 2.4 oz   | 137 | 12 | 7 | 7  |
|                              | M | 2.6 oz   | 146 | 13 | 8 | 8  |
| Tofu                         | F | 6 oz     | 137 | 12 | 6 | 6  |
|                              | M | 6.3 oz   | 146 | 13 | 6 | 6  |
| Turkey, bacon*               | F | 1.8 oz   | 137 | 14 | 0 | 9  |
|                              | M | 1.9 oz   | 146 | 15 | 0 | 9  |
| Turkey, ground 85/15         | F | 2.1 oz   | 137 | 15 | 0 | 11 |
|                              | M | 2.3 oz   | 146 | 16 | 0 | 11 |
| Yogurt, Greek plain full fat | F | 0.6 Cups | 137 | 13 | 5 | 7  |
|                              | M | 0.6 Cups | 146 | 14 | 6 | 7  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**325** CALORIES PER MEAL

**EAT MORE**

| EAT MORE                     |   | SERVING |      | CAL | P | C  | F |                             |   | SERVING |      | CAL | P | C  | F |
|------------------------------|---|---------|------|-----|---|----|---|-----------------------------|---|---------|------|-----|---|----|---|
| Amaranth, cooked             | F | 0.4     | Cups | 98  | 4 | 18 | 2 | Edamame                     | F | 0.5     | Cups | 98  | 8 | 9  | 3 |
|                              | M | 0.4     | Cups | 98  | 4 | 18 | 2 |                             | M | 0.5     | Cups | 98  | 8 | 9  | 3 |
| Amaranth, dry                | F | 0.1     | Cups | 98  | 4 | 18 | 2 | Farro, cooked               | F | 0.5     | Cups | 98  | 3 | 18 | 1 |
|                              | M | 0.1     | Cups | 98  | 4 | 18 | 2 |                             | M | 0.5     | Cups | 98  | 3 | 18 | 1 |
| Apple                        | F | 6.5     | oz   | 98  | 0 | 26 | 0 | Farro, dry                  | F | 0.1     | Cups | 98  | 4 | 18 | 1 |
|                              | M | 6.5     | oz   | 98  | 0 | 26 | 0 |                             | M | 0.1     | Cups | 98  | 4 | 18 | 1 |
| Banana                       | F | 3.9     | oz   | 98  | 0 | 24 | 0 | Grapefruit                  | F | 10.9    | oz   | 98  | 0 | 22 | 0 |
|                              | M | 3.9     | oz   | 98  | 0 | 24 | 0 |                             | M | 10.9    | oz   | 98  | 0 | 22 | 0 |
| Beans, black canned          | F | 0.4     | Cups | 98  | 6 | 17 | 1 | Grapes                      | F | 5.4     | oz   | 98  | 0 | 27 | 0 |
|                              | M | 0.4     | Cups | 98  | 6 | 17 | 1 |                             | M | 5.4     | oz   | 98  | 0 | 27 | 0 |
| Beans, cannellini canned     | F | 0.5     | Cups | 98  | 7 | 19 | 0 | Kamut, cooked               | F | 0.4     | Cups | 98  | 4 | 20 | 1 |
|                              | M | 0.5     | Cups | 98  | 7 | 19 | 0 |                             | M | 0.4     | Cups | 98  | 4 | 20 | 1 |
| Beans, garbanzo canned       | F | 0.4     | Cups | 98  | 5 | 16 | 0 | Kamut, dry                  | F | 0.2     | Cups | 98  | 4 | 20 | 1 |
|                              | M | 0.4     | Cups | 98  | 5 | 16 | 0 |                             | M | 0.2     | Cups | 98  | 4 | 20 | 1 |
| Beans, great northern canned | F | 0.4     | Cups | 98  | 6 | 18 | 0 | Kiwi                        | F | 5.8     | oz   | 98  | 0 | 23 | 0 |
|                              | M | 0.4     | Cups | 98  | 6 | 18 | 0 |                             | M | 5.8     | oz   | 98  | 0 | 23 | 0 |
| Beans, kidney canned         | F | 0.5     | Cups | 98  | 6 | 17 | 1 | Lentils, cooked             | F | 0.4     | Cups | 98  | 8 | 17 | 0 |
|                              | M | 0.5     | Cups | 98  | 6 | 17 | 1 |                             | M | 0.4     | Cups | 98  | 8 | 17 | 0 |
| Beans, lima canned           | F | 0.9     | Cups | 98  | 5 | 18 | 0 | Lentils, dry                | F | 0.2     | Cups | 98  | 8 | 20 | 0 |
|                              | M | 0.9     | Cups | 98  | 5 | 18 | 0 |                             | M | 0.2     | Cups | 98  | 8 | 20 | 0 |
| Beans, pinto canned          | F | 0.5     | Cups | 98  | 7 | 19 | 0 | Mango                       | F | 5.8     | oz   | 98  | 0 | 23 | 0 |
|                              | M | 0.5     | Cups | 98  | 7 | 19 | 0 |                             | M | 5.8     | oz   | 98  | 0 | 23 | 0 |
| Beets                        | F | 8.2     | oz   | 98  | 0 | 25 | 0 | Melon, cantaloupe           | F | 9.8     | oz   | 98  | 0 | 20 | 0 |
|                              | M | 8.2     | oz   | 98  | 0 | 25 | 0 |                             | M | 9.8     | oz   | 98  | 0 | 20 | 0 |
| Blackberries                 | F | 8.2     | oz   | 98  | 0 | 25 | 0 | Melon, honeydew             | F | 9.8     | oz   | 98  | 0 | 29 | 0 |
|                              | M | 8.2     | oz   | 98  | 0 | 25 | 0 |                             | M | 9.8     | oz   | 98  | 0 | 29 | 0 |
| Blueberries                  | F | 6.1     | oz   | 98  | 0 | 25 | 0 | Melon, watermelon           | F | 10.9    | oz   | 98  | 0 | 22 | 0 |
|                              | M | 6.1     | oz   | 98  | 0 | 25 | 0 |                             | M | 10.9    | oz   | 98  | 0 | 22 | 0 |
| Buckwheat, cooked            | F | 0.6     | Cups | 98  | 4 | 21 | 1 | Millet, cooked              | F | 0.5     | Cups | 98  | 3 | 19 | 1 |
|                              | M | 0.6     | Cups | 98  | 4 | 21 | 1 |                             | M | 0.5     | Cups | 98  | 3 | 19 | 1 |
| Buckwheat, dry               | F | 0.2     | Cups | 98  | 3 | 21 | 1 | Millet, dry                 | F | 0.1     | Cups | 98  | 3 | 20 | 1 |
|                              | M | 0.2     | Cups | 98  | 3 | 21 | 1 |                             | M | 0.1     | Cups | 98  | 3 | 20 | 1 |
| Clementine                   | F | 7.5     | oz   | 98  | 0 | 23 | 0 | Oat milk                    | F | 1.2     | Cups | 98  | 2 | 13 | 4 |
|                              | M | 7.5     | oz   | 98  | 0 | 23 | 0 |                             | M | 1.2     | Cups | 98  | 2 | 13 | 4 |
| Corn                         | F | 0.7     | Cups | 98  | 1 | 18 | 1 | Oats, old fashioned, cooked | F | 0.6     | Cups | 98  | 4 | 17 | 2 |
|                              | M | 0.7     | Cups | 98  | 1 | 18 | 1 |                             | M | 0.6     | Cups | 98  | 4 | 17 | 2 |



## CARB

**325** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|---|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.3     | Cups | 98  | 3 | 18 | 2 | Raspberries        | F | 6.5     | oz   | 98  | 0 | 20 | 0 |
|                          | M | 0.3     | Cups | 98  | 3 | 18 | 2 |                    | M | 6.5     | oz   | 98  | 0 | 20 | 0 |
| Oats, steel cut, cooked  | F | 0.7     | Cups | 98  | 5 | 34 | 1 | Rice, brown cooked | F | 0.5     | Cups | 98  | 2 | 20 | 1 |
|                          | M | 0.7     | Cups | 98  | 5 | 34 | 1 |                    | M | 0.5     | Cups | 98  | 2 | 20 | 1 |
| Oats, steel cut, dry     | F | 0.2     | Cups | 98  | 3 | 18 | 2 | Rice, brown dry    | F | 0.2     | Cups | 98  | 2 | 21 | 1 |
|                          | M | 0.2     | Cups | 98  | 3 | 18 | 2 |                    | M | 0.2     | Cups | 98  | 2 | 21 | 1 |
| Orange                   | F | 7.5     | oz   | 98  | 0 | 23 | 0 | Rice, wild cooked  | F | 0.6     | Cups | 98  | 4 | 21 | 1 |
|                          | M | 7.5     | oz   | 98  | 0 | 23 | 0 |                    | M | 0.6     | Cups | 98  | 4 | 21 | 1 |
| Papaya                   | F | 8.2     | oz   | 98  | 0 | 16 | 0 | Rice, wild dry     | F | 0.2     | Cups | 98  | 4 | 21 | 0 |
|                          | M | 8.2     | oz   | 98  | 0 | 16 | 0 |                    | M | 0.2     | Cups | 98  | 4 | 21 | 0 |
| Parsnips                 | F | 4.7     | oz   | 98  | 0 | 23 | 0 | Spelt, cooked      | F | 0.4     | Cups | 98  | 4 | 20 | 1 |
|                          | M | 4.7     | oz   | 98  | 0 | 23 | 0 |                    | M | 0.4     | Cups | 98  | 4 | 20 | 1 |
| Peach                    | F | 8.9     | oz   | 98  | 0 | 27 | 0 | Spelt, dry         | F | 0.2     | Cups | 98  | 4 | 22 | 1 |
|                          | M | 8.9     | oz   | 98  | 0 | 27 | 0 |                    | M | 0.2     | Cups | 98  | 4 | 22 | 1 |
| Pear                     | F | 6.1     | oz   | 98  | 0 | 25 | 0 | Squash, acorn      | F | 8.2     | oz   | 98  | 0 | 25 | 0 |
|                          | M | 6.1     | oz   | 98  | 0 | 25 | 0 |                    | M | 8.2     | oz   | 98  | 0 | 25 | 0 |
| Pineapple                | F | 7       | oz   | 98  | 0 | 28 | 0 | Squash, butternut  | F | 4.3     | oz   | 98  | 4 | 26 | 0 |
|                          | M | 7       | oz   | 98  | 0 | 28 | 0 |                    | M | 4.3     | oz   | 98  | 4 | 26 | 0 |
| Peas, green or yellow    | F | 0.8     | Cups | 98  | 7 | 18 | 0 | Squash, kabocha    | F | 9.8     | oz   | 98  | 0 | 20 | 0 |
|                          | M | 0.8     | Cups | 98  | 7 | 18 | 0 |                    | M | 9.8     | oz   | 98  | 0 | 20 | 0 |
| Potato, sweet            | F | 4.1     | oz   | 98  | 0 | 25 | 0 | Strawberries       | F | 10.9    | oz   | 98  | 0 | 22 | 0 |
|                          | M | 4.1     | oz   | 98  | 0 | 25 | 0 |                    | M | 10.9    | oz   | 98  | 0 | 22 | 0 |
| Potato, white            | F | 4.9     | oz   | 98  | 0 | 25 | 0 | Sweet cherries     | F | 5.4     | oz   | 98  | 0 | 22 | 0 |
|                          | M | 4.9     | oz   | 98  | 0 | 25 | 0 |                    | M | 5.4     | oz   | 98  | 0 | 22 | 0 |
| Potato, yellow           | F | 4.7     | oz   | 98  | 5 | 23 | 0 | Teff, cooked       | F | 0.4     | Cups | 98  | 4 | 19 | 1 |
|                          | M | 4.7     | oz   | 98  | 5 | 23 | 0 |                    | M | 0.4     | Cups | 98  | 4 | 19 | 1 |
| Pumpkin                  | F | 14      | oz   | 98  | 0 | 28 | 0 | Teff, dry          | F | 0.1     | Cups | 98  | 4 | 20 | 1 |
|                          | M | 14      | oz   | 98  | 0 | 28 | 0 |                    | M | 0.1     | Cups | 98  | 4 | 20 | 1 |
| Quinoa, cooked           | F | 0.4     | Cups | 98  | 4 | 17 | 2 | Water chestnuts    | F | 2.5     | Cups | 98  | 2 | 22 | 0 |
|                          | M | 0.4     | Cups | 98  | 4 | 17 | 2 |                    | M | 2.5     | Cups | 98  | 2 | 22 | 0 |
| Quinoa, dry              | F | 0.2     | Cups | 98  | 3 | 18 | 2 |                    |   |         |      |     |   |    |   |
|                          | M | 0.2     | Cups | 98  | 3 | 18 | 2 |                    |   |         |      |     |   |    |   |



## CARB

**325** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P | C  | F |
|--------------------------------|---|---------------|-----|---|----|---|
| Applesauce, unsweetened        | F | 1 Cups        | 98  | 0 | 25 | 0 |
|                                | M | 1 Cups        | 98  | 0 | 25 | 0 |
| Bread, sprouted or whole wheat | F | 1.2 Slices    | 98  | 6 | 18 | 1 |
|                                | M | 1.2 Slices    | 98  | 6 | 18 | 1 |
| Corn tortillas                 | F | 1.8 Tortillas | 98  | 2 | 20 | 2 |
|                                | M | 1.8 Tortillas | 98  | 2 | 20 | 2 |
| Dried fruit                    | F | 1.2 oz        | 98  | 1 | 25 | 0 |
|                                | M | 1.2 oz        | 98  | 1 | 25 | 0 |
| Honey, raw*                    | F | 1.5 Tbsp      | 98  | 0 | 26 | 0 |
|                                | M | 1.5 Tbsp      | 98  | 0 | 26 | 0 |
| Maple syrup, pure*             | F | 1.8 Tbsp      | 98  | 0 | 25 | 0 |
|                                | M | 1.8 Tbsp      | 98  | 0 | 25 | 0 |
| Pasta, bean cooked             | F | 2.5 oz        | 98  | 7 | 17 | 2 |
|                                | M | 2.5 oz        | 98  | 7 | 17 | 2 |

### SERVING

CAL

P

C

F

|                      |   |          |    |   |    |   |
|----------------------|---|----------|----|---|----|---|
| Pasta, bean dry      | F | 1 oz     | 98 | 6 | 17 | 2 |
|                      | M | 1 oz     | 98 | 6 | 17 | 2 |
| Pasta, lentil cooked | F | 1.1 oz   | 98 | 8 | 13 | 1 |
|                      | M | 1.1 oz   | 98 | 8 | 13 | 1 |
| Pasta, lentil dry    | F | 1 oz     | 98 | 4 | 21 | 1 |
|                      | M | 1 oz     | 98 | 4 | 21 | 1 |
| Popcorn, air-popped  | F | 3.2 Cups | 98 | 3 | 19 | 0 |
|                      | M | 3.2 Cups | 98 | 3 | 19 | 0 |
| Rice, white cooked   | F | 0.5 Cups | 98 | 2 | 21 | 0 |
|                      | M | 0.5 Cups | 98 | 2 | 21 | 0 |
| Rice, white dry      | F | 0.2 Cups | 98 | 2 | 22 | 0 |
|                      | M | 0.2 Cups | 98 | 2 | 22 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**325** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P | C | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|---|---|----|
| Avocado                       | F | 2 oz     | 91  | 2 | 4 | 8  | Nuts, walnuts           | F | 0.5 oz   | 91  | 2 | 2 | 9  |
|                               | M | 1.8 oz   | 81  | 2 | 4 | 7  |                         | M | 0.4 oz   | 81  | 2 | 2 | 8  |
| Butter, grass-fed             | F | 0.9 Tbsp | 91  | 0 | 0 | 10 | Oil, avocado            | F | 0.7 Tbsp | 91  | 0 | 0 | 10 |
|                               | M | 0.8 Tbsp | 81  | 0 | 0 | 9  |                         | M | 0.7 Tbsp | 81  | 0 | 0 | 9  |
| Cacao nibs                    | F | 1.7 Tbsp | 91  | 0 | 5 | 7  | Oil, extra virgin olive | F | 0.8 Tbsp | 91  | 0 | 0 | 11 |
|                               | M | 1.5 Tbsp | 81  | 0 | 5 | 6  |                         | M | 0.7 Tbsp | 81  | 0 | 0 | 10 |
| Coconut milk, unsweetened*    | F | 2.1 Cups | 91  | 0 | 2 | 8  | Oil, flaxseed           | F | 0.8 Tbsp | 91  | 0 | 0 | 11 |
|                               | M | 1.8 Cups | 81  | 0 | 2 | 7  |                         | M | 0.7 Tbsp | 81  | 0 | 0 | 9  |
| Guacamole                     | F | 3.6 Tbsp | 91  | 4 | 4 | 7  | Oil, grapeseed          | F | 0.7 Tbsp | 91  | 0 | 0 | 10 |
|                               | M | 3.2 Tbsp | 81  | 3 | 3 | 6  |                         | M | 0.7 Tbsp | 81  | 0 | 0 | 9  |
| Hummus                        | F | 2.6 Tbsp | 91  | 3 | 5 | 8  | Oil, sesame             | F | 0.8 Tbsp | 91  | 0 | 0 | 11 |
|                               | M | 2.3 Tbsp | 81  | 2 | 5 | 7  |                         | M | 0.7 Tbsp | 81  | 0 | 0 | 9  |
| Nut butter, almond            | F | 1 Tbsp   | 91  | 4 | 3 | 9  | Olives, black           | F | 1.8 oz   | 91  | 0 | 4 | 9  |
|                               | M | 0.9 Tbsp | 81  | 3 | 3 | 8  |                         | M | 1.6 oz   | 81  | 0 | 3 | 8  |
| Nut butter, cashew            | F | 1 Tbsp   | 91  | 2 | 5 | 8  | Olives, green           | F | 1.8 oz   | 91  | 2 | 2 | 9  |
|                               | M | 0.9 Tbsp | 81  | 2 | 4 | 7  |                         | M | 1.6 oz   | 81  | 2 | 2 | 8  |
| Nut milk, almond unsweetened* | F | 3 Cups   | 91  | 3 | 3 | 9  | Olives, kalamata        | F | 1.1 oz   | 91  | 0 | 4 | 9  |
|                               | M | 2.7 Cups | 81  | 3 | 3 | 8  |                         | M | 1 oz     | 81  | 0 | 4 | 8  |
| Nut milk, cashew unsweetened* | F | 3.6 Cups | 91  | 4 | 4 | 7  | Pea milk, unsweetened   | F | 0.9 Cups | 91  | 7 | 6 | 4  |
|                               | M | 3.2 Cups | 81  | 3 | 3 | 6  |                         | M | 0.8 Cups | 81  | 7 | 5 | 3  |
| Nuts, almonds                 | F | 0.6 oz   | 91  | 3 | 3 | 8  | Seed butter, sunflower  | F | 0.9 Tbsp | 91  | 4 | 4 | 7  |
|                               | M | 0.5 oz   | 81  | 3 | 3 | 7  |                         | M | 0.8 Tbsp | 81  | 3 | 3 | 6  |
| Nuts, brazil nuts             | F | 0.5 oz   | 91  | 2 | 0 | 9  | Seeds, chia             | F | 1.3 Tbsp | 91  | 3 | 8 | 5  |
|                               | M | 0.4 oz   | 81  | 2 | 0 | 8  |                         | M | 1.2 Tbsp | 81  | 2 | 7 | 5  |
| Nuts, cashews                 | F | 0.6 oz   | 91  | 3 | 5 | 7  | Seeds, flax             | F | 1.8 Tbsp | 91  | 4 | 5 | 7  |
|                               | M | 0.5 oz   | 81  | 3 | 5 | 6  |                         | M | 1.6 Tbsp | 81  | 3 | 5 | 6  |
| Nuts, hazelnuts               | F | 0.5 oz   | 91  | 2 | 2 | 8  | Seeds, hemp             | F | 1.5 Tbsp | 91  | 5 | 0 | 8  |
|                               | M | 0.4 oz   | 81  | 2 | 2 | 8  |                         | M | 1.4 Tbsp | 81  | 4 | 0 | 7  |
| Nuts, pecans                  | F | 0.5 oz   | 91  | 1 | 2 | 9  | Seeds, pumpkin          | F | 0.5 oz   | 91  | 5 | 2 | 8  |
|                               | M | 0.4 oz   | 81  | 1 | 2 | 8  |                         | M | 0.5 oz   | 81  | 4 | 1 | 7  |
| Nuts, pistachios shelled      | F | 0.5 oz   | 91  | 4 | 2 | 7  | Seeds, sunflower        | F | 0.7 oz   | 91  | 6 | 2 | 5  |
|                               | M | 0.5 oz   | 81  | 3 | 1 | 7  |                         | M | 0.6 oz   | 81  | 5 | 2 | 5  |



## FAT

325 CALORIES PER MEAL

### EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P | C | F  |                             |   | SERVING |      | CAL | P | C | F  |
|--------------------|---|---------|------|-----|---|---|----|-----------------------------|---|---------|------|-----|---|---|----|
| Butter             | F | 0.9     | Tbsp | 91  | 0 | 0 | 10 | Cheese, ricotta             | F | 2.1     | oz   | 91  | 6 | 2 | 6  |
|                    | M | 0.8     | Tbsp | 81  | 0 | 0 | 9  |                             | M | 1.8     | oz   | 81  | 6 | 2 | 6  |
| Cheese, asiago     | F | 0.8     | oz   | 91  | 7 | 1 | 7  | Cheese, swiss               | F | 0.8     | oz   | 91  | 7 | 0 | 7  |
|                    | M | 0.8     | oz   | 81  | 6 | 1 | 6  |                             | M | 0.7     | oz   | 81  | 6 | 0 | 7  |
| Cheese, blue       | F | 0.9     | oz   | 91  | 6 | 0 | 7  | Chocolate, dark >70% cacao* | F | 0.5     | oz   | 91  | 1 | 7 | 7  |
|                    | M | 0.8     | oz   | 81  | 6 | 0 | 6  |                             | M | 0.5     | oz   | 81  | 1 | 6 | 6  |
| Cheese, brie       | F | 1       | oz   | 91  | 5 | 0 | 8  | Coconut flakes unsweetened  | F | 1.7     | Tbsp | 91  | 0 | 0 | 8  |
|                    | M | 0.9     | oz   | 81  | 4 | 0 | 7  |                             | M | 1.5     | Tbsp | 81  | 0 | 0 | 7  |
| Cheese, cheddar    | F | 0.8     | oz   | 91  | 5 | 1 | 7  | Coconut milk, full fat      | F | 0.2     | Cups | 91  | 0 | 1 | 9  |
|                    | M | 0.7     | oz   | 81  | 4 | 1 | 6  |                             | M | 0.2     | Cups | 81  | 0 | 1 | 8  |
| Cheese, feta       | F | 1.3     | oz   | 91  | 8 | 3 | 5  | Ghee                        | F | 0.7     | Tbsp | 91  | 0 | 0 | 10 |
|                    | M | 1.2     | oz   | 81  | 7 | 2 | 5  |                             | M | 0.6     | Tbsp | 81  | 0 | 0 | 9  |
| Cheese, goat       | F | 1.1     | oz   | 91  | 5 | 2 | 7  | Heavy cream                 | F | 1.8     | Tbsp | 91  | 0 | 0 | 11 |
|                    | M | 1       | oz   | 81  | 4 | 2 | 6  |                             | M | 1.6     | Tbsp | 81  | 0 | 0 | 10 |
| Cheese, gouda      | F | 0.9     | oz   | 91  | 6 | 1 | 7  | Nut butter, peanut          | F | 0.9     | Tbsp | 91  | 4 | 3 | 7  |
|                    | M | 0.8     | oz   | 81  | 6 | 1 | 6  |                             | M | 0.8     | Tbsp | 81  | 3 | 2 | 6  |
| Cheese, mozzarella | F | 1.1     | oz   | 91  | 8 | 1 | 4  | Oil, extra virgin coconut   | F | 0.7     | Tbsp | 91  | 0 | 0 | 10 |
|                    | M | 1       | oz   | 81  | 7 | 1 | 4  |                             | M | 0.6     | Tbsp | 81  | 0 | 0 | 9  |
| Cheese, muenster   | F | 0.9     | oz   | 91  | 6 | 0 | 8  | Peanuts                     | F | 0.6     | oz   | 91  | 4 | 3 | 8  |
|                    | M | 0.8     | oz   | 81  | 5 | 0 | 7  |                             | M | 0.5     | oz   | 81  | 4 | 3 | 7  |
| Cheese, parmesan   | F | 0.8     | oz   | 91  | 9 | 0 | 7  | Salad dressing, oil-based   | F | 1.1     | Tbsp | 91  | 0 | 2 | 9  |
|                    | M | 0.7     | oz   | 81  | 8 | 0 | 6  |                             | M | 1       | Tbsp | 81  | 0 | 2 | 8  |
| Cheese, provolone  | F | 0.9     | oz   | 91  | 6 | 1 | 7  |                             |   |         |      |     |   |   |    |
|                    | M | 0.8     | oz   | 81  | 6 | 1 | 6  |                             |   |         |      |     |   |   |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**350** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 2.4 oz   | 147 | 24 | 0  | 5 | Fish, mahi mahi               | F | 4.7 oz     | 147 | 33 | 0  | 0  |
|                             | M | 2.6 oz   | 158 | 26 | 0  | 5 |                               | M | 5.1 oz     | 158 | 36 | 0  | 0  |
| Beef, eye round             | F | 2.5 oz   | 147 | 20 | 0  | 7 | Fish, salmon                  | F | 2.5 oz     | 147 | 15 | 0  | 10 |
|                             | M | 2.7 oz   | 158 | 21 | 0  | 8 |                               | M | 2.7 oz     | 158 | 16 | 0  | 11 |
| Beef, flank                 | F | 2.6 oz   | 147 | 21 | 0  | 8 | Lobster                       | F | 5.9 oz     | 147 | 29 | 0  | 0  |
|                             | M | 2.8 oz   | 158 | 22 | 0  | 8 |                               | M | 6.3 oz     | 158 | 32 | 0  | 0  |
| Beef, ground 96/4           | F | 2.7 oz   | 147 | 25 | 0  | 5 | Nutritional yeast*            | F | 7.4 Tbsp   | 147 | 22 | 15 | 0  |
|                             | M | 2.9 oz   | 158 | 26 | 0  | 6 |                               | M | 7.9 Tbsp   | 158 | 24 | 16 | 0  |
| Beef, ground 90/10          | F | 2.4 oz   | 147 | 19 | 0  | 7 | Pheasant                      | F | 2.2 oz     | 147 | 19 | 0  | 6  |
|                             | M | 2.6 oz   | 158 | 21 | 0  | 8 |                               | M | 2.3 oz     | 158 | 21 | 0  | 7  |
| Beef, sirloin tip side      | F | 3.1 oz   | 147 | 25 | 0  | 3 | Rabbit                        | F | 3 oz       | 147 | 27 | 0  | 3  |
|                             | M | 3.4 oz   | 158 | 27 | 0  | 3 |                               | M | 3.2 oz     | 158 | 29 | 0  | 3  |
| Beef, top round             | F | 2.5 oz   | 147 | 22 | 0  | 5 | Scallops                      | F | 5.9 oz     | 147 | 29 | 0  | 0  |
|                             | M | 2.6 oz   | 158 | 24 | 0  | 5 |                               | M | 6.3 oz     | 158 | 32 | 0  | 0  |
| Bison                       | F | 2.9 oz   | 147 | 20 | 0  | 6 | Shrimp                        | F | 5.3 oz     | 147 | 37 | 0  | 0  |
|                             | M | 3.1 oz   | 158 | 22 | 0  | 6 |                               | M | 5.6 oz     | 158 | 40 | 0  | 0  |
| Broth, bone                 | F | 7.4 oz   | 147 | 29 | 0  | 7 | TruLean protein powder, vegan | F | 1.3 Scoops | 147 | 29 | 3  | 3  |
|                             | M | 7.9 oz   | 158 | 32 | 0  | 8 |                               | M | 1.4 Scoops | 158 | 32 | 3  | 3  |
| Chicken, breast             | F | 3.1 oz   | 147 | 28 | 0  | 3 | TruLean protein powder, whey  | F | 1.5 Scoops | 147 | 35 | 1  | 0  |
|                             | M | 3.4 oz   | 158 | 30 | 0  | 3 |                               | M | 1.6 Scoops | 158 | 38 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 0.9 Cups | 147 | 20 | 15 | 0 | Turkey, breast                | F | 3.4 oz     | 147 | 31 | 0  | 3  |
|                             | M | 1 Cups   | 158 | 22 | 16 | 0 |                               | M | 3.7 oz     | 158 | 33 | 0  | 4  |
| Cottage cheese, 2% fat      | F | 0.9 Cups | 147 | 20 | 6  | 5 | Turkey, ground 99/1           | F | 3.8 oz     | 147 | 30 | 0  | 4  |
|                             | M | 1 Cups   | 158 | 22 | 6  | 5 |                               | M | 4.1 oz     | 158 | 32 | 0  | 4  |
| Crab                        | F | 5.1 oz   | 147 | 30 | 0  | 0 | Turkey, ground 93/7           | F | 2.5 oz     | 147 | 20 | 0  | 7  |
|                             | M | 5.4 oz   | 158 | 33 | 0  | 0 |                               | M | 2.6 oz     | 158 | 21 | 0  | 8  |
| Egg whites, pourable*       | F | 11.3 oz  | 147 | 34 | 0  | 0 | Turkey, ground 90/10          | F | 2.5 oz     | 147 | 17 | 0  | 7  |
|                             | M | 12.2 oz  | 158 | 36 | 0  | 0 |                               | M | 2.7 oz     | 158 | 19 | 0  | 8  |
| Egg whites, from whole egg* | F | 8.6 Eggs | 147 | 35 | 0  | 0 | Venison                       | F | 2.8 oz     | 147 | 22 | 0  | 6  |
|                             | M | 9.3 Eggs | 158 | 37 | 0  | 0 |                               | M | 3 oz       | 158 | 24 | 0  | 6  |
| Fish, ahi tuna steak        | F | 3.8 oz   | 147 | 30 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1.2 Cups   | 147 | 26 | 10 | 0  |
|                             | M | 4.1 oz   | 158 | 32 | 0  | 0 |                               | M | 1.3 Cups   | 158 | 28 | 11 | 0  |
| Fish, cod                   | F | 4.2 oz   | 147 | 25 | 0  | 4 | Yogurt, Greek plain low-fat   | F | 0.9 Cups   | 147 | 21 | 8  | 4  |
|                             | M | 4.5 oz   | 158 | 27 | 0  | 5 |                               | M | 0.9 Cups   | 158 | 22 | 8  | 5  |



## PROTEIN

**350** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 2.2 oz   | 147 | 16 | 0  | 9  |
|                        | M | 2.4 oz   | 158 | 17 | 0  | 10 |
| Beef, skirt            | F | 2.4 oz   | 147 | 17 | 0  | 7  |
|                        | M | 2.5 oz   | 158 | 18 | 0  | 8  |
| Chicken, ground        | F | 2.7 oz   | 147 | 19 | 0  | 8  |
|                        | M | 2.9 oz   | 158 | 20 | 0  | 9  |
| Chicken, thighs        | F | 2.7 oz   | 147 | 19 | 0  | 8  |
|                        | M | 2.9 oz   | 158 | 20 | 0  | 9  |
| Cottage cheese, 4% fat | F | 0.6 Cups | 147 | 15 | 7  | 6  |
|                        | M | 0.7 Cups | 158 | 16 | 8  | 7  |
| Dairy milk, skim*      | F | 1.6 Cups | 147 | 13 | 21 | 0  |
|                        | M | 1.8 Cups | 158 | 14 | 23 | 0  |
| Dairy milk, 1%*        | F | 1.3 Cups | 147 | 11 | 17 | 4  |
|                        | M | 1.4 Cups | 158 | 11 | 19 | 4  |
| Dairy milk, 2%*        | F | 1.1 Cups | 147 | 9  | 15 | 6  |
|                        | M | 1.2 Cups | 158 | 10 | 16 | 6  |
| Deli meat, chicken     | F | 4.9 oz   | 147 | 29 | 5  | 0  |
|                        | M | 5.3 oz   | 158 | 32 | 5  | 0  |
| Deli meat, ham         | F | 4.2 oz   | 147 | 21 | 0  | 8  |
|                        | M | 4.5 oz   | 158 | 23 | 0  | 9  |
| Deli meat, roast beef  | F | 4.2 oz   | 147 | 29 | 0  | 4  |
|                        | M | 4.5 oz   | 158 | 32 | 0  | 5  |
| Deli meat, turkey      | F | 4.9 oz   | 147 | 29 | 0  | 5  |
|                        | M | 5.3 oz   | 158 | 32 | 0  | 5  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C | F  |
|------------------------------|---|----------|-----|----|---|----|
| Duck                         | F | 2.2 oz   | 147 | 13 | 0 | 11 |
|                              | M | 2.4 oz   | 158 | 14 | 0 | 12 |
| Eggs, whole *                | F | 2.1 Eggs | 147 | 13 | 2 | 11 |
|                              | M | 2.3 Eggs | 158 | 14 | 2 | 11 |
| Fish, tuna packaged          | F | 4.9 oz   | 147 | 34 | 0 | 0  |
|                              | M | 5.3 oz   | 158 | 37 | 0 | 0  |
| Lamb, ground                 | F | 1.8 oz   | 147 | 13 | 0 | 11 |
|                              | M | 2 oz     | 158 | 14 | 0 | 12 |
| Lamb, shank                  | F | 3.7 oz   | 147 | 18 | 4 | 7  |
|                              | M | 4 oz     | 158 | 20 | 4 | 8  |
| Pork, tenderloin             | F | 3.6 oz   | 147 | 25 | 0 | 4  |
|                              | M | 3.9 oz   | 158 | 27 | 0 | 4  |
| Tempeh                       | F | 2.6 oz   | 147 | 13 | 8 | 8  |
|                              | M | 2.8 oz   | 158 | 14 | 8 | 8  |
| Tofu                         | F | 6.4 oz   | 147 | 13 | 6 | 6  |
|                              | M | 6.9 oz   | 158 | 14 | 7 | 7  |
| Turkey, bacon*               | F | 1.9 oz   | 147 | 15 | 0 | 10 |
|                              | M | 2.1 oz   | 158 | 16 | 0 | 10 |
| Turkey, ground 85/15         | F | 2.3 oz   | 147 | 16 | 0 | 11 |
|                              | M | 2.5 oz   | 158 | 17 | 0 | 12 |
| Yogurt, Greek plain full fat | F | 0.6 Cups | 147 | 14 | 6 | 7  |
|                              | M | 0.7 Cups | 158 | 15 | 6 | 8  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**350** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P | C  | F |                             |   | SERVING  | CAL | P | C  | F |
|------------------------------|---|----------|-----|---|----|---|-----------------------------|---|----------|-----|---|----|---|
| Amaranth, cooked             | F | 0.4 Cups | 105 | 4 | 19 | 2 | Edamame                     | F | 0.5 Cups | 105 | 8 | 9  | 3 |
|                              | M | 0.4 Cups | 105 | 4 | 19 | 2 |                             | M | 0.5 Cups | 105 | 8 | 9  | 3 |
| Amaranth, dry                | F | 0.1 Cups | 105 | 4 | 19 | 2 | Farro, cooked               | F | 0.5 Cups | 105 | 4 | 19 | 1 |
|                              | M | 0.1 Cups | 105 | 4 | 19 | 2 |                             | M | 0.5 Cups | 105 | 4 | 19 | 1 |
| Apple                        | F | 7 oz     | 105 | 0 | 28 | 0 | Farro, dry                  | F | 0.2 Cups | 105 | 4 | 20 | 1 |
|                              | M | 7 oz     | 105 | 0 | 28 | 0 |                             | M | 0.2 Cups | 105 | 4 | 20 | 1 |
| Banana                       | F | 4.2 oz   | 105 | 0 | 25 | 0 | Grapefruit                  | F | 11.7 oz  | 105 | 0 | 23 | 0 |
|                              | M | 4.2 oz   | 105 | 0 | 25 | 0 |                             | M | 11.7 oz  | 105 | 0 | 23 | 0 |
| Beans, black canned          | F | 0.5 Cups | 105 | 7 | 18 | 1 | Grapes                      | F | 5.8 oz   | 105 | 0 | 29 | 0 |
|                              | M | 0.5 Cups | 105 | 7 | 18 | 1 |                             | M | 5.8 oz   | 105 | 0 | 29 | 0 |
| Beans, cannellini canned     | F | 0.5 Cups | 105 | 7 | 20 | 0 | Kamut, cooked               | F | 0.4 Cups | 105 | 5 | 22 | 1 |
|                              | M | 0.5 Cups | 105 | 7 | 20 | 0 |                             | M | 0.4 Cups | 105 | 5 | 22 | 1 |
| Beans, garbanzo canned       | F | 0.4 Cups | 105 | 5 | 17 | 0 | Kamut, dry                  | F | 0.2 Cups | 105 | 5 | 22 | 1 |
|                              | M | 0.4 Cups | 105 | 5 | 17 | 0 |                             | M | 0.2 Cups | 105 | 5 | 22 | 1 |
| Beans, great northern canned | F | 0.5 Cups | 105 | 7 | 19 | 0 | Kiwi                        | F | 6.2 oz   | 105 | 0 | 25 | 0 |
|                              | M | 0.5 Cups | 105 | 7 | 19 | 0 |                             | M | 6.2 oz   | 105 | 0 | 25 | 0 |
| Beans, kidney canned         | F | 0.5 Cups | 105 | 7 | 19 | 1 | Lentils, cooked             | F | 0.5 Cups | 105 | 8 | 18 | 0 |
|                              | M | 0.5 Cups | 105 | 7 | 19 | 1 |                             | M | 0.5 Cups | 105 | 8 | 18 | 0 |
| Beans, lima canned           | F | 1 Cups   | 105 | 6 | 19 | 0 | Lentils, dry                | F | 0.2 Cups | 105 | 9 | 21 | 0 |
|                              | M | 1 Cups   | 105 | 6 | 19 | 0 |                             | M | 0.2 Cups | 105 | 9 | 21 | 0 |
| Beans, pinto canned          | F | 0.6 Cups | 105 | 7 | 20 | 0 | Mango                       | F | 6.2 oz   | 105 | 0 | 25 | 0 |
|                              | M | 0.6 Cups | 105 | 7 | 20 | 0 |                             | M | 6.2 oz   | 105 | 0 | 25 | 0 |
| Beets                        | F | 8.8 oz   | 105 | 0 | 26 | 0 | Melon, cantaloupe           | F | 10.5 oz  | 105 | 0 | 21 | 0 |
|                              | M | 8.8 oz   | 105 | 0 | 26 | 0 |                             | M | 10.5 oz  | 105 | 0 | 21 | 0 |
| Blackberries                 | F | 8.8 oz   | 105 | 0 | 26 | 0 | Melon, honeydew             | F | 10.5 oz  | 105 | 0 | 32 | 0 |
|                              | M | 8.8 oz   | 105 | 0 | 26 | 0 |                             | M | 10.5 oz  | 105 | 0 | 32 | 0 |
| Blueberries                  | F | 6.6 oz   | 105 | 0 | 26 | 0 | Melon, watermelon           | F | 11.7 oz  | 105 | 0 | 23 | 0 |
|                              | M | 6.6 oz   | 105 | 0 | 26 | 0 |                             | M | 11.7 oz  | 105 | 0 | 23 | 0 |
| Buckwheat, cooked            | F | 0.7 Cups | 105 | 4 | 23 | 1 | Millet, cooked              | F | 0.5 Cups | 105 | 3 | 21 | 1 |
|                              | M | 0.7 Cups | 105 | 4 | 23 | 1 |                             | M | 0.5 Cups | 105 | 3 | 21 | 1 |
| Buckwheat, dry               | F | 0.2 Cups | 105 | 4 | 23 | 1 | Millet, dry                 | F | 0.1 Cups | 105 | 3 | 21 | 1 |
|                              | M | 0.2 Cups | 105 | 4 | 23 | 1 |                             | M | 0.1 Cups | 105 | 3 | 21 | 1 |
| Clementine                   | F | 8.1 oz   | 105 | 0 | 24 | 0 | Oat milk                    | F | 1.3 Cups | 105 | 3 | 14 | 4 |
|                              | M | 8.1 oz   | 105 | 0 | 24 | 0 |                             | M | 1.3 Cups | 105 | 3 | 14 | 4 |
| Corn                         | F | 0.8 Cups | 105 | 2 | 20 | 2 | Oats, old fashioned, cooked | F | 0.6 Cups | 105 | 4 | 18 | 3 |
|                              | M | 0.8 Cups | 105 | 2 | 20 | 2 |                             | M | 0.6 Cups | 105 | 4 | 18 | 3 |



## CARB

**350** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P | C  | F |                    |   | SERVING  | CAL | P | C  | F |
|--------------------------|---|----------|-----|---|----|---|--------------------|---|----------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.4 Cups | 105 | 4 | 19 | 2 | Raspberries        | F | 7 oz     | 105 | 0 | 21 | 0 |
|                          | M | 0.4 Cups | 105 | 4 | 19 | 2 |                    | M | 7 oz     | 105 | 0 | 21 | 0 |
| Oats, steel cut, cooked  | F | 0.7 Cups | 105 | 6 | 36 | 1 | Rice, brown cooked | F | 0.5 Cups | 105 | 2 | 21 | 1 |
|                          | M | 0.7 Cups | 105 | 6 | 36 | 1 |                    | M | 0.5 Cups | 105 | 2 | 21 | 1 |
| Oats, steel cut, dry     | F | 0.2 Cups | 105 | 4 | 19 | 2 | Rice, brown dry    | F | 0.2 Cups | 105 | 2 | 23 | 1 |
|                          | M | 0.2 Cups | 105 | 4 | 19 | 2 |                    | M | 0.2 Cups | 105 | 2 | 23 | 1 |
| Orange                   | F | 8.1 oz   | 105 | 0 | 24 | 0 | Rice, wild cooked  | F | 0.6 Cups | 105 | 4 | 22 | 1 |
|                          | M | 8.1 oz   | 105 | 0 | 24 | 0 |                    | M | 0.6 Cups | 105 | 4 | 22 | 1 |
| Papaya                   | F | 8.8 oz   | 105 | 0 | 18 | 0 | Rice, wild dry     | F | 0.2 Cups | 105 | 4 | 22 | 0 |
|                          | M | 8.8 oz   | 105 | 0 | 18 | 0 |                    | M | 0.2 Cups | 105 | 4 | 22 | 0 |
| Parsnips                 | F | 5 oz     | 105 | 0 | 25 | 0 | Spelt, cooked      | F | 0.4 Cups | 105 | 5 | 22 | 1 |
|                          | M | 5 oz     | 105 | 0 | 25 | 0 |                    | M | 0.4 Cups | 105 | 5 | 22 | 1 |
| Peach                    | F | 9.5 oz   | 105 | 0 | 29 | 0 | Spelt, dry         | F | 0.2 Cups | 105 | 5 | 23 | 1 |
|                          | M | 9.5 oz   | 105 | 0 | 29 | 0 |                    | M | 0.2 Cups | 105 | 5 | 23 | 1 |
| Pear                     | F | 6.6 oz   | 105 | 0 | 26 | 0 | Squash, acorn      | F | 8.8 oz   | 105 | 0 | 26 | 0 |
|                          | M | 6.6 oz   | 105 | 0 | 26 | 0 |                    | M | 8.8 oz   | 105 | 0 | 26 | 0 |
| Pineapple                | F | 7.5 oz   | 105 | 0 | 30 | 0 | Squash, butternut  | F | 4.6 oz   | 105 | 5 | 27 | 0 |
|                          | M | 7.5 oz   | 105 | 0 | 30 | 0 |                    | M | 4.6 oz   | 105 | 5 | 27 | 0 |
| Peas, green or yellow    | F | 0.9 Cups | 105 | 7 | 19 | 0 | Squash, kabocha    | F | 10.5 oz  | 105 | 0 | 21 | 0 |
|                          | M | 0.9 Cups | 105 | 7 | 19 | 0 |                    | M | 10.5 oz  | 105 | 0 | 21 | 0 |
| Potato, sweet            | F | 4.4 oz   | 105 | 0 | 26 | 0 | Strawberries       | F | 11.7 oz  | 105 | 0 | 23 | 0 |
|                          | M | 4.4 oz   | 105 | 0 | 26 | 0 |                    | M | 11.7 oz  | 105 | 0 | 23 | 0 |
| Potato, white            | F | 5.3 oz   | 105 | 0 | 26 | 0 | Sweet cherries     | F | 5.8 oz   | 105 | 0 | 23 | 0 |
|                          | M | 5.3 oz   | 105 | 0 | 26 | 0 |                    | M | 5.8 oz   | 105 | 0 | 23 | 0 |
| Potato, yellow           | F | 5 oz     | 105 | 5 | 25 | 0 | Teff, cooked       | F | 0.4 Cups | 105 | 4 | 21 | 1 |
|                          | M | 5 oz     | 105 | 5 | 25 | 0 |                    | M | 0.4 Cups | 105 | 4 | 21 | 1 |
| Pumpkin                  | F | 15 oz    | 105 | 0 | 30 | 0 | Teff, dry          | F | 0.1 Cups | 105 | 4 | 21 | 1 |
|                          | M | 15 oz    | 105 | 0 | 30 | 0 |                    | M | 0.1 Cups | 105 | 4 | 21 | 1 |
| Quinoa, cooked           | F | 0.5 Cups | 105 | 4 | 18 | 2 | Water chestnuts    | F | 2.6 Cups | 105 | 3 | 24 | 0 |
|                          | M | 0.5 Cups | 105 | 4 | 18 | 2 |                    | M | 2.6 Cups | 105 | 3 | 24 | 0 |
| Quinoa, dry              | F | 0.2 Cups | 105 | 3 | 20 | 2 |                    |   |          |     |   |    |   |
|                          | M | 0.2 Cups | 105 | 3 | 20 | 2 |                    |   |          |     |   |    |   |



## CARB

**350** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P | C  | F |
|--------------------------------|---|---------------|-----|---|----|---|
| Applesauce, unsweetened        | F | 1.1 Cups      | 105 | 0 | 27 | 0 |
|                                | M | 1.1 Cups      | 105 | 0 | 27 | 0 |
| Bread, sprouted or whole wheat | F | 1.3 Slices    | 105 | 7 | 20 | 1 |
|                                | M | 1.3 Slices    | 105 | 7 | 20 | 1 |
| Corn tortillas                 | F | 1.9 Tortillas | 105 | 2 | 21 | 2 |
|                                | M | 1.9 Tortillas | 105 | 2 | 21 | 2 |
| Dried fruit                    | F | 1.3 oz        | 105 | 1 | 27 | 0 |
|                                | M | 1.3 oz        | 105 | 1 | 27 | 0 |
| Honey, raw*                    | F | 1.6 Tbsp      | 105 | 0 | 28 | 0 |
|                                | M | 1.6 Tbsp      | 105 | 0 | 28 | 0 |
| Maple syrup, pure*             | F | 1.9 Tbsp      | 105 | 0 | 27 | 0 |
|                                | M | 1.9 Tbsp      | 105 | 0 | 27 | 0 |
| Pasta, bean cooked             | F | 2.6 oz        | 105 | 8 | 18 | 3 |
|                                | M | 2.6 oz        | 105 | 8 | 18 | 3 |

### SERVING

CAL P C F

|                      |   |          |     |   |    |   |
|----------------------|---|----------|-----|---|----|---|
| Pasta, bean dry      | F | 1.1 oz   | 105 | 7 | 18 | 2 |
|                      | M | 1.1 oz   | 105 | 7 | 18 | 2 |
| Pasta, lentil cooked | F | 1.2 oz   | 105 | 9 | 13 | 1 |
|                      | M | 1.2 oz   | 105 | 9 | 13 | 1 |
| Pasta, lentil dry    | F | 1.1 oz   | 105 | 4 | 22 | 1 |
|                      | M | 1.1 oz   | 105 | 4 | 22 | 1 |
| Popcorn, air-popped  | F | 3.4 Cups | 105 | 3 | 20 | 0 |
|                      | M | 3.4 Cups | 105 | 3 | 20 | 0 |
| Rice, white cooked   | F | 0.5 Cups | 105 | 2 | 23 | 0 |
|                      | M | 0.5 Cups | 105 | 2 | 23 | 0 |
| Rice, white dry      | F | 0.2 Cups | 105 | 2 | 24 | 0 |
|                      | M | 0.2 Cups | 105 | 2 | 24 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**350** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P | C | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|---|---|----|
| Avocado                       | F | 2.2 oz   | 98  | 2 | 4 | 9  | Nuts, walnuts           | F | 0.5 oz   | 98  | 2 | 2 | 10 |
|                               | M | 2 oz     | 88  | 2 | 4 | 8  |                         | M | 0.5 oz   | 88  | 2 | 2 | 9  |
| Butter, grass-fed             | F | 1 Tbsp   | 98  | 0 | 0 | 11 | Oil, avocado            | F | 0.8 Tbsp | 98  | 0 | 0 | 11 |
|                               | M | 0.9 Tbsp | 88  | 0 | 0 | 10 |                         | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Cacao nibs                    | F | 1.8 Tbsp | 98  | 0 | 5 | 7  | Oil, extra virgin olive | F | 0.8 Tbsp | 98  | 0 | 0 | 12 |
|                               | M | 1.6 Tbsp | 88  | 0 | 5 | 7  |                         | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Coconut milk, unsweetened*    | F | 2.2 Cups | 98  | 0 | 2 | 9  | Oil, flaxseed           | F | 0.8 Tbsp | 98  | 0 | 0 | 11 |
|                               | M | 2 Cups   | 88  | 0 | 2 | 8  |                         | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Guacamole                     | F | 3.9 Tbsp | 98  | 4 | 4 | 8  | Oil, grapeseed          | F | 0.8 Tbsp | 98  | 0 | 0 | 11 |
|                               | M | 3.5 Tbsp | 88  | 4 | 4 | 7  |                         | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Hummus                        | F | 2.8 Tbsp | 98  | 3 | 6 | 8  | Oil, sesame             | F | 0.8 Tbsp | 98  | 0 | 0 | 11 |
|                               | M | 2.5 Tbsp | 88  | 3 | 5 | 8  |                         | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Nut butter, almond            | F | 1 Tbsp   | 98  | 4 | 3 | 9  | Olives, black           | F | 2 oz     | 98  | 0 | 4 | 10 |
|                               | M | 0.9 Tbsp | 88  | 4 | 3 | 8  |                         | M | 1.8 oz   | 88  | 0 | 4 | 9  |
| Nut butter, cashew            | F | 1 Tbsp   | 98  | 2 | 5 | 8  | Olives, green           | F | 2 oz     | 98  | 2 | 2 | 10 |
|                               | M | 0.9 Tbsp | 88  | 2 | 5 | 7  |                         | M | 1.8 oz   | 88  | 2 | 2 | 9  |
| Nut milk, almond unsweetened* | F | 3.3 Cups | 98  | 3 | 3 | 10 | Olives, kalamata        | F | 1.2 oz   | 98  | 0 | 5 | 9  |
|                               | M | 2.9 Cups | 88  | 3 | 3 | 9  |                         | M | 1 oz     | 88  | 0 | 4 | 8  |
| Nut milk, cashew unsweetened* | F | 3.9 Cups | 98  | 4 | 4 | 8  | Pea milk, unsweetened   | F | 1 Cups   | 98  | 8 | 6 | 4  |
|                               | M | 3.5 Cups | 88  | 4 | 4 | 7  |                         | M | 0.9 Cups | 88  | 7 | 5 | 4  |
| Nuts, almonds                 | F | 0.6 oz   | 98  | 4 | 4 | 8  | Seed butter, sunflower  | F | 1 Tbsp   | 98  | 4 | 4 | 8  |
|                               | M | 0.5 oz   | 88  | 3 | 3 | 8  |                         | M | 0.9 Tbsp | 88  | 4 | 4 | 7  |
| Nuts, brazil nuts             | F | 0.5 oz   | 98  | 2 | 1 | 10 | Seeds, chia             | F | 1.4 Tbsp | 98  | 3 | 9 | 6  |
|                               | M | 0.4 oz   | 88  | 2 | 0 | 9  |                         | M | 1.3 Tbsp | 88  | 3 | 8 | 5  |
| Nuts, cashews                 | F | 0.6 oz   | 98  | 3 | 6 | 7  | Seeds, flax             | F | 1.9 Tbsp | 98  | 4 | 6 | 8  |
|                               | M | 0.6 oz   | 88  | 3 | 5 | 7  |                         | M | 1.7 Tbsp | 88  | 3 | 5 | 7  |
| Nuts, hazelnuts               | F | 0.5 oz   | 98  | 2 | 3 | 9  | Seeds, hemp             | F | 1.6 Tbsp | 98  | 5 | 0 | 8  |
|                               | M | 0.5 oz   | 88  | 2 | 2 | 8  |                         | M | 1.5 Tbsp | 88  | 4 | 0 | 7  |
| Nuts, pecans                  | F | 0.5 oz   | 98  | 1 | 2 | 10 | Seeds, pumpkin          | F | 0.6 oz   | 98  | 5 | 2 | 9  |
|                               | M | 0.4 oz   | 88  | 1 | 2 | 9  |                         | M | 0.5 oz   | 88  | 5 | 2 | 8  |
| Nuts, pistachios shelled      | F | 0.6 oz   | 98  | 4 | 2 | 8  | Seeds, sunflower        | F | 0.7 oz   | 98  | 6 | 2 | 6  |
|                               | M | 0.5 oz   | 88  | 4 | 2 | 7  |                         | M | 0.6 oz   | 88  | 6 | 2 | 5  |



## FAT

**350** CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P | C | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|---|---|----|
| Butter             | F | 1 Tbsp   | 98  | 0  | 0 | 11 | Cheese, ricotta             | F | 2.2 oz   | 98  | 7 | 2 | 7  |
|                    | M | 0.9 Tbsp | 88  | 0  | 0 | 10 |                             | M | 2 oz     | 88  | 6 | 2 | 6  |
| Cheese, asiago     | F | 0.9 oz   | 98  | 7  | 1 | 7  | Cheese, swiss               | F | 0.9 oz   | 98  | 7 | 0 | 8  |
|                    | M | 0.8 oz   | 88  | 7  | 1 | 7  |                             | M | 0.8 oz   | 88  | 6 | 0 | 7  |
| Cheese, blue       | F | 1 oz     | 98  | 7  | 0 | 8  | Chocolate, dark >70% cacao* | F | 0.6 oz   | 98  | 1 | 8 | 8  |
|                    | M | 0.9 oz   | 88  | 6  | 0 | 7  |                             | M | 0.5 oz   | 88  | 1 | 7 | 7  |
| Cheese, brie       | F | 1.1 oz   | 98  | 5  | 0 | 9  | Coconut flakes unsweetened  | F | 1.8 Tbsp | 98  | 0 | 0 | 9  |
|                    | M | 1 oz     | 88  | 5  | 0 | 8  |                             | M | 1.6 Tbsp | 88  | 0 | 0 | 8  |
| Cheese, cheddar    | F | 0.9 oz   | 98  | 5  | 1 | 8  | Coconut milk, full fat      | F | 0.3 Cups | 98  | 1 | 1 | 10 |
|                    | M | 0.8 oz   | 88  | 5  | 1 | 7  |                             | M | 0.2 Cups | 88  | 0 | 1 | 9  |
| Cheese, feta       | F | 1.4 oz   | 98  | 8  | 3 | 6  | Ghee                        | F | 0.7 Tbsp | 98  | 0 | 0 | 11 |
|                    | M | 1.3 oz   | 88  | 8  | 3 | 5  |                             | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Cheese, goat       | F | 1.2 oz   | 98  | 5  | 2 | 7  | Heavy cream                 | F | 2 Tbsp   | 98  | 0 | 0 | 12 |
|                    | M | 1.1 oz   | 88  | 4  | 2 | 7  |                             | M | 1.8 Tbsp | 88  | 0 | 0 | 11 |
| Cheese, gouda      | F | 1 oz     | 98  | 7  | 1 | 8  | Nut butter, peanut          | F | 1 Tbsp   | 98  | 4 | 3 | 8  |
|                    | M | 0.9 oz   | 88  | 6  | 1 | 7  |                             | M | 0.9 Tbsp | 88  | 4 | 3 | 7  |
| Cheese, mozzarella | F | 1.2 oz   | 98  | 8  | 1 | 5  | Oil, extra virgin coconut   | F | 0.8 Tbsp | 98  | 0 | 0 | 11 |
|                    | M | 1.1 oz   | 88  | 8  | 1 | 4  |                             | M | 0.7 Tbsp | 88  | 0 | 0 | 10 |
| Cheese, muenster   | F | 0.9 oz   | 98  | 7  | 0 | 8  | Peanuts                     | F | 0.6 oz   | 98  | 4 | 3 | 9  |
|                    | M | 0.8 oz   | 88  | 6  | 0 | 8  |                             | M | 0.5 oz   | 88  | 4 | 3 | 8  |
| Cheese, parmesan   | F | 0.9 oz   | 98  | 10 | 0 | 8  | Salad dressing, oil-based   | F | 1.2 Tbsp | 98  | 0 | 2 | 10 |
|                    | M | 0.8 oz   | 88  | 9  | 0 | 7  |                             | M | 1.1 Tbsp | 88  | 0 | 2 | 9  |
| Cheese, provolone  | F | 1 oz     | 98  | 7  | 1 | 8  |                             |   |          |     |   |   |    |
|                    | M | 0.9 oz   | 88  | 6  | 1 | 7  |                             |   |          |     |   |   |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**375** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING  | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 2.6 oz   | 158 | 26 | 0  | 5 | Fish, mahi mahi               | F | 5.1 oz     | 158 | 36 | 0  | 0  |
|                             | M | 2.8 oz   | 169 | 28 | 0  | 6 |                               | M | 5.5 oz     | 169 | 38 | 0  | 0  |
| Beef, eye round             | F | 2.7 oz   | 158 | 21 | 0  | 8 | Fish, salmon                  | F | 2.7 oz     | 158 | 16 | 0  | 11 |
|                             | M | 2.9 oz   | 169 | 23 | 0  | 9 |                               | M | 2.9 oz     | 169 | 17 | 0  | 11 |
| Beef, flank                 | F | 2.8 oz   | 158 | 22 | 0  | 8 | Lobster                       | F | 6.3 oz     | 158 | 32 | 0  | 0  |
|                             | M | 3 oz     | 169 | 24 | 0  | 9 |                               | M | 6.8 oz     | 169 | 34 | 0  | 0  |
| Beef, ground 96/4           | F | 2.9 oz   | 158 | 26 | 0  | 6 | Nutritional yeast*            | F | 7.9 Tbsp   | 158 | 24 | 16 | 0  |
|                             | M | 3.1 oz   | 169 | 28 | 0  | 6 |                               | M | 8.5 Tbsp   | 169 | 25 | 17 | 0  |
| Beef, ground 90/10          | F | 2.6 oz   | 158 | 21 | 0  | 8 | Pheasant                      | F | 2.3 oz     | 158 | 21 | 0  | 7  |
|                             | M | 2.8 oz   | 169 | 22 | 0  | 8 |                               | M | 2.5 oz     | 169 | 22 | 0  | 7  |
| Beef, sirloin tip side      | F | 3.4 oz   | 158 | 27 | 0  | 3 | Rabbit                        | F | 3.2 oz     | 158 | 29 | 0  | 3  |
|                             | M | 3.6 oz   | 169 | 29 | 0  | 4 |                               | M | 3.4 oz     | 169 | 31 | 0  | 3  |
| Beef, top round             | F | 2.6 oz   | 158 | 24 | 0  | 5 | Scallops                      | F | 6.3 oz     | 158 | 32 | 0  | 0  |
|                             | M | 2.8 oz   | 169 | 25 | 0  | 6 |                               | M | 6.8 oz     | 169 | 34 | 0  | 0  |
| Bison                       | F | 3.1 oz   | 158 | 22 | 0  | 6 | Shrimp                        | F | 5.6 oz     | 158 | 40 | 0  | 0  |
|                             | M | 3.3 oz   | 169 | 23 | 0  | 7 |                               | M | 6 oz       | 169 | 42 | 0  | 0  |
| Broth, bone                 | F | 7.9 oz   | 158 | 32 | 0  | 8 | TruLean protein powder, vegan | F | 1.4 Scoops | 158 | 32 | 3  | 3  |
|                             | M | 8.5 oz   | 169 | 34 | 0  | 8 |                               | M | 1.5 Scoops | 169 | 34 | 3  | 3  |
| Chicken, breast             | F | 3.4 oz   | 158 | 30 | 0  | 3 | TruLean protein powder, whey  | F | 1.6 Scoops | 158 | 38 | 2  | 0  |
|                             | M | 3.6 oz   | 169 | 32 | 0  | 4 |                               | M | 1.7 Scoops | 169 | 41 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1 Cups   | 158 | 22 | 16 | 0 | Turkey, breast                | F | 3.7 oz     | 158 | 33 | 0  | 4  |
|                             | M | 1.1 Cups | 169 | 23 | 17 | 0 |                               | M | 3.9 oz     | 169 | 35 | 0  | 4  |
| Cottage cheese, 2% fat      | F | 1 Cups   | 158 | 22 | 6  | 5 | Turkey, ground 99/1           | F | 4.1 oz     | 158 | 32 | 0  | 4  |
|                             | M | 1.1 Cups | 169 | 23 | 6  | 5 |                               | M | 4.3 oz     | 169 | 35 | 0  | 4  |
| Crab                        | F | 5.4 oz   | 158 | 33 | 0  | 0 | Turkey, ground 93/7           | F | 2.6 oz     | 158 | 21 | 0  | 8  |
|                             | M | 5.8 oz   | 169 | 35 | 0  | 0 |                               | M | 2.8 oz     | 169 | 23 | 0  | 8  |
| Egg whites, pourable*       | F | 12.2 oz  | 158 | 36 | 0  | 0 | Turkey, ground 90/10          | F | 2.7 oz     | 158 | 19 | 0  | 8  |
|                             | M | 13 oz    | 169 | 39 | 0  | 0 |                               | M | 2.9 oz     | 169 | 20 | 0  | 9  |
| Egg whites, from whole egg* | F | 9.3 Eggs | 158 | 37 | 0  | 0 | Venison                       | F | 3 oz       | 158 | 24 | 0  | 6  |
|                             | M | 9.9 Eggs | 169 | 40 | 0  | 0 |                               | M | 3.2 oz     | 169 | 26 | 0  | 6  |
| Fish, ahi tuna steak        | F | 4.1 oz   | 158 | 32 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1.3 Cups   | 158 | 28 | 11 | 0  |
|                             | M | 4.3 oz   | 169 | 35 | 0  | 0 |                               | M | 1.4 Cups   | 169 | 30 | 11 | 0  |
| Fish, cod                   | F | 4.5 oz   | 158 | 27 | 0  | 5 | Yogurt, Greek plain low-fat   | F | 0.9 Cups   | 158 | 22 | 8  | 5  |
|                             | M | 4.8 oz   | 169 | 29 | 0  | 5 |                               | M | 1 Cups     | 169 | 24 | 9  | 5  |



## PROTEIN

**375** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 2.4 oz   | 158 | 17 | 0  | 10 |
|                        | M | 2.6 oz   | 169 | 18 | 0  | 10 |
| Beef, skirt            | F | 2.5 oz   | 158 | 18 | 0  | 8  |
|                        | M | 2.7 oz   | 169 | 19 | 0  | 8  |
| Chicken, ground        | F | 2.9 oz   | 158 | 20 | 0  | 9  |
|                        | M | 3.1 oz   | 169 | 22 | 0  | 9  |
| Chicken, thighs        | F | 2.9 oz   | 158 | 20 | 0  | 9  |
|                        | M | 3.1 oz   | 169 | 22 | 0  | 9  |
| Cottage cheese, 4% fat | F | 0.7 Cups | 158 | 16 | 8  | 7  |
|                        | M | 0.7 Cups | 169 | 17 | 8  | 7  |
| Dairy milk, skim*      | F | 1.8 Cups | 158 | 14 | 23 | 0  |
|                        | M | 1.9 Cups | 169 | 15 | 24 | 0  |
| Dairy milk, 1%*        | F | 1.4 Cups | 158 | 11 | 19 | 4  |
|                        | M | 1.5 Cups | 169 | 12 | 20 | 5  |
| Dairy milk, 2%*        | F | 1.2 Cups | 158 | 10 | 16 | 6  |
|                        | M | 1.3 Cups | 169 | 10 | 17 | 7  |
| Deli meat, chicken     | F | 5.3 oz   | 158 | 32 | 5  | 0  |
|                        | M | 5.6 oz   | 169 | 34 | 6  | 0  |
| Deli meat, ham         | F | 4.5 oz   | 158 | 23 | 0  | 9  |
|                        | M | 4.8 oz   | 169 | 24 | 0  | 10 |
| Deli meat, roast beef  | F | 4.5 oz   | 158 | 32 | 0  | 5  |
|                        | M | 4.8 oz   | 169 | 34 | 0  | 5  |
| Deli meat, turkey      | F | 5.3 oz   | 158 | 32 | 0  | 5  |
|                        | M | 5.6 oz   | 169 | 34 | 0  | 6  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C | F  |
|------------------------------|---|----------|-----|----|---|----|
| Duck                         | F | 2.4 oz   | 158 | 14 | 0 | 12 |
|                              | M | 2.5 oz   | 169 | 15 | 0 | 13 |
| Eggs, whole *                | F | 2.3 Eggs | 158 | 14 | 2 | 11 |
|                              | M | 2.4 Eggs | 169 | 14 | 2 | 12 |
| Fish, tuna packaged          | F | 5.3 oz   | 158 | 37 | 0 | 0  |
|                              | M | 5.6 oz   | 169 | 39 | 0 | 0  |
| Lamb, ground                 | F | 2 oz     | 158 | 14 | 0 | 12 |
|                              | M | 2.1 oz   | 169 | 15 | 0 | 13 |
| Lamb, shank                  | F | 4 oz     | 158 | 20 | 4 | 8  |
|                              | M | 4.2 oz   | 169 | 21 | 4 | 8  |
| Pork, tenderloin             | F | 3.9 oz   | 158 | 27 | 0 | 4  |
|                              | M | 4.1 oz   | 169 | 29 | 0 | 4  |
| Tempeh                       | F | 2.8 oz   | 158 | 14 | 8 | 8  |
|                              | M | 3 oz     | 169 | 15 | 9 | 9  |
| Tofu                         | F | 6.9 oz   | 158 | 14 | 7 | 7  |
|                              | M | 7.3 oz   | 169 | 15 | 7 | 7  |
| Turkey, bacon*               | F | 2.1 oz   | 158 | 16 | 0 | 10 |
|                              | M | 2.2 oz   | 169 | 18 | 0 | 11 |
| Turkey, ground 85/15         | F | 2.5 oz   | 158 | 17 | 0 | 12 |
|                              | M | 2.6 oz   | 169 | 18 | 0 | 13 |
| Yogurt, Greek plain full fat | F | 0.7 Cups | 158 | 15 | 6 | 8  |
|                              | M | 0.7 Cups | 169 | 16 | 7 | 8  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**375** CALORIES PER MEAL

**EAT MORE**

| EAT MORE                     |   | SERVING |      | CAL | P | C  | F |                             |   | SERVING |      | CAL | P | C  | F |
|------------------------------|---|---------|------|-----|---|----|---|-----------------------------|---|---------|------|-----|---|----|---|
| Amaranth, cooked             | F | 0.5     | Cups | 113 | 4 | 21 | 2 | Edamame                     | F | 0.6     | Cups | 113 | 9 | 10 | 3 |
|                              | M | 0.5     | Cups | 113 | 4 | 21 | 2 |                             | M | 0.6     | Cups | 113 | 9 | 10 | 3 |
| Amaranth, dry                | F | 0.1     | Cups | 113 | 5 | 20 | 2 | Farro, cooked               | F | 0.6     | Cups | 113 | 4 | 21 | 1 |
|                              | M | 0.1     | Cups | 113 | 5 | 20 | 2 |                             | M | 0.6     | Cups | 113 | 4 | 21 | 1 |
| Apple                        | F | 7.5     | oz   | 113 | 0 | 30 | 0 | Farro, dry                  | F | 0.2     | Cups | 113 | 5 | 21 | 1 |
|                              | M | 7.5     | oz   | 113 | 0 | 30 | 0 |                             | M | 0.2     | Cups | 113 | 5 | 21 | 1 |
| Banana                       | F | 4.5     | oz   | 113 | 0 | 27 | 0 | Grapefruit                  | F | 12.6    | oz   | 113 | 0 | 25 | 0 |
|                              | M | 4.5     | oz   | 113 | 0 | 27 | 0 |                             | M | 12.6    | oz   | 113 | 0 | 25 | 0 |
| Beans, black canned          | F | 0.5     | Cups | 113 | 7 | 20 | 1 | Grapes                      | F | 6.3     | oz   | 113 | 0 | 31 | 0 |
|                              | M | 0.5     | Cups | 113 | 7 | 20 | 1 |                             | M | 6.3     | oz   | 113 | 0 | 31 | 0 |
| Beans, cannellini canned     | F | 0.6     | Cups | 113 | 8 | 21 | 0 | Kamut, cooked               | F | 0.5     | Cups | 113 | 5 | 23 | 1 |
|                              | M | 0.6     | Cups | 113 | 8 | 21 | 0 |                             | M | 0.5     | Cups | 113 | 5 | 23 | 1 |
| Beans, garbanzo canned       | F | 0.5     | Cups | 113 | 6 | 18 | 0 | Kamut, dry                  | F | 0.2     | Cups | 113 | 5 | 24 | 1 |
|                              | M | 0.5     | Cups | 113 | 6 | 18 | 0 |                             | M | 0.2     | Cups | 113 | 5 | 24 | 1 |
| Beans, great northern canned | F | 0.5     | Cups | 113 | 7 | 21 | 0 | Kiwi                        | F | 6.6     | oz   | 113 | 0 | 27 | 0 |
|                              | M | 0.5     | Cups | 113 | 7 | 21 | 0 |                             | M | 6.6     | oz   | 113 | 0 | 27 | 0 |
| Beans, kidney canned         | F | 0.5     | Cups | 113 | 7 | 20 | 1 | Lentils, cooked             | F | 0.5     | Cups | 113 | 9 | 20 | 0 |
|                              | M | 0.5     | Cups | 113 | 7 | 20 | 1 |                             | M | 0.5     | Cups | 113 | 9 | 20 | 0 |
| Beans, lima canned           | F | 1       | Cups | 113 | 6 | 21 | 0 | Lentils, dry                | F | 0.3     | Cups | 113 | 9 | 23 | 0 |
|                              | M | 1       | Cups | 113 | 6 | 21 | 0 |                             | M | 0.3     | Cups | 113 | 9 | 23 | 0 |
| Beans, pinto canned          | F | 0.6     | Cups | 113 | 8 | 21 | 0 | Mango                       | F | 6.6     | oz   | 113 | 0 | 27 | 0 |
|                              | M | 0.6     | Cups | 113 | 8 | 21 | 0 |                             | M | 6.6     | oz   | 113 | 0 | 27 | 0 |
| Beets                        | F | 9.4     | oz   | 113 | 0 | 28 | 0 | Melon, cantaloupe           | F | 11.3    | oz   | 113 | 0 | 23 | 0 |
|                              | M | 9.4     | oz   | 113 | 0 | 28 | 0 |                             | M | 11.3    | oz   | 113 | 0 | 23 | 0 |
| Blackberries                 | F | 9.4     | oz   | 113 | 0 | 28 | 0 | Melon, honeydew             | F | 11.3    | oz   | 113 | 0 | 34 | 0 |
|                              | M | 9.4     | oz   | 113 | 0 | 28 | 0 |                             | M | 11.3    | oz   | 113 | 0 | 34 | 0 |
| Blueberries                  | F | 7.1     | oz   | 113 | 0 | 28 | 0 | Melon, watermelon           | F | 12.6    | oz   | 113 | 0 | 25 | 0 |
|                              | M | 7.1     | oz   | 113 | 0 | 28 | 0 |                             | M | 12.6    | oz   | 113 | 0 | 25 | 0 |
| Buckwheat, cooked            | F | 0.7     | Cups | 113 | 4 | 24 | 1 | Millet, cooked              | F | 0.5     | Cups | 113 | 3 | 22 | 1 |
|                              | M | 0.7     | Cups | 113 | 4 | 24 | 1 |                             | M | 0.5     | Cups | 113 | 3 | 22 | 1 |
| Buckwheat, dry               | F | 0.2     | Cups | 113 | 4 | 25 | 1 | Millet, dry                 | F | 0.1     | Cups | 113 | 3 | 23 | 1 |
|                              | M | 0.2     | Cups | 113 | 4 | 25 | 1 |                             | M | 0.1     | Cups | 113 | 3 | 23 | 1 |
| Clementine                   | F | 8.7     | oz   | 113 | 0 | 26 | 0 | Oat milk                    | F | 1.4     | Cups | 113 | 3 | 16 | 4 |
|                              | M | 8.7     | oz   | 113 | 0 | 26 | 0 |                             | M | 1.4     | Cups | 113 | 3 | 16 | 4 |
| Corn                         | F | 0.8     | Cups | 113 | 2 | 21 | 2 | Oats, old fashioned, cooked | F | 0.7     | Cups | 113 | 4 | 19 | 3 |
|                              | M | 0.8     | Cups | 113 | 2 | 21 | 2 |                             | M | 0.7     | Cups | 113 | 4 | 19 | 3 |



## CARB

**375** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|---|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.4     | Cups | 113 | 4 | 20 | 2 | Raspberries        | F | 7.5     | oz   | 113 | 0 | 23 | 0 |
|                          | M | 0.4     | Cups | 113 | 4 | 20 | 2 |                    | M | 7.5     | oz   | 113 | 0 | 23 | 0 |
| Oats, steel cut, cooked  | F | 0.8     | Cups | 113 | 6 | 39 | 2 | Rice, brown cooked | F | 0.5     | Cups | 113 | 3 | 23 | 1 |
|                          | M | 0.8     | Cups | 113 | 6 | 39 | 2 |                    | M | 0.5     | Cups | 113 | 3 | 23 | 1 |
| Oats, steel cut, dry     | F | 0.2     | Cups | 113 | 4 | 20 | 2 | Rice, brown dry    | F | 0.2     | Cups | 113 | 2 | 25 | 1 |
|                          | M | 0.2     | Cups | 113 | 4 | 20 | 2 |                    | M | 0.2     | Cups | 113 | 2 | 25 | 1 |
| Orange                   | F | 8.7     | oz   | 113 | 0 | 26 | 0 | Rice, wild cooked  | F | 0.7     | Cups | 113 | 5 | 24 | 1 |
|                          | M | 8.7     | oz   | 113 | 0 | 26 | 0 |                    | M | 0.7     | Cups | 113 | 5 | 24 | 1 |
| Papaya                   | F | 9.4     | oz   | 113 | 0 | 19 | 0 | Rice, wild dry     | F | 0.2     | Cups | 113 | 5 | 24 | 0 |
|                          | M | 9.4     | oz   | 113 | 0 | 19 | 0 |                    | M | 0.2     | Cups | 113 | 5 | 24 | 0 |
| Parsnips                 | F | 5.4     | oz   | 113 | 0 | 27 | 0 | Spelt, cooked      | F | 0.5     | Cups | 113 | 5 | 23 | 1 |
|                          | M | 5.4     | oz   | 113 | 0 | 27 | 0 |                    | M | 0.5     | Cups | 113 | 5 | 23 | 1 |
| Peach                    | F | 10.3    | oz   | 113 | 0 | 31 | 0 | Spelt, dry         | F | 0.2     | Cups | 113 | 5 | 25 | 1 |
|                          | M | 10.3    | oz   | 113 | 0 | 31 | 0 |                    | M | 0.2     | Cups | 113 | 5 | 25 | 1 |
| Pear                     | F | 7.1     | oz   | 113 | 0 | 28 | 0 | Squash, acorn      | F | 9.4     | oz   | 113 | 0 | 28 | 0 |
|                          | M | 7.1     | oz   | 113 | 0 | 28 | 0 |                    | M | 9.4     | oz   | 113 | 0 | 28 | 0 |
| Pineapple                | F | 8.1     | oz   | 113 | 0 | 32 | 0 | Squash, butternut  | F | 4.9     | oz   | 113 | 5 | 29 | 0 |
|                          | M | 8.1     | oz   | 113 | 0 | 32 | 0 |                    | M | 4.9     | oz   | 113 | 5 | 29 | 0 |
| Peas, green or yellow    | F | 1       | Cups | 113 | 8 | 20 | 0 | Squash, kabocha    | F | 11.3    | oz   | 113 | 0 | 23 | 0 |
|                          | M | 1       | Cups | 113 | 8 | 20 | 0 |                    | M | 11.3    | oz   | 113 | 0 | 23 | 0 |
| Potato, sweet            | F | 4.7     | oz   | 113 | 0 | 28 | 0 | Strawberries       | F | 12.6    | oz   | 113 | 0 | 25 | 0 |
|                          | M | 4.7     | oz   | 113 | 0 | 28 | 0 |                    | M | 12.6    | oz   | 113 | 0 | 25 | 0 |
| Potato, white            | F | 5.7     | oz   | 113 | 0 | 28 | 0 | Sweet cherries     | F | 6.3     | oz   | 113 | 0 | 25 | 0 |
|                          | M | 5.7     | oz   | 113 | 0 | 28 | 0 |                    | M | 6.3     | oz   | 113 | 0 | 25 | 0 |
| Potato, yellow           | F | 5.4     | oz   | 113 | 5 | 27 | 0 | Teff, cooked       | F | 0.4     | Cups | 113 | 4 | 22 | 1 |
|                          | M | 5.4     | oz   | 113 | 5 | 27 | 0 |                    | M | 0.4     | Cups | 113 | 4 | 22 | 1 |
| Pumpkin                  | F | 16.1    | oz   | 113 | 0 | 32 | 0 | Teff, dry          | F | 0.2     | Cups | 113 | 4 | 23 | 1 |
|                          | M | 16.1    | oz   | 113 | 0 | 32 | 0 |                    | M | 0.2     | Cups | 113 | 4 | 23 | 1 |
| Quinoa, cooked           | F | 0.5     | Cups | 113 | 4 | 20 | 2 | Water chestnuts    | F | 2.8     | Cups | 113 | 3 | 25 | 0 |
|                          | M | 0.5     | Cups | 113 | 4 | 20 | 2 |                    | M | 2.8     | Cups | 113 | 3 | 25 | 0 |
| Quinoa, dry              | F | 0.2     | Cups | 113 | 4 | 21 | 2 |                    |   |         |      |     |   |    |   |
|                          | M | 0.2     | Cups | 113 | 4 | 21 | 2 |                    |   |         |      |     |   |    |   |



## CARB

**375** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P | C  | F |
|--------------------------------|---|---------------|-----|---|----|---|
| Applesauce, unsweetened        | F | 1.1 Cups      | 113 | 0 | 29 | 0 |
|                                | M | 1.1 Cups      | 113 | 0 | 29 | 0 |
| Bread, sprouted or whole wheat | F | 1.4 Slices    | 113 | 7 | 21 | 1 |
|                                | M | 1.4 Slices    | 113 | 7 | 21 | 1 |
| Corn tortillas                 | F | 2.1 Tortillas | 113 | 2 | 23 | 2 |
|                                | M | 2.1 Tortillas | 113 | 2 | 23 | 2 |
| Dried fruit                    | F | 1.4 oz        | 113 | 1 | 29 | 0 |
|                                | M | 1.4 oz        | 113 | 1 | 29 | 0 |
| Honey, raw*                    | F | 1.8 Tbsp      | 113 | 0 | 30 | 0 |
|                                | M | 1.8 Tbsp      | 113 | 0 | 30 | 0 |
| Maple syrup, pure*             | F | 2.1 Tbsp      | 113 | 0 | 29 | 0 |
|                                | M | 2.1 Tbsp      | 113 | 0 | 29 | 0 |
| Pasta, bean cooked             | F | 2.8 oz        | 113 | 8 | 20 | 3 |
|                                | M | 2.8 oz        | 113 | 8 | 20 | 3 |

### SERVING

CAL

P

C

F

Pasta, bean dry

F

1.2 oz

113

7

19

2

M

1.2 oz

113

7

19

2

Pasta, lentil cooked

F

1.3 oz

113

9

14

1

M

1.3 oz

113

9

14

1

Pasta, lentil dry

F

1.1 oz

113

5

24

1

M

1.1 oz

113

5

24

1

Popcorn, air-popped

F

3.6 Cups

113

4

22

0

M

3.6 Cups

113

4

22

0

Rice, white cooked

F

0.5 Cups

113

2

25

0

M

0.5 Cups

113

2

25

0

Rice, white dry

F

0.2 Cups

113

2

25

0

M

0.2 Cups

113

2

25

0

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**375** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P | C | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|---|---|----|
| Avocado                       | F | 2.3 oz   | 105 | 2 | 5 | 9  | Nuts, walnuts           | F | 0.6 oz   | 105 | 2 | 2 | 11 |
|                               | M | 2.1 oz   | 94  | 2 | 4 | 8  |                         | M | 0.5 oz   | 94  | 2 | 2 | 10 |
| Butter, grass-fed             | F | 1.1 Tbsp | 105 | 0 | 0 | 12 | Oil, avocado            | F | 0.8 Tbsp | 105 | 0 | 0 | 12 |
|                               | M | 0.9 Tbsp | 94  | 0 | 0 | 10 |                         | M | 0.8 Tbsp | 94  | 0 | 0 | 11 |
| Cacao nibs                    | F | 1.9 Tbsp | 105 | 0 | 6 | 8  | Oil, extra virgin olive | F | 0.9 Tbsp | 105 | 0 | 0 | 12 |
|                               | M | 1.7 Tbsp | 94  | 0 | 5 | 7  |                         | M | 0.8 Tbsp | 94  | 0 | 0 | 11 |
| Coconut milk, unsweetened*    | F | 2.4 Cups | 105 | 0 | 2 | 10 | Oil, flaxseed           | F | 0.9 Tbsp | 105 | 0 | 0 | 12 |
|                               | M | 2.1 Cups | 94  | 0 | 2 | 9  |                         | M | 0.8 Tbsp | 94  | 0 | 0 | 11 |
| Guacamole                     | F | 4.2 Tbsp | 105 | 4 | 4 | 8  | Oil, grapeseed          | F | 0.9 Tbsp | 105 | 0 | 0 | 12 |
|                               | M | 3.8 Tbsp | 94  | 4 | 4 | 8  |                         | M | 0.8 Tbsp | 94  | 0 | 0 | 11 |
| Hummus                        | F | 3 Tbsp   | 105 | 3 | 6 | 9  | Oil, sesame             | F | 0.9 Tbsp | 105 | 0 | 0 | 12 |
|                               | M | 2.7 Tbsp | 94  | 3 | 5 | 8  |                         | M | 0.8 Tbsp | 94  | 0 | 0 | 11 |
| Nut butter, almond            | F | 1.1 Tbsp | 105 | 4 | 3 | 10 | Olives, black           | F | 2.1 oz   | 105 | 0 | 4 | 11 |
|                               | M | 1 Tbsp   | 94  | 4 | 3 | 9  |                         | M | 1.9 oz   | 94  | 0 | 4 | 9  |
| Nut butter, cashew            | F | 1.1 Tbsp | 105 | 2 | 6 | 9  | Olives, green           | F | 2.1 oz   | 105 | 2 | 2 | 11 |
|                               | M | 1 Tbsp   | 94  | 2 | 5 | 8  |                         | M | 1.9 oz   | 94  | 2 | 2 | 9  |
| Nut milk, almond unsweetened* | F | 3.5 Cups | 105 | 4 | 4 | 11 | Olives, kalamata        | F | 1.2 oz   | 105 | 0 | 5 | 10 |
|                               | M | 3.1 Cups | 94  | 3 | 3 | 9  |                         | M | 1.1 oz   | 94  | 0 | 4 | 9  |
| Nut milk, cashew unsweetened* | F | 4.2 Cups | 105 | 4 | 4 | 8  | Pea milk, unsweetened   | F | 1.1 Cups | 105 | 8 | 6 | 4  |
|                               | M | 3.8 Cups | 94  | 4 | 4 | 8  |                         | M | 0.9 Cups | 94  | 8 | 6 | 4  |
| Nuts, almonds                 | F | 0.6 oz   | 105 | 4 | 4 | 9  | Seed butter, sunflower  | F | 1.1 Tbsp | 105 | 4 | 4 | 8  |
|                               | M | 0.6 oz   | 94  | 3 | 3 | 8  |                         | M | 0.9 Tbsp | 94  | 4 | 4 | 8  |
| Nuts, brazil nuts             | F | 0.5 oz   | 105 | 2 | 1 | 10 | Seeds, chia             | F | 1.5 Tbsp | 105 | 3 | 9 | 6  |
|                               | M | 0.5 oz   | 94  | 2 | 0 | 9  |                         | M | 1.4 Tbsp | 94  | 3 | 8 | 6  |
| Nuts, cashews                 | F | 0.7 oz   | 105 | 3 | 6 | 8  | Seeds, flax             | F | 2 Tbsp   | 105 | 4 | 6 | 8  |
|                               | M | 0.6 oz   | 94  | 3 | 5 | 7  |                         | M | 1.8 Tbsp | 94  | 4 | 5 | 7  |
| Nuts, hazelnuts               | F | 0.6 oz   | 105 | 2 | 3 | 10 | Seeds, hemp             | F | 1.8 Tbsp | 105 | 5 | 0 | 9  |
|                               | M | 0.5 oz   | 94  | 2 | 3 | 9  |                         | M | 1.6 Tbsp | 94  | 5 | 0 | 8  |
| Nuts, pecans                  | F | 0.5 oz   | 105 | 2 | 2 | 11 | Seeds, pumpkin          | F | 0.6 oz   | 105 | 6 | 2 | 9  |
|                               | M | 0.5 oz   | 94  | 1 | 2 | 9  |                         | M | 0.6 oz   | 94  | 5 | 2 | 8  |
| Nuts, pistachios shelled      | F | 0.6 oz   | 105 | 4 | 2 | 8  | Seeds, sunflower        | F | 0.8 oz   | 105 | 7 | 2 | 6  |
|                               | M | 0.5 oz   | 94  | 4 | 2 | 8  |                         | M | 0.7 oz   | 94  | 6 | 2 | 5  |



**375** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P | C | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|---|---|----|
| Butter             | F | 1.1 Tbsp | 105 | 0  | 0 | 12 | Cheese, ricotta             | F | 2.4 oz   | 105 | 7 | 2 | 7  |
|                    | M | 0.9 Tbsp | 94  | 0  | 0 | 10 |                             | M | 2.1 oz   | 94  | 6 | 2 | 6  |
| Cheese, asiago     | F | 1 oz     | 105 | 8  | 1 | 8  | Cheese, swiss               | F | 1 oz     | 105 | 8 | 0 | 9  |
|                    | M | 0.9 oz   | 94  | 7  | 1 | 7  |                             | M | 0.9 oz   | 94  | 7 | 0 | 8  |
| Cheese, blue       | F | 1.1 oz   | 105 | 7  | 0 | 8  | Chocolate, dark >70% cacao* | F | 0.6 oz   | 105 | 1 | 8 | 8  |
|                    | M | 0.9 oz   | 94  | 7  | 0 | 8  |                             | M | 0.6 oz   | 94  | 1 | 7 | 7  |
| Cheese, brie       | F | 1.2 oz   | 105 | 6  | 0 | 9  | Coconut flakes unsweetened  | F | 1.9 Tbsp | 105 | 0 | 0 | 10 |
|                    | M | 1 oz     | 94  | 5  | 0 | 8  |                             | M | 1.7 Tbsp | 94  | 0 | 0 | 9  |
| Cheese, cheddar    | F | 0.9 oz   | 105 | 5  | 1 | 8  | Coconut milk, full fat      | F | 0.3 Cups | 105 | 1 | 1 | 11 |
|                    | M | 0.8 oz   | 94  | 5  | 1 | 7  |                             | M | 0.2 Cups | 94  | 0 | 1 | 10 |
| Cheese, feta       | F | 1.5 oz   | 105 | 9  | 3 | 6  | Ghee                        | F | 0.8 Tbsp | 105 | 0 | 0 | 12 |
|                    | M | 1.3 oz   | 94  | 8  | 3 | 5  |                             | M | 0.7 Tbsp | 94  | 0 | 0 | 10 |
| Cheese, goat       | F | 1.3 oz   | 105 | 5  | 3 | 8  | Heavy cream                 | F | 2.1 Tbsp | 105 | 0 | 0 | 13 |
|                    | M | 1.2 oz   | 94  | 5  | 2 | 7  |                             | M | 1.9 Tbsp | 94  | 0 | 0 | 11 |
| Cheese, gouda      | F | 1 oz     | 105 | 7  | 1 | 8  | Nut butter, peanut          | F | 1.1 Tbsp | 105 | 4 | 3 | 8  |
|                    | M | 0.9 oz   | 94  | 7  | 1 | 7  |                             | M | 0.9 Tbsp | 94  | 4 | 3 | 8  |
| Cheese, mozzarella | F | 1.3 oz   | 105 | 9  | 1 | 5  | Oil, extra virgin coconut   | F | 0.8 Tbsp | 105 | 0 | 0 | 11 |
|                    | M | 1.2 oz   | 94  | 8  | 1 | 5  |                             | M | 0.7 Tbsp | 94  | 0 | 0 | 10 |
| Cheese, muenster   | F | 1 oz     | 105 | 7  | 0 | 9  | Peanuts                     | F | 0.7 oz   | 105 | 5 | 3 | 9  |
|                    | M | 0.9 oz   | 94  | 6  | 0 | 8  |                             | M | 0.6 oz   | 94  | 4 | 3 | 8  |
| Cheese, parmesan   | F | 0.9 oz   | 105 | 10 | 0 | 8  | Salad dressing, oil-based   | F | 1.3 Tbsp | 105 | 0 | 3 | 11 |
|                    | M | 0.8 oz   | 94  | 9  | 0 | 7  |                             | M | 1.2 Tbsp | 94  | 0 | 2 | 9  |
| Cheese, provolone  | F | 1.1 oz   | 105 | 7  | 1 | 8  |                             |   |          |     |   |   |    |
|                    | M | 0.9 oz   | 94  | 7  | 1 | 8  |                             |   |          |     |   |   |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**400** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|---|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 2.8 oz    | 168 | 28 | 0  | 6 | Fish, mahi mahi               | F | 5.4 oz     | 168 | 38 | 0  | 0  |
|                             | M | 3 oz      | 180 | 30 | 0  | 6 |                               | M | 5.8 oz     | 180 | 41 | 0  | 0  |
| Beef, eye round             | F | 2.8 oz    | 168 | 23 | 0  | 9 | Fish, salmon                  | F | 2.8 oz     | 168 | 17 | 0  | 11 |
|                             | M | 3.1 oz    | 180 | 24 | 0  | 9 |                               | M | 3.1 oz     | 180 | 18 | 0  | 12 |
| Beef, flank                 | F | 2.9 oz    | 168 | 24 | 0  | 9 | Lobster                       | F | 6.7 oz     | 168 | 34 | 0  | 0  |
|                             | M | 3.2 oz    | 180 | 25 | 0  | 9 |                               | M | 7.2 oz     | 180 | 36 | 0  | 0  |
| Beef, ground 96/4           | F | 3.1 oz    | 168 | 28 | 0  | 6 | Nutritional yeast*            | F | 8.4 Tbsp   | 168 | 25 | 17 | 0  |
|                             | M | 3.3 oz    | 180 | 30 | 0  | 7 |                               | M | 9 Tbsp     | 180 | 27 | 18 | 0  |
| Beef, ground 90/10          | F | 2.8 oz    | 168 | 22 | 0  | 8 | Pheasant                      | F | 2.5 oz     | 168 | 22 | 0  | 7  |
|                             | M | 3 oz      | 180 | 24 | 0  | 9 |                               | M | 2.6 oz     | 180 | 24 | 0  | 8  |
| Beef, sirloin tip side      | F | 3.6 oz    | 168 | 29 | 0  | 4 | Rabbit                        | F | 3.4 oz     | 168 | 31 | 0  | 3  |
|                             | M | 3.8 oz    | 180 | 31 | 0  | 4 |                               | M | 3.7 oz     | 180 | 33 | 0  | 4  |
| Beef, top round             | F | 2.8 oz    | 168 | 25 | 0  | 6 | Scallops                      | F | 6.7 oz     | 168 | 34 | 0  | 0  |
|                             | M | 3 oz      | 180 | 27 | 0  | 6 |                               | M | 7.2 oz     | 180 | 36 | 0  | 0  |
| Bison                       | F | 3.3 oz    | 168 | 23 | 0  | 7 | Shrimp                        | F | 6 oz       | 168 | 42 | 0  | 0  |
|                             | M | 3.5 oz    | 180 | 25 | 0  | 7 |                               | M | 6.4 oz     | 180 | 45 | 0  | 0  |
| Broth, bone                 | F | 8.4 oz    | 168 | 34 | 0  | 8 | TruLean protein powder, vegan | F | 1.5 Scoops | 168 | 34 | 3  | 3  |
|                             | M | 9 oz      | 180 | 36 | 0  | 9 |                               | M | 1.6 Scoops | 180 | 36 | 3  | 3  |
| Chicken, breast             | F | 3.6 oz    | 168 | 32 | 0  | 4 | TruLean protein powder, whey  | F | 1.7 Scoops | 168 | 40 | 2  | 0  |
|                             | M | 3.8 oz    | 180 | 34 | 0  | 4 |                               | M | 1.8 Scoops | 180 | 43 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.1 Cups  | 168 | 23 | 17 | 0 | Turkey, breast                | F | 3.9 oz     | 168 | 35 | 0  | 4  |
|                             | M | 1.1 Cups  | 180 | 25 | 18 | 0 |                               | M | 4.2 oz     | 180 | 38 | 0  | 4  |
| Cottage cheese, 2% fat      | F | 1.1 Cups  | 168 | 23 | 6  | 5 | Turkey, ground 99/1           | F | 4.3 oz     | 168 | 34 | 0  | 4  |
|                             | M | 1.1 Cups  | 180 | 25 | 7  | 6 |                               | M | 4.6 oz     | 180 | 37 | 0  | 5  |
| Crab                        | F | 5.8 oz    | 168 | 35 | 0  | 0 | Turkey, ground 93/7           | F | 2.8 oz     | 168 | 22 | 0  | 8  |
|                             | M | 6.2 oz    | 180 | 37 | 0  | 0 |                               | M | 3 oz       | 180 | 24 | 0  | 9  |
| Egg whites, pourable*       | F | 12.9 oz   | 168 | 39 | 0  | 0 | Turkey, ground 90/10          | F | 2.8 oz     | 168 | 20 | 0  | 9  |
|                             | M | 13.8 oz   | 180 | 42 | 0  | 0 |                               | M | 3.1 oz     | 180 | 21 | 0  | 9  |
| Egg whites, from whole egg* | F | 9.9 Eggs  | 168 | 40 | 0  | 0 | Venison                       | F | 3.2 oz     | 168 | 25 | 0  | 6  |
|                             | M | 10.6 Eggs | 180 | 42 | 0  | 0 |                               | M | 3.4 oz     | 180 | 27 | 0  | 7  |
| Fish, ahi tuna steak        | F | 4.3 oz    | 168 | 34 | 0  | 0 | Yogurt, Greek plain non-fat   | F | 1.4 Cups   | 168 | 29 | 11 | 0  |
|                             | M | 4.6 oz    | 180 | 37 | 0  | 0 |                               | M | 1.5 Cups   | 180 | 32 | 12 | 0  |
| Fish, cod                   | F | 4.8 oz    | 168 | 29 | 0  | 5 | Yogurt, Greek plain low-fat   | F | 1 Cups     | 168 | 24 | 9  | 5  |
|                             | M | 5.1 oz    | 180 | 31 | 0  | 5 |                               | M | 1.1 Cups   | 180 | 25 | 10 | 5  |



## PROTEIN

400 CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 2.5 oz   | 168 | 18 | 0  | 10 |
|                        | M | 2.7 oz   | 180 | 19 | 0  | 11 |
| Beef, skirt            | F | 2.7 oz   | 168 | 19 | 0  | 8  |
|                        | M | 2.9 oz   | 180 | 20 | 0  | 9  |
| Chicken, ground        | F | 3.1 oz   | 168 | 22 | 0  | 9  |
|                        | M | 3.3 oz   | 180 | 23 | 0  | 10 |
| Chicken, thighs        | F | 3.1 oz   | 168 | 21 | 0  | 9  |
|                        | M | 3.3 oz   | 180 | 23 | 0  | 10 |
| Cottage cheese, 4% fat | F | 0.7 Cups | 168 | 17 | 8  | 7  |
|                        | M | 0.8 Cups | 180 | 18 | 9  | 8  |
| Dairy milk, skim*      | F | 1.9 Cups | 168 | 15 | 24 | 0  |
|                        | M | 2 Cups   | 180 | 16 | 26 | 0  |
| Dairy milk, 1%*        | F | 1.5 Cups | 168 | 12 | 20 | 5  |
|                        | M | 1.6 Cups | 180 | 13 | 21 | 5  |
| Dairy milk, 2%*        | F | 1.3 Cups | 168 | 10 | 17 | 6  |
|                        | M | 1.4 Cups | 180 | 11 | 18 | 7  |
| Deli meat, chicken     | F | 5.6 oz   | 168 | 34 | 6  | 0  |
|                        | M | 6 oz     | 180 | 36 | 6  | 0  |
| Deli meat, ham         | F | 4.8 oz   | 168 | 24 | 0  | 10 |
|                        | M | 5.1 oz   | 180 | 26 | 0  | 10 |
| Deli meat, roast beef  | F | 4.8 oz   | 168 | 34 | 0  | 5  |
|                        | M | 5.1 oz   | 180 | 36 | 0  | 5  |
| Deli meat, turkey      | F | 5.6 oz   | 168 | 34 | 0  | 6  |
|                        | M | 6 oz     | 180 | 36 | 0  | 6  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 2.5 oz   | 168 | 15 | 0  | 13 |
|                              | M | 2.7 oz   | 180 | 16 | 0  | 13 |
| Eggs, whole *                | F | 2.4 Eggs | 168 | 14 | 2  | 12 |
|                              | M | 2.6 Eggs | 180 | 15 | 3  | 13 |
| Fish, tuna packaged          | F | 5.6 oz   | 168 | 39 | 0  | 0  |
|                              | M | 6 oz     | 180 | 42 | 0  | 0  |
| Lamb, ground                 | F | 2.1 oz   | 168 | 15 | 0  | 13 |
|                              | M | 2.3 oz   | 180 | 16 | 0  | 14 |
| Lamb, shank                  | F | 4.2 oz   | 168 | 21 | 4  | 8  |
|                              | M | 4.5 oz   | 180 | 23 | 5  | 9  |
| Pork, tenderloin             | F | 4.1 oz   | 168 | 29 | 0  | 4  |
|                              | M | 4.4 oz   | 180 | 31 | 0  | 4  |
| Tempeh                       | F | 3 oz     | 168 | 15 | 9  | 9  |
|                              | M | 3.2 oz   | 180 | 16 | 10 | 10 |
| Tofu                         | F | 7.3 oz   | 168 | 15 | 7  | 7  |
|                              | M | 7.8 oz   | 180 | 16 | 8  | 8  |
| Turkey, bacon*               | F | 2.2 oz   | 168 | 17 | 0  | 11 |
|                              | M | 2.3 oz   | 180 | 19 | 0  | 12 |
| Turkey, ground 85/15         | F | 2.6 oz   | 168 | 18 | 0  | 13 |
|                              | M | 2.8 oz   | 180 | 20 | 0  | 14 |
| Yogurt, Greek plain full fat | F | 0.7 Cups | 168 | 16 | 7  | 8  |
|                              | M | 0.8 Cups | 180 | 17 | 7  | 9  |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**400** CALORIES PER MEAL

## EAT MORE

|                              |   | SERVING  | CAL | P | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|---|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.5 Cups | 120 | 4 | 22 | 2 | Edamame                     | F | 0.6 Cups | 120 | 10 | 11 | 4 |
|                              | M | 0.5 Cups | 120 | 4 | 22 | 2 |                             | M | 0.6 Cups | 120 | 10 | 11 | 4 |
| Amaranth, dry                | F | 0.2 Cups | 120 | 5 | 21 | 2 | Farro, cooked               | F | 0.6 Cups | 120 | 4  | 22 | 1 |
|                              | M | 0.2 Cups | 120 | 5 | 21 | 2 |                             | M | 0.6 Cups | 120 | 4  | 22 | 1 |
| Apple                        | F | 8 oz     | 120 | 0 | 32 | 0 | Farro, dry                  | F | 0.2 Cups | 120 | 5  | 23 | 1 |
|                              | M | 8 oz     | 120 | 0 | 32 | 0 |                             | M | 0.2 Cups | 120 | 5  | 23 | 1 |
| Banana                       | F | 4.8 oz   | 120 | 0 | 29 | 0 | Grapefruit                  | F | 13.3 oz  | 120 | 0  | 27 | 0 |
|                              | M | 4.8 oz   | 120 | 0 | 29 | 0 |                             | M | 13.3 oz  | 120 | 0  | 27 | 0 |
| Beans, black canned          | F | 0.5 Cups | 120 | 8 | 21 | 1 | Grapes                      | F | 6.7 oz   | 120 | 0  | 33 | 0 |
|                              | M | 0.5 Cups | 120 | 8 | 21 | 1 |                             | M | 6.7 oz   | 120 | 0  | 33 | 0 |
| Beans, cannellini canned     | F | 0.6 Cups | 120 | 8 | 23 | 0 | Kamut, cooked               | F | 0.5 Cups | 120 | 5  | 25 | 1 |
|                              | M | 0.6 Cups | 120 | 8 | 23 | 0 |                             | M | 0.5 Cups | 120 | 5  | 25 | 1 |
| Beans, garbanzo canned       | F | 0.5 Cups | 120 | 6 | 19 | 0 | Kamut, dry                  | F | 0.2 Cups | 120 | 5  | 25 | 1 |
|                              | M | 0.5 Cups | 120 | 6 | 19 | 0 |                             | M | 0.2 Cups | 120 | 5  | 25 | 1 |
| Beans, great northern canned | F | 0.5 Cups | 120 | 8 | 22 | 0 | Kiwi                        | F | 7.1 oz   | 120 | 0  | 28 | 0 |
|                              | M | 0.5 Cups | 120 | 8 | 22 | 0 |                             | M | 7.1 oz   | 120 | 0  | 28 | 0 |
| Beans, kidney canned         | F | 0.6 Cups | 120 | 7 | 21 | 1 | Lentils, cooked             | F | 0.5 Cups | 120 | 9  | 21 | 0 |
|                              | M | 0.6 Cups | 120 | 7 | 21 | 1 |                             | M | 0.5 Cups | 120 | 9  | 21 | 0 |
| Beans, lima canned           | F | 1.1 Cups | 120 | 7 | 22 | 0 | Lentils, dry                | F | 0.3 Cups | 120 | 10 | 24 | 0 |
|                              | M | 1.1 Cups | 120 | 7 | 22 | 0 |                             | M | 0.3 Cups | 120 | 10 | 24 | 0 |
| Beans, pinto canned          | F | 0.7 Cups | 120 | 8 | 23 | 0 | Mango                       | F | 7.1 oz   | 120 | 0  | 28 | 0 |
|                              | M | 0.7 Cups | 120 | 8 | 23 | 0 |                             | M | 7.1 oz   | 120 | 0  | 28 | 0 |
| Beets                        | F | 10 oz    | 120 | 0 | 30 | 0 | Melon, cantaloupe           | F | 12 oz    | 120 | 0  | 24 | 0 |
|                              | M | 10 oz    | 120 | 0 | 30 | 0 |                             | M | 12 oz    | 120 | 0  | 24 | 0 |
| Blackberries                 | F | 10 oz    | 120 | 0 | 30 | 0 | Melon, honeydew             | F | 12 oz    | 120 | 0  | 36 | 0 |
|                              | M | 10 oz    | 120 | 0 | 30 | 0 |                             | M | 12 oz    | 120 | 0  | 36 | 0 |
| Blueberries                  | F | 7.5 oz   | 120 | 0 | 30 | 0 | Melon, watermelon           | F | 13.3 oz  | 120 | 0  | 27 | 0 |
|                              | M | 7.5 oz   | 120 | 0 | 30 | 0 |                             | M | 13.3 oz  | 120 | 0  | 27 | 0 |
| Buckwheat, cooked            | F | 0.8 Cups | 120 | 5 | 26 | 1 | Millet, cooked              | F | 0.6 Cups | 120 | 3  | 24 | 1 |
|                              | M | 0.8 Cups | 120 | 5 | 26 | 1 |                             | M | 0.6 Cups | 120 | 3  | 24 | 1 |
| Buckwheat, dry               | F | 0.2 Cups | 120 | 4 | 26 | 1 | Millet, dry                 | F | 0.1 Cups | 120 | 3  | 24 | 1 |
|                              | M | 0.2 Cups | 120 | 4 | 26 | 1 |                             | M | 0.1 Cups | 120 | 3  | 24 | 1 |
| Clementine                   | F | 9.2 oz   | 120 | 0 | 28 | 0 | Oat milk                    | F | 1.5 Cups | 120 | 3  | 17 | 5 |
|                              | M | 9.2 oz   | 120 | 0 | 28 | 0 |                             | M | 1.5 Cups | 120 | 3  | 17 | 5 |
| Corn                         | F | 0.9 Cups | 120 | 2 | 22 | 2 | Oats, old fashioned, cooked | F | 0.7 Cups | 120 | 4  | 20 | 3 |
|                              | M | 0.9 Cups | 120 | 2 | 22 | 2 |                             | M | 0.7 Cups | 120 | 4  | 20 | 3 |



## CARB

**400** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P | C  | F |                    |   | SERVING         | CAL        | P | C  | F |
|--------------------------|---|-----------------|------------|---|----|---|--------------------|---|-----------------|------------|---|----|---|
| Oats, old fashioned, dry | F | <b>0.4</b> Cups | <b>120</b> | 4 | 22 | 2 | Raspberries        | F | <b>8</b> oz     | <b>120</b> | 0 | 24 | 0 |
|                          | M | <b>0.4</b> Cups | <b>120</b> | 4 | 22 | 2 |                    | M | <b>8</b> oz     | <b>120</b> | 0 | 24 | 0 |
| Oats, steel cut, cooked  | F | <b>0.8</b> Cups | <b>120</b> | 6 | 42 | 2 | Rice, brown cooked | F | <b>0.6</b> Cups | <b>120</b> | 3 | 24 | 1 |
|                          | M | <b>0.8</b> Cups | <b>120</b> | 6 | 42 | 2 |                    | M | <b>0.6</b> Cups | <b>120</b> | 3 | 24 | 1 |
| Oats, steel cut, dry     | F | <b>0.2</b> Cups | <b>120</b> | 4 | 22 | 2 | Rice, brown dry    | F | <b>0.2</b> Cups | <b>120</b> | 2 | 26 | 1 |
|                          | M | <b>0.2</b> Cups | <b>120</b> | 4 | 22 | 2 |                    | M | <b>0.2</b> Cups | <b>120</b> | 2 | 26 | 1 |
| Orange                   | F | <b>9.2</b> oz   | <b>120</b> | 0 | 28 | 0 | Rice, wild cooked  | F | <b>0.7</b> Cups | <b>120</b> | 5 | 25 | 1 |
|                          | M | <b>9.2</b> oz   | <b>120</b> | 0 | 28 | 0 |                    | M | <b>0.7</b> Cups | <b>120</b> | 5 | 25 | 1 |
| Papaya                   | F | <b>10</b> oz    | <b>120</b> | 0 | 20 | 0 | Rice, wild dry     | F | <b>0.2</b> Cups | <b>120</b> | 5 | 25 | 0 |
|                          | M | <b>10</b> oz    | <b>120</b> | 0 | 20 | 0 |                    | M | <b>0.2</b> Cups | <b>120</b> | 5 | 25 | 0 |
| Parsnips                 | F | <b>5.7</b> oz   | <b>120</b> | 0 | 29 | 0 | Spelt, cooked      | F | <b>0.5</b> Cups | <b>120</b> | 5 | 25 | 1 |
|                          | M | <b>5.7</b> oz   | <b>120</b> | 0 | 29 | 0 |                    | M | <b>0.5</b> Cups | <b>120</b> | 5 | 25 | 1 |
| Peach                    | F | <b>10.9</b> oz  | <b>120</b> | 0 | 33 | 0 | Spelt, dry         | F | <b>0.2</b> Cups | <b>120</b> | 5 | 27 | 1 |
|                          | M | <b>10.9</b> oz  | <b>120</b> | 0 | 33 | 0 |                    | M | <b>0.2</b> Cups | <b>120</b> | 5 | 27 | 1 |
| Pear                     | F | <b>7.5</b> oz   | <b>120</b> | 0 | 30 | 0 | Squash, acorn      | F | <b>10</b> oz    | <b>120</b> | 0 | 30 | 0 |
|                          | M | <b>7.5</b> oz   | <b>120</b> | 0 | 30 | 0 |                    | M | <b>10</b> oz    | <b>120</b> | 0 | 30 | 0 |
| Pineapple                | F | <b>8.6</b> oz   | <b>120</b> | 0 | 34 | 0 | Squash, butternut  | F | <b>5.2</b> oz   | <b>120</b> | 5 | 31 | 0 |
|                          | M | <b>8.6</b> oz   | <b>120</b> | 0 | 34 | 0 |                    | M | <b>5.2</b> oz   | <b>120</b> | 5 | 31 | 0 |
| Peas, green or yellow    | F | <b>1</b> Cups   | <b>120</b> | 8 | 22 | 0 | Squash, kabocha    | F | <b>12</b> oz    | <b>120</b> | 0 | 24 | 0 |
|                          | M | <b>1</b> Cups   | <b>120</b> | 8 | 22 | 0 |                    | M | <b>12</b> oz    | <b>120</b> | 0 | 24 | 0 |
| Potato, sweet            | F | <b>5</b> oz     | <b>120</b> | 0 | 30 | 0 | Strawberries       | F | <b>13.3</b> oz  | <b>120</b> | 0 | 27 | 0 |
|                          | M | <b>5</b> oz     | <b>120</b> | 0 | 30 | 0 |                    | M | <b>13.3</b> oz  | <b>120</b> | 0 | 27 | 0 |
| Potato, white            | F | <b>6</b> oz     | <b>120</b> | 0 | 30 | 0 | Sweet cherries     | F | <b>6.7</b> oz   | <b>120</b> | 0 | 27 | 0 |
|                          | M | <b>6</b> oz     | <b>120</b> | 0 | 30 | 0 |                    | M | <b>6.7</b> oz   | <b>120</b> | 0 | 27 | 0 |
| Potato, yellow           | F | <b>5.7</b> oz   | <b>120</b> | 6 | 29 | 0 | Teff, cooked       | F | <b>0.5</b> Cups | <b>120</b> | 5 | 24 | 1 |
|                          | M | <b>5.7</b> oz   | <b>120</b> | 6 | 29 | 0 |                    | M | <b>0.5</b> Cups | <b>120</b> | 5 | 24 | 1 |
| Pumpkin                  | F | <b>17.1</b> oz  | <b>120</b> | 0 | 34 | 0 | Teff, dry          | F | <b>0.2</b> Cups | <b>120</b> | 4 | 24 | 1 |
|                          | M | <b>17.1</b> oz  | <b>120</b> | 0 | 34 | 0 |                    | M | <b>0.2</b> Cups | <b>120</b> | 4 | 24 | 1 |
| Quinoa, cooked           | F | <b>0.5</b> Cups | <b>120</b> | 4 | 21 | 2 | Water chestnuts    | F | <b>3</b> Cups   | <b>120</b> | 3 | 27 | 0 |
|                          | M | <b>0.5</b> Cups | <b>120</b> | 4 | 21 | 2 |                    | M | <b>3</b> Cups   | <b>120</b> | 3 | 27 | 0 |
| Quinoa, dry              | F | <b>0.2</b> Cups | <b>120</b> | 4 | 23 | 2 |                    |   |                 |            |   |    |   |
|                          | M | <b>0.2</b> Cups | <b>120</b> | 4 | 23 | 2 |                    |   |                 |            |   |    |   |



## CARB

**400** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P | C  | F |
|--------------------------------|---|---------------|-----|---|----|---|
| Applesauce, unsweetened        | F | 1.2 Cups      | 120 | 0 | 31 | 0 |
|                                | M | 1.2 Cups      | 120 | 0 | 31 | 0 |
| Bread, sprouted or whole wheat | F | 1.5 Slices    | 120 | 8 | 23 | 2 |
|                                | M | 1.5 Slices    | 120 | 8 | 23 | 2 |
| Corn tortillas                 | F | 2.2 Tortillas | 120 | 2 | 24 | 2 |
|                                | M | 2.2 Tortillas | 120 | 2 | 24 | 2 |
| Dried fruit                    | F | 1.5 oz        | 120 | 2 | 30 | 0 |
|                                | M | 1.5 oz        | 120 | 2 | 30 | 0 |
| Honey, raw*                    | F | 1.9 Tbsp      | 120 | 0 | 32 | 0 |
|                                | M | 1.9 Tbsp      | 120 | 0 | 32 | 0 |
| Maple syrup, pure*             | F | 2.2 Tbsp      | 120 | 0 | 31 | 0 |
|                                | M | 2.2 Tbsp      | 120 | 0 | 31 | 0 |
| Pasta, bean cooked             | F | 3 oz          | 120 | 9 | 21 | 3 |
|                                | M | 3 oz          | 120 | 9 | 21 | 3 |

### SERVING

CAL P C F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.3 oz   | 120 | 8  | 20 | 3 |
|                      | M | 1.3 oz   | 120 | 8  | 20 | 3 |
| Pasta, lentil cooked | F | 1.4 oz   | 120 | 10 | 15 | 1 |
|                      | M | 1.4 oz   | 120 | 10 | 15 | 1 |
| Pasta, lentil dry    | F | 1.2 oz   | 120 | 5  | 25 | 1 |
|                      | M | 1.2 oz   | 120 | 5  | 25 | 1 |
| Popcorn, air-popped  | F | 3.9 Cups | 120 | 4  | 23 | 0 |
|                      | M | 3.9 Cups | 120 | 4  | 23 | 0 |
| Rice, white cooked   | F | 0.6 Cups | 120 | 2  | 26 | 0 |
|                      | M | 0.6 Cups | 120 | 2  | 26 | 0 |
| Rice, white dry      | F | 0.2 Cups | 120 | 2  | 27 | 0 |
|                      | M | 0.2 Cups | 120 | 2  | 27 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

400 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|---|----|----|
| Avocado                       | F | 2.5 oz   | 112 | 2 | 5 | 10 | Nuts, walnuts           | F | 0.6 oz   | 112 | 2 | 2  | 11 |
|                               | M | 2.2 oz   | 100 | 2 | 4 | 9  |                         | M | 0.5 oz   | 100 | 2 | 2  | 10 |
| Butter, grass-fed             | F | 1.1 Tbsp | 112 | 0 | 0 | 12 | Oil, avocado            | F | 0.9 Tbsp | 112 | 0 | 0  | 13 |
|                               | M | 1 Tbsp   | 100 | 0 | 0 | 11 |                         | M | 0.8 Tbsp | 100 | 0 | 0  | 11 |
| Cacao nibs                    | F | 2.1 Tbsp | 112 | 0 | 6 | 8  | Oil, extra virgin olive | F | 0.9 Tbsp | 112 | 0 | 0  | 13 |
|                               | M | 1.9 Tbsp | 100 | 0 | 6 | 7  |                         | M | 0.8 Tbsp | 100 | 0 | 0  | 12 |
| Coconut milk, unsweetened*    | F | 2.5 Cups | 112 | 0 | 3 | 10 | Oil, flaxseed           | F | 0.9 Tbsp | 112 | 0 | 0  | 13 |
|                               | M | 2.3 Cups | 100 | 0 | 2 | 9  |                         | M | 0.8 Tbsp | 100 | 0 | 0  | 12 |
| Guacamole                     | F | 4.5 Tbsp | 112 | 4 | 4 | 9  | Oil, grapeseed          | F | 0.9 Tbsp | 112 | 0 | 0  | 13 |
|                               | M | 4 Tbsp   | 100 | 4 | 4 | 8  |                         | M | 0.8 Tbsp | 100 | 0 | 0  | 11 |
| Hummus                        | F | 3.2 Tbsp | 112 | 3 | 6 | 10 | Oil, sesame             | F | 0.9 Tbsp | 112 | 0 | 0  | 13 |
|                               | M | 2.9 Tbsp | 100 | 3 | 6 | 9  |                         | M | 0.8 Tbsp | 100 | 0 | 0  | 12 |
| Nut butter, almond            | F | 1.2 Tbsp | 112 | 5 | 4 | 11 | Olives, black           | F | 2.2 oz   | 112 | 0 | 4  | 11 |
|                               | M | 1.1 Tbsp | 100 | 4 | 3 | 9  |                         | M | 2 oz     | 100 | 0 | 4  | 10 |
| Nut butter, cashew            | F | 1.2 Tbsp | 112 | 2 | 6 | 9  | Olives, green           | F | 2.2 oz   | 112 | 2 | 2  | 11 |
|                               | M | 1.1 Tbsp | 100 | 2 | 5 | 8  |                         | M | 2 oz     | 100 | 2 | 2  | 10 |
| Nut milk, almond unsweetened* | F | 3.7 Cups | 112 | 4 | 4 | 11 | Olives, kalamata        | F | 1.3 oz   | 112 | 0 | 5  | 11 |
|                               | M | 3.3 Cups | 100 | 3 | 3 | 10 |                         | M | 1.2 oz   | 100 | 0 | 5  | 9  |
| Nut milk, cashew unsweetened* | F | 4.5 Cups | 112 | 4 | 4 | 9  | Pea milk, unsweetened   | F | 1.1 Cups | 112 | 9 | 7  | 5  |
|                               | M | 4 Cups   | 100 | 4 | 4 | 8  |                         | M | 1 Cups   | 100 | 8 | 6  | 4  |
| Nuts, almonds                 | F | 0.7 oz   | 112 | 4 | 4 | 10 | Seed butter, sunflower  | F | 1.1 Tbsp | 112 | 4 | 4  | 9  |
|                               | M | 0.6 oz   | 100 | 4 | 4 | 9  |                         | M | 1 Tbsp   | 100 | 4 | 4  | 8  |
| Nuts, brazil nuts             | F | 0.6 oz   | 112 | 2 | 1 | 11 | Seeds, chia             | F | 1.6 Tbsp | 112 | 3 | 10 | 7  |
|                               | M | 0.5 oz   | 100 | 2 | 1 | 10 |                         | M | 1.5 Tbsp | 100 | 3 | 9  | 6  |
| Nuts, cashews                 | F | 0.7 oz   | 112 | 4 | 6 | 9  | Seeds, flax             | F | 2.2 Tbsp | 112 | 4 | 6  | 9  |
|                               | M | 0.6 oz   | 100 | 3 | 6 | 8  |                         | M | 1.9 Tbsp | 100 | 4 | 6  | 8  |
| Nuts, hazelnuts               | F | 0.6 oz   | 112 | 2 | 3 | 10 | Seeds, hemp             | F | 1.9 Tbsp | 112 | 6 | 0  | 9  |
|                               | M | 0.5 oz   | 100 | 2 | 3 | 9  |                         | M | 1.7 Tbsp | 100 | 5 | 0  | 8  |
| Nuts, pecans                  | F | 0.6 oz   | 112 | 2 | 2 | 11 | Seeds, pumpkin          | F | 0.7 oz   | 112 | 6 | 2  | 10 |
|                               | M | 0.5 oz   | 100 | 2 | 2 | 10 |                         | M | 0.6 oz   | 100 | 5 | 2  | 9  |
| Nuts, pistachios shelled      | F | 0.6 oz   | 112 | 5 | 2 | 9  | Seeds, sunflower        | F | 0.8 oz   | 112 | 7 | 2  | 6  |
|                               | M | 0.6 oz   | 100 | 4 | 2 | 8  |                         | M | 0.7 oz   | 100 | 6 | 2  | 6  |



**400** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             | SERVING |     | CAL  | P   | C | F |    |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---------|-----|------|-----|---|---|----|
| Butter             | F | 1.1     | Tbsp | 112 | 0  | 0 | 12 | Cheese, ricotta             | F       | 2.5 | oz   | 112 | 8 | 3 | 8  |
|                    | M | 1       | Tbsp | 100 | 0  | 0 | 11 |                             | M       | 2.3 | oz   | 100 | 7 | 2 | 7  |
| Cheese, asiago     | F | 1       | oz   | 112 | 8  | 1 | 8  | Cheese, swiss               | F       | 1   | oz   | 112 | 8 | 0 | 9  |
|                    | M | 0.9     | oz   | 100 | 7  | 1 | 7  |                             | M       | 0.9 | oz   | 100 | 7 | 0 | 8  |
| Cheese, blue       | F | 1.1     | oz   | 112 | 8  | 0 | 9  | Chocolate, dark >70% cacao* | F       | 0.7 | oz   | 112 | 1 | 9 | 9  |
|                    | M | 1       | oz   | 100 | 7  | 0 | 8  |                             | M       | 0.6 | oz   | 100 | 1 | 8 | 8  |
| Cheese, brie       | F | 1.2     | oz   | 112 | 6  | 0 | 10 | Coconut flakes unsweetened  | F       | 2   | Tbsp | 112 | 0 | 0 | 10 |
|                    | M | 1.1     | oz   | 100 | 5  | 0 | 9  |                             | M       | 1.8 | Tbsp | 100 | 0 | 0 | 9  |
| Cheese, cheddar    | F | 1       | oz   | 112 | 6  | 1 | 9  | Coconut milk, full fat      | F       | 0.3 | Cups | 112 | 1 | 1 | 11 |
|                    | M | 0.9     | oz   | 100 | 5  | 1 | 8  |                             | M       | 0.3 | Cups | 100 | 1 | 1 | 10 |
| Cheese, feta       | F | 1.6     | oz   | 112 | 10 | 3 | 6  | Ghee                        | F       | 0.8 | Tbsp | 112 | 0 | 0 | 12 |
|                    | M | 1.4     | oz   | 100 | 9  | 3 | 6  |                             | M       | 0.7 | Tbsp | 100 | 0 | 0 | 11 |
| Cheese, goat       | F | 1.4     | oz   | 112 | 6  | 3 | 8  | Heavy cream                 | F       | 2.2 | Tbsp | 112 | 0 | 0 | 13 |
|                    | M | 1.3     | oz   | 100 | 5  | 3 | 8  |                             | M       | 2   | Tbsp | 100 | 0 | 0 | 12 |
| Cheese, gouda      | F | 1.1     | oz   | 112 | 8  | 1 | 9  | Nut butter, peanut          | F       | 1.1 | Tbsp | 112 | 4 | 3 | 9  |
|                    | M | 1       | oz   | 100 | 7  | 1 | 8  |                             | M       | 1   | Tbsp | 100 | 4 | 3 | 8  |
| Cheese, mozzarella | F | 1.4     | oz   | 112 | 10 | 1 | 6  | Oil, extra virgin coconut   | F       | 0.9 | Tbsp | 112 | 0 | 0 | 12 |
|                    | M | 1.2     | oz   | 100 | 9  | 1 | 5  |                             | M       | 0.8 | Tbsp | 100 | 0 | 0 | 11 |
| Cheese, muenster   | F | 1.1     | oz   | 112 | 8  | 0 | 10 | Peanuts                     | F       | 0.7 | oz   | 112 | 5 | 3 | 10 |
|                    | M | 1       | oz   | 100 | 7  | 0 | 9  |                             | M       | 0.6 | oz   | 100 | 4 | 3 | 9  |
| Cheese, parmesan   | F | 1       | oz   | 112 | 11 | 0 | 9  | Salad dressing, oil-based   | F       | 1.4 | Tbsp | 112 | 0 | 3 | 11 |
|                    | M | 0.9     | oz   | 100 | 10 | 0 | 8  |                             | M       | 1.3 | Tbsp | 100 | 0 | 3 | 10 |
| Cheese, provolone  | F | 1.1     | oz   | 112 | 8  | 1 | 9  |                             |         |     |      |     |   |   |    |
|                    | M | 1       | oz   | 100 | 7  | 1 | 8  |                             |         |     |      |     |   |   |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**425** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 2.9 oz    | 179 | 29 | 0  | 6  | Fish, mahi mahi               | F | 5.8 oz     | 179 | 40 | 0  | 0  |
|                             | M | 3.1 oz    | 191 | 31 | 0  | 6  |                               | M | 6.2 oz     | 191 | 43 | 0  | 0  |
| Beef, eye round             | F | 3 oz      | 179 | 24 | 0  | 9  | Fish, salmon                  | F | 3 oz       | 179 | 18 | 0  | 12 |
|                             | M | 3.2 oz    | 191 | 26 | 0  | 10 |                               | M | 3.2 oz     | 191 | 19 | 0  | 13 |
| Beef, flank                 | F | 3.1 oz    | 179 | 25 | 0  | 9  | Lobster                       | F | 7.2 oz     | 179 | 36 | 0  | 0  |
|                             | M | 3.4 oz    | 191 | 27 | 0  | 10 |                               | M | 7.6 oz     | 191 | 38 | 0  | 0  |
| Beef, ground 96/4           | F | 3.3 oz    | 179 | 30 | 0  | 7  | Nutritional yeast*            | F | 9 Tbsp     | 179 | 27 | 18 | 0  |
|                             | M | 3.5 oz    | 191 | 32 | 0  | 7  |                               | M | 9.6 Tbsp   | 191 | 29 | 19 | 0  |
| Beef, ground 90/10          | F | 2.9 oz    | 179 | 23 | 0  | 9  | Pheasant                      | F | 2.6 oz     | 179 | 24 | 0  | 8  |
|                             | M | 3.1 oz    | 191 | 25 | 0  | 9  |                               | M | 2.8 oz     | 191 | 25 | 0  | 8  |
| Beef, sirloin tip side      | F | 3.8 oz    | 179 | 30 | 0  | 4  | Rabbit                        | F | 3.7 oz     | 179 | 33 | 0  | 4  |
|                             | M | 4.1 oz    | 191 | 33 | 0  | 4  |                               | M | 3.9 oz     | 191 | 35 | 0  | 4  |
| Beef, top round             | F | 3 oz      | 179 | 27 | 0  | 6  | Scallops                      | F | 7.2 oz     | 179 | 36 | 0  | 0  |
|                             | M | 3.2 oz    | 191 | 29 | 0  | 6  |                               | M | 7.6 oz     | 191 | 38 | 0  | 0  |
| Bison                       | F | 3.5 oz    | 179 | 25 | 0  | 7  | Shrimp                        | F | 6.4 oz     | 179 | 45 | 0  | 0  |
|                             | M | 3.7 oz    | 191 | 26 | 0  | 7  |                               | M | 6.8 oz     | 191 | 48 | 0  | 0  |
| Broth, bone                 | F | 9 oz      | 179 | 36 | 0  | 9  | TruLean protein powder, vegan | F | 1.6 Scoops | 179 | 36 | 3  | 3  |
|                             | M | 9.6 oz    | 191 | 38 | 0  | 10 |                               | M | 1.7 Scoops | 191 | 38 | 3  | 3  |
| Chicken, breast             | F | 3.8 oz    | 179 | 34 | 0  | 4  | TruLean protein powder, whey  | F | 1.8 Scoops | 179 | 43 | 2  | 0  |
|                             | M | 4.1 oz    | 191 | 37 | 0  | 4  |                               | M | 1.9 Scoops | 191 | 46 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.1 Cups  | 179 | 25 | 18 | 0  | Turkey, breast                | F | 4.2 oz     | 179 | 37 | 0  | 4  |
|                             | M | 1.2 Cups  | 191 | 26 | 19 | 0  |                               | M | 4.4 oz     | 191 | 40 | 0  | 4  |
| Cottage cheese, 2% fat      | F | 1.1 Cups  | 179 | 25 | 7  | 6  | Turkey, ground 99/1           | F | 4.6 oz     | 179 | 37 | 0  | 5  |
|                             | M | 1.2 Cups  | 191 | 26 | 7  | 6  |                               | M | 4.9 oz     | 191 | 39 | 0  | 5  |
| Crab                        | F | 6.2 oz    | 179 | 37 | 0  | 0  | Turkey, ground 93/7           | F | 3 oz       | 179 | 24 | 0  | 9  |
|                             | M | 6.6 oz    | 191 | 40 | 0  | 0  |                               | M | 3.2 oz     | 191 | 25 | 0  | 10 |
| Egg whites, pourable*       | F | 13.8 oz   | 179 | 41 | 0  | 0  | Turkey, ground 90/10          | F | 3 oz       | 179 | 21 | 0  | 9  |
|                             | M | 14.7 oz   | 191 | 44 | 0  | 0  |                               | M | 3.2 oz     | 191 | 23 | 0  | 10 |
| Egg whites, from whole egg* | F | 10.5 Eggs | 179 | 42 | 0  | 0  | Venison                       | F | 3.4 oz     | 179 | 27 | 0  | 7  |
|                             | M | 11.2 Eggs | 191 | 45 | 0  | 0  |                               | M | 3.6 oz     | 191 | 29 | 0  | 7  |
| Fish, ahi tuna steak        | F | 4.6 oz    | 179 | 37 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.5 Cups   | 179 | 31 | 12 | 0  |
|                             | M | 4.9 oz    | 191 | 39 | 0  | 0  |                               | M | 1.6 Cups   | 191 | 33 | 13 | 0  |
| Fish, cod                   | F | 5.1 oz    | 179 | 31 | 0  | 5  | Yogurt, Greek plain low-fat   | F | 1.1 Cups   | 179 | 25 | 9  | 5  |
|                             | M | 5.5 oz    | 191 | 33 | 0  | 5  |                               | M | 1.1 Cups   | 191 | 27 | 10 | 6  |



## PROTEIN

425 CALORIES PER MEAL

### EAT SOME

| EAT SOME               |   | SERVING |      | CAL | P  | C  | F  |                              |   | SERVING |      | CAL | P  | C  | F  |
|------------------------|---|---------|------|-----|----|----|----|------------------------------|---|---------|------|-----|----|----|----|
| Beef, ground 85/15     | F | 2.7     | oz   | 179 | 19 | 0  | 11 | Duck                         | F | 2.7     | oz   | 179 | 16 | 0  | 13 |
|                        | M | 2.9     | oz   | 191 | 20 | 0  | 12 |                              | M | 2.9     | oz   | 191 | 17 | 0  | 14 |
| Beef, skirt            | F | 2.9     | oz   | 179 | 20 | 0  | 9  | Eggs, whole *                | F | 2.6     | Eggs | 179 | 15 | 3  | 13 |
|                        | M | 3.1     | oz   | 191 | 22 | 0  | 9  |                              | M | 2.7     | Eggs | 191 | 16 | 3  | 14 |
| Chicken, ground        | F | 3.3     | oz   | 179 | 23 | 0  | 10 | Fish, tuna packaged          | F | 6       | oz   | 179 | 42 | 0  | 0  |
|                        | M | 3.5     | oz   | 191 | 25 | 0  | 11 |                              | M | 6.4     | oz   | 191 | 45 | 0  | 0  |
| Chicken, thighs        | F | 3.3     | oz   | 179 | 23 | 0  | 10 | Lamb, ground                 | F | 2.2     | oz   | 179 | 16 | 0  | 13 |
|                        | M | 3.5     | oz   | 191 | 24 | 0  | 10 |                              | M | 2.4     | oz   | 191 | 17 | 0  | 14 |
| Cottage cheese, 4% fat | F | 0.7     | Cups | 179 | 18 | 9  | 7  | Lamb, shank                  | F | 4.5     | oz   | 179 | 22 | 4  | 9  |
|                        | M | 0.8     | Cups | 191 | 19 | 10 | 8  |                              | M | 4.8     | oz   | 191 | 24 | 5  | 10 |
| Dairy milk, skim*      | F | 2       | Cups | 179 | 16 | 26 | 0  | Pork, tenderloin             | F | 4.4     | oz   | 179 | 31 | 0  | 4  |
|                        | M | 2.1     | Cups | 191 | 17 | 28 | 0  |                              | M | 4.7     | oz   | 191 | 33 | 0  | 5  |
| Dairy milk, 1%*        | F | 1.6     | Cups | 179 | 13 | 21 | 5  | Tempeh                       | F | 3.2     | oz   | 179 | 16 | 10 | 10 |
|                        | M | 1.7     | Cups | 191 | 14 | 23 | 5  |                              | M | 3.4     | oz   | 191 | 17 | 10 | 10 |
| Dairy milk, 2%*        | F | 1.4     | Cups | 179 | 11 | 18 | 7  | Tofu                         | F | 7.8     | oz   | 179 | 16 | 8  | 8  |
|                        | M | 1.5     | Cups | 191 | 12 | 19 | 7  |                              | M | 8.3     | oz   | 191 | 17 | 8  | 8  |
| Deli meat, chicken     | F | 6       | oz   | 179 | 36 | 6  | 0  | Turkey, bacon*               | F | 2.3     | oz   | 179 | 19 | 0  | 12 |
|                        | M | 6.4     | oz   | 191 | 38 | 6  | 0  |                              | M | 2.5     | oz   | 191 | 20 | 0  | 12 |
| Deli meat, ham         | F | 5.1     | oz   | 179 | 26 | 0  | 10 | Turkey, ground 85/15         | F | 2.8     | oz   | 179 | 20 | 0  | 14 |
|                        | M | 5.5     | oz   | 191 | 27 | 0  | 11 |                              | M | 3       | oz   | 191 | 21 | 0  | 15 |
| Deli meat, roast beef  | F | 5.1     | oz   | 179 | 36 | 0  | 5  | Yogurt, Greek plain full fat | F | 0.8     | Cups | 179 | 17 | 7  | 9  |
|                        | M | 5.5     | oz   | 191 | 38 | 0  | 5  |                              | M | 0.8     | Cups | 191 | 18 | 7  | 9  |
| Deli meat, turkey      | F | 6       | oz   | 179 | 36 | 0  | 6  |                              |   |         |      |     |    |    |    |
|                        | M | 6.4     | oz   | 191 | 38 | 0  | 6  |                              |   |         |      |     |    |    |    |

### EAT LESS

|                            |                             |
|----------------------------|-----------------------------|
| Beef, brisket              | Chicken sausage, dinner     |
| Beef, chuck roast          | Dairy milk, whole           |
| Beef, ground 80/20         | Fried meats                 |
| Beef, ribeye               | Jerky, processed            |
| Beef, strip                | Meat substitutes, processed |
| Beef, T-bone               | Pork, bacon                 |
| Beef, top sirloin          | Pork, chop                  |
| Chicken sausage, breakfast | Yogurt, sweetened           |



**425** CALORIES PER MEAL

## EAT MORE

| EAT MORE                     |   | SERVING |      | CAL | P | C  | F |                             |   | SERVING |      | CAL | P  | C  | F |
|------------------------------|---|---------|------|-----|---|----|---|-----------------------------|---|---------|------|-----|----|----|---|
| Amaranth, cooked             | F | 0.5     | Cups | 128 | 5 | 23 | 2 | Edamame                     | F | 0.6     | Cups | 128 | 10 | 12 | 4 |
|                              | M | 0.5     | Cups | 128 | 5 | 23 | 2 |                             | M | 0.6     | Cups | 128 | 10 | 12 | 4 |
| Amaranth, dry                | F | 0.2     | Cups | 128 | 5 | 23 | 2 | Farro, cooked               | F | 0.6     | Cups | 128 | 4  | 24 | 1 |
|                              | M | 0.2     | Cups | 128 | 5 | 23 | 2 |                             | M | 0.6     | Cups | 128 | 4  | 24 | 1 |
| Apple                        | F | 8.5     | oz   | 128 | 0 | 34 | 0 | Farro, dry                  | F | 0.2     | Cups | 128 | 5  | 24 | 1 |
|                              | M | 8.5     | oz   | 128 | 0 | 34 | 0 |                             | M | 0.2     | Cups | 128 | 5  | 24 | 1 |
| Banana                       | F | 5.1     | oz   | 128 | 0 | 31 | 0 | Grapefruit                  | F | 14.2    | oz   | 128 | 0  | 28 | 0 |
|                              | M | 5.1     | oz   | 128 | 0 | 31 | 0 |                             | M | 14.2    | oz   | 128 | 0  | 28 | 0 |
| Beans, black canned          | F | 0.6     | Cups | 128 | 8 | 22 | 1 | Grapes                      | F | 7.1     | oz   | 128 | 0  | 36 | 0 |
|                              | M | 0.6     | Cups | 128 | 8 | 22 | 1 |                             | M | 7.1     | oz   | 128 | 0  | 36 | 0 |
| Beans, cannellini canned     | F | 0.6     | Cups | 128 | 9 | 24 | 0 | Kamut, cooked               | F | 0.5     | Cups | 128 | 6  | 27 | 1 |
|                              | M | 0.6     | Cups | 128 | 9 | 24 | 0 |                             | M | 0.5     | Cups | 128 | 6  | 27 | 1 |
| Beans, garbanzo canned       | F | 0.5     | Cups | 128 | 6 | 20 | 0 | Kamut, dry                  | F | 0.2     | Cups | 128 | 6  | 27 | 1 |
|                              | M | 0.5     | Cups | 128 | 6 | 20 | 0 |                             | M | 0.2     | Cups | 128 | 6  | 27 | 1 |
| Beans, great northern canned | F | 0.6     | Cups | 128 | 8 | 23 | 0 | Kiwi                        | F | 7.5     | oz   | 128 | 0  | 30 | 0 |
|                              | M | 0.6     | Cups | 128 | 8 | 23 | 0 |                             | M | 7.5     | oz   | 128 | 0  | 30 | 0 |
| Beans, kidney canned         | F | 0.6     | Cups | 128 | 8 | 23 | 1 | Lentils, cooked             | F | 0.6     | Cups | 128 | 10 | 22 | 0 |
|                              | M | 0.6     | Cups | 128 | 8 | 23 | 1 |                             | M | 0.6     | Cups | 128 | 10 | 22 | 0 |
| Beans, lima canned           | F | 1.2     | Cups | 128 | 7 | 23 | 0 | Lentils, dry                | F | 0.3     | Cups | 128 | 10 | 26 | 0 |
|                              | M | 1.2     | Cups | 128 | 7 | 23 | 0 |                             | M | 0.3     | Cups | 128 | 10 | 26 | 0 |
| Beans, pinto canned          | F | 0.7     | Cups | 128 | 9 | 24 | 0 | Mango                       | F | 7.5     | oz   | 128 | 0  | 30 | 0 |
|                              | M | 0.7     | Cups | 128 | 9 | 24 | 0 |                             | M | 7.5     | oz   | 128 | 0  | 30 | 0 |
| Beets                        | F | 10.7    | oz   | 128 | 0 | 32 | 0 | Melon, cantaloupe           | F | 12.8    | oz   | 128 | 0  | 26 | 0 |
|                              | M | 10.7    | oz   | 128 | 0 | 32 | 0 |                             | M | 12.8    | oz   | 128 | 0  | 26 | 0 |
| Blackberries                 | F | 10.7    | oz   | 128 | 0 | 32 | 0 | Melon, honeydew             | F | 12.8    | oz   | 128 | 0  | 38 | 0 |
|                              | M | 10.7    | oz   | 128 | 0 | 32 | 0 |                             | M | 12.8    | oz   | 128 | 0  | 38 | 0 |
| Blueberries                  | F | 8       | oz   | 128 | 0 | 32 | 0 | Melon, watermelon           | F | 14.2    | oz   | 128 | 0  | 28 | 0 |
|                              | M | 8       | oz   | 128 | 0 | 32 | 0 |                             | M | 14.2    | oz   | 128 | 0  | 28 | 0 |
| Buckwheat, cooked            | F | 0.8     | Cups | 128 | 5 | 27 | 1 | Millet, cooked              | F | 0.6     | Cups | 128 | 4  | 25 | 1 |
|                              | M | 0.8     | Cups | 128 | 5 | 27 | 1 |                             | M | 0.6     | Cups | 128 | 4  | 25 | 1 |
| Buckwheat, dry               | F | 0.2     | Cups | 128 | 4 | 28 | 1 | Millet, dry                 | F | 0.1     | Cups | 128 | 4  | 26 | 1 |
|                              | M | 0.2     | Cups | 128 | 4 | 28 | 1 |                             | M | 0.1     | Cups | 128 | 4  | 26 | 1 |
| Clementine                   | F | 9.8     | oz   | 128 | 0 | 30 | 0 | Oat milk                    | F | 1.6     | Cups | 128 | 3  | 18 | 5 |
|                              | M | 9.8     | oz   | 128 | 0 | 30 | 0 |                             | M | 1.6     | Cups | 128 | 3  | 18 | 5 |
| Corn                         | F | 0.9     | Cups | 128 | 2 | 24 | 2 | Oats, old fashioned, cooked | F | 0.8     | Cups | 128 | 5  | 22 | 3 |
|                              | M | 0.9     | Cups | 128 | 2 | 24 | 2 |                             | M | 0.8     | Cups | 128 | 5  | 22 | 3 |



## CARB

425 CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P | C  | F |                    |   | SERVING  | CAL | P | C  | F |
|--------------------------|---|----------|-----|---|----|---|--------------------|---|----------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.4 Cups | 128 | 4 | 23 | 3 | Raspberries        | F | 8.5 oz   | 128 | 0 | 26 | 0 |
|                          | M | 0.4 Cups | 128 | 4 | 23 | 3 |                    | M | 8.5 oz   | 128 | 0 | 26 | 0 |
| Oats, steel cut, cooked  | F | 0.9 Cups | 128 | 7 | 44 | 2 | Rice, brown cooked | F | 0.6 Cups | 128 | 3 | 26 | 1 |
|                          | M | 0.9 Cups | 128 | 7 | 44 | 2 |                    | M | 0.6 Cups | 128 | 3 | 26 | 1 |
| Oats, steel cut, dry     | F | 0.2 Cups | 128 | 4 | 23 | 2 | Rice, brown dry    | F | 0.2 Cups | 128 | 2 | 28 | 1 |
|                          | M | 0.2 Cups | 128 | 4 | 23 | 2 |                    | M | 0.2 Cups | 128 | 2 | 28 | 1 |
| Orange                   | F | 9.8 oz   | 128 | 0 | 30 | 0 | Rice, wild cooked  | F | 0.8 Cups | 128 | 5 | 27 | 1 |
|                          | M | 9.8 oz   | 128 | 0 | 30 | 0 |                    | M | 0.8 Cups | 128 | 5 | 27 | 1 |
| Papaya                   | F | 10.7 oz  | 128 | 0 | 21 | 0 | Rice, wild dry     | F | 0.2 Cups | 128 | 5 | 27 | 0 |
|                          | M | 10.7 oz  | 128 | 0 | 21 | 0 |                    | M | 0.2 Cups | 128 | 5 | 27 | 0 |
| Parsnips                 | F | 6.1 oz   | 128 | 0 | 30 | 0 | Spelt, cooked      | F | 0.5 Cups | 128 | 6 | 27 | 1 |
|                          | M | 6.1 oz   | 128 | 0 | 30 | 0 |                    | M | 0.5 Cups | 128 | 6 | 27 | 1 |
| Peach                    | F | 11.6 oz  | 128 | 0 | 35 | 0 | Spelt, dry         | F | 0.2 Cups | 128 | 5 | 28 | 1 |
|                          | M | 11.6 oz  | 128 | 0 | 35 | 0 |                    | M | 0.2 Cups | 128 | 5 | 28 | 1 |
| Pear                     | F | 8 oz     | 128 | 0 | 32 | 0 | Squash, acorn      | F | 10.7 oz  | 128 | 0 | 32 | 0 |
|                          | M | 8 oz     | 128 | 0 | 32 | 0 |                    | M | 10.7 oz  | 128 | 0 | 32 | 0 |
| Pineapple                | F | 9.1 oz   | 128 | 0 | 37 | 0 | Squash, butternut  | F | 5.6 oz   | 128 | 6 | 33 | 0 |
|                          | M | 9.1 oz   | 128 | 0 | 37 | 0 |                    | M | 5.6 oz   | 128 | 6 | 33 | 0 |
| Peas, green or yellow    | F | 1.1 Cups | 128 | 9 | 23 | 0 | Squash, kabocha    | F | 12.8 oz  | 128 | 0 | 26 | 0 |
|                          | M | 1.1 Cups | 128 | 9 | 23 | 0 |                    | M | 12.8 oz  | 128 | 0 | 26 | 0 |
| Potato, sweet            | F | 5.3 oz   | 128 | 0 | 32 | 0 | Strawberries       | F | 14.2 oz  | 128 | 0 | 28 | 0 |
|                          | M | 5.3 oz   | 128 | 0 | 32 | 0 |                    | M | 14.2 oz  | 128 | 0 | 28 | 0 |
| Potato, white            | F | 6.4 oz   | 128 | 0 | 32 | 0 | Sweet cherries     | F | 7.1 oz   | 128 | 0 | 28 | 0 |
|                          | M | 6.4 oz   | 128 | 0 | 32 | 0 |                    | M | 7.1 oz   | 128 | 0 | 28 | 0 |
| Potato, yellow           | F | 6.1 oz   | 128 | 6 | 30 | 0 | Teff, cooked       | F | 0.5 Cups | 128 | 5 | 25 | 1 |
|                          | M | 6.1 oz   | 128 | 6 | 30 | 0 |                    | M | 0.5 Cups | 128 | 5 | 25 | 1 |
| Pumpkin                  | F | 18.3 oz  | 128 | 0 | 37 | 0 | Teff, dry          | F | 0.2 Cups | 128 | 5 | 25 | 1 |
|                          | M | 18.3 oz  | 128 | 0 | 37 | 0 |                    | M | 0.2 Cups | 128 | 5 | 25 | 1 |
| Quinoa, cooked           | F | 0.6 Cups | 128 | 5 | 22 | 2 | Water chestnuts    | F | 3.2 Cups | 128 | 3 | 29 | 0 |
|                          | M | 0.6 Cups | 128 | 5 | 22 | 2 |                    | M | 3.2 Cups | 128 | 3 | 29 | 0 |
| Quinoa, dry              | F | 0.2 Cups | 128 | 4 | 24 | 2 |                    |   |          |     |   |    |   |
|                          | M | 0.2 Cups | 128 | 4 | 24 | 2 |                    |   |          |     |   |    |   |



## CARB

425 CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.3 Cups      | 128 | 0  | 33 | 0 |
|                                | M | 1.3 Cups      | 128 | 0  | 33 | 0 |
| Bread, sprouted or whole wheat | F | 1.6 Slices    | 128 | 8  | 24 | 2 |
|                                | M | 1.6 Slices    | 128 | 8  | 24 | 2 |
| Corn tortillas                 | F | 2.3 Tortillas | 128 | 2  | 26 | 2 |
|                                | M | 2.3 Tortillas | 128 | 2  | 26 | 2 |
| Dried fruit                    | F | 1.6 oz        | 128 | 2  | 32 | 0 |
|                                | M | 1.6 oz        | 128 | 2  | 32 | 0 |
| Honey, raw*                    | F | 2 Tbsp        | 128 | 0  | 34 | 0 |
|                                | M | 2 Tbsp        | 128 | 0  | 34 | 0 |
| Maple syrup, pure*             | F | 2.3 Tbsp      | 128 | 0  | 33 | 0 |
|                                | M | 2.3 Tbsp      | 128 | 0  | 33 | 0 |
| Pasta, bean cooked             | F | 3.2 oz        | 128 | 10 | 22 | 3 |
|                                | M | 3.2 oz        | 128 | 10 | 22 | 3 |

### SERVING

CAL

P

C

F

Pasta, bean dry

F

1.3 oz

128

8

22

3

M

1.3 oz

128

8

22

3

Pasta, lentil cooked

F

1.5 oz

128

10

16

1

M

1.5 oz

128

10

16

1

Pasta, lentil dry

F

1.3 oz

128

5

27

1

M

1.3 oz

128

5

27

1

Popcorn, air-popped

F

4.1 Cups

128

4

25

0

M

4.1 Cups

128

4

25

0

Rice, white cooked

F

0.6 Cups

128

2

28

0

M

0.6 Cups

128

2

28

0

Rice, white dry

F

0.2 Cups

128

2

29

0

M

0.2 Cups

128

2

29

0

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

425 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 2.6 oz   | 119 | 3 | 5 | 11 | Nuts, walnuts           | F | 0.6 oz   | 119 | 3  | 3  | 12 |
|                               | M | 2.4 oz   | 106 | 2 | 5 | 9  |                         | M | 0.6 oz   | 106 | 2  | 2  | 11 |
| Butter, grass-fed             | F | 1.2 Tbsp | 119 | 0 | 0 | 13 | Oil, avocado            | F | 1 Tbsp   | 119 | 0  | 0  | 13 |
|                               | M | 1.1 Tbsp | 106 | 0 | 0 | 12 |                         | M | 0.9 Tbsp | 106 | 0  | 0  | 12 |
| Cacao nibs                    | F | 2.2 Tbsp | 119 | 0 | 7 | 9  | Oil, extra virgin olive | F | 1 Tbsp   | 119 | 0  | 0  | 14 |
|                               | M | 2 Tbsp   | 106 | 0 | 6 | 8  |                         | M | 0.9 Tbsp | 106 | 0  | 0  | 12 |
| Coconut milk, unsweetened*    | F | 2.7 Cups | 119 | 0 | 3 | 11 | Oil, flaxseed           | F | 1 Tbsp   | 119 | 0  | 0  | 14 |
|                               | M | 2.4 Cups | 106 | 0 | 2 | 10 |                         | M | 0.9 Tbsp | 106 | 0  | 0  | 12 |
| Guacamole                     | F | 4.8 Tbsp | 119 | 5 | 5 | 10 | Oil, grapeseed          | F | 1 Tbsp   | 119 | 0  | 0  | 14 |
|                               | M | 4.2 Tbsp | 106 | 4 | 4 | 8  |                         | M | 0.9 Tbsp | 106 | 0  | 0  | 12 |
| Hummus                        | F | 3.4 Tbsp | 119 | 3 | 7 | 10 | Oil, sesame             | F | 1 Tbsp   | 119 | 0  | 0  | 14 |
|                               | M | 3 Tbsp   | 106 | 3 | 6 | 9  |                         | M | 0.9 Tbsp | 106 | 0  | 0  | 12 |
| Nut butter, almond            | F | 1.3 Tbsp | 119 | 5 | 4 | 11 | Olives, black           | F | 2.4 oz   | 119 | 0  | 5  | 12 |
|                               | M | 1.1 Tbsp | 106 | 4 | 3 | 10 |                         | M | 2.1 oz   | 106 | 0  | 4  | 11 |
| Nut butter, cashew            | F | 1.3 Tbsp | 119 | 3 | 6 | 10 | Olives, green           | F | 2.4 oz   | 119 | 2  | 2  | 12 |
|                               | M | 1.1 Tbsp | 106 | 2 | 6 | 9  |                         | M | 2.1 oz   | 106 | 2  | 2  | 11 |
| Nut milk, almond unsweetened* | F | 4 Cups   | 119 | 4 | 4 | 12 | Olives, kalamata        | F | 1.4 oz   | 119 | 0  | 6  | 11 |
|                               | M | 3.5 Cups | 106 | 4 | 4 | 11 |                         | M | 1.2 oz   | 106 | 0  | 5  | 10 |
| Nut milk, cashew unsweetened* | F | 4.8 Cups | 119 | 5 | 5 | 10 | Pea milk, unsweetened   | F | 1.2 Cups | 119 | 10 | 7  | 5  |
|                               | M | 4.2 Cups | 106 | 4 | 4 | 8  |                         | M | 1.1 Cups | 106 | 9  | 6  | 4  |
| Nuts, almonds                 | F | 0.7 oz   | 119 | 4 | 4 | 10 | Seed butter, sunflower  | F | 1.2 Tbsp | 119 | 5  | 5  | 10 |
|                               | M | 0.6 oz   | 106 | 4 | 4 | 9  |                         | M | 1.1 Tbsp | 106 | 4  | 4  | 8  |
| Nuts, brazil nuts             | F | 0.6 oz   | 119 | 2 | 1 | 12 | Seeds, chia             | F | 1.8 Tbsp | 119 | 4  | 11 | 7  |
|                               | M | 0.5 oz   | 106 | 2 | 1 | 10 |                         | M | 1.6 Tbsp | 106 | 3  | 9  | 6  |
| Nuts, cashews                 | F | 0.8 oz   | 119 | 4 | 7 | 9  | Seeds, flax             | F | 2.3 Tbsp | 119 | 5  | 7  | 9  |
|                               | M | 0.7 oz   | 106 | 3 | 6 | 8  |                         | M | 2 Tbsp   | 106 | 4  | 6  | 8  |
| Nuts, hazelnuts               | F | 0.7 oz   | 119 | 3 | 3 | 11 | Seeds, hemp             | F | 2 Tbsp   | 119 | 6  | 0  | 10 |
|                               | M | 0.6 oz   | 106 | 2 | 3 | 10 |                         | M | 1.8 Tbsp | 106 | 5  | 0  | 9  |
| Nuts, pecans                  | F | 0.6 oz   | 119 | 2 | 2 | 12 | Seeds, pumpkin          | F | 0.7 oz   | 119 | 6  | 2  | 11 |
|                               | M | 0.5 oz   | 106 | 2 | 2 | 11 |                         | M | 0.6 oz   | 106 | 6  | 2  | 9  |
| Nuts, pistachios shelled      | F | 0.7 oz   | 119 | 5 | 2 | 10 | Seeds, sunflower        | F | 0.9 oz   | 119 | 8  | 3  | 7  |
|                               | M | 0.6 oz   | 106 | 4 | 2 | 9  |                         | M | 0.8 oz   | 106 | 7  | 2  | 6  |



425 CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P | C | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|---|---|----|
| Butter             | F | 1.2 Tbsp | 119 | 0  | 0 | 13 | Cheese, ricotta             | F | 2.7 oz   | 119 | 8 | 3 | 8  |
|                    | M | 1.1 Tbsp | 106 | 0  | 0 | 12 |                             | M | 2.4 oz   | 106 | 7 | 2 | 7  |
| Cheese, asiago     | F | 1.1 oz   | 119 | 9  | 1 | 9  | Cheese, swiss               | F | 1.1 oz   | 119 | 9 | 0 | 10 |
|                    | M | 1 oz     | 106 | 8  | 1 | 8  |                             | M | 1 oz     | 106 | 8 | 0 | 9  |
| Cheese, blue       | F | 1.2 oz   | 119 | 8  | 0 | 10 | Chocolate, dark >70% cacao* | F | 0.7 oz   | 119 | 1 | 9 | 9  |
|                    | M | 1.1 oz   | 106 | 7  | 0 | 8  |                             | M | 0.6 oz   | 106 | 1 | 8 | 8  |
| Cheese, brie       | F | 1.3 oz   | 119 | 7  | 0 | 10 | Coconut flakes unsweetened  | F | 2.2 Tbsp | 119 | 0 | 0 | 11 |
|                    | M | 1.2 oz   | 106 | 6  | 0 | 9  |                             | M | 1.9 Tbsp | 106 | 0 | 0 | 10 |
| Cheese, cheddar    | F | 1 oz     | 119 | 6  | 1 | 9  | Coconut milk, full fat      | F | 0.3 Cups | 119 | 1 | 2 | 12 |
|                    | M | 0.9 oz   | 106 | 6  | 1 | 8  |                             | M | 0.3 Cups | 106 | 1 | 1 | 11 |
| Cheese, feta       | F | 1.7 oz   | 119 | 10 | 3 | 7  | Ghee                        | F | 0.9 Tbsp | 119 | 0 | 0 | 13 |
|                    | M | 1.5 oz   | 106 | 9  | 3 | 6  |                             | M | 0.8 Tbsp | 106 | 0 | 0 | 12 |
| Cheese, goat       | F | 1.5 oz   | 119 | 6  | 3 | 9  | Heavy cream                 | F | 2.4 Tbsp | 119 | 0 | 0 | 14 |
|                    | M | 1.3 oz   | 106 | 5  | 3 | 8  |                             | M | 2.1 Tbsp | 106 | 0 | 0 | 13 |
| Cheese, gouda      | F | 1.2 oz   | 119 | 8  | 1 | 9  | Nut butter, peanut          | F | 1.2 Tbsp | 119 | 5 | 4 | 10 |
|                    | M | 1 oz     | 106 | 7  | 1 | 8  |                             | M | 1.1 Tbsp | 106 | 4 | 3 | 8  |
| Cheese, mozzarella | F | 1.5 oz   | 119 | 10 | 1 | 6  | Oil, extra virgin coconut   | F | 0.9 Tbsp | 119 | 0 | 0 | 13 |
|                    | M | 1.3 oz   | 106 | 9  | 1 | 5  |                             | M | 0.8 Tbsp | 106 | 0 | 0 | 12 |
| Cheese, muenster   | F | 1.1 oz   | 119 | 8  | 0 | 10 | Peanuts                     | F | 0.7 oz   | 119 | 5 | 4 | 10 |
|                    | M | 1 oz     | 106 | 7  | 0 | 9  |                             | M | 0.7 oz   | 106 | 5 | 3 | 9  |
| Cheese, parmesan   | F | 1.1 oz   | 119 | 12 | 0 | 9  | Salad dressing, oil-based   | F | 1.5 Tbsp | 119 | 0 | 3 | 12 |
|                    | M | 0.9 oz   | 106 | 10 | 0 | 8  |                             | M | 1.3 Tbsp | 106 | 0 | 3 | 11 |
| Cheese, provolone  | F | 1.2 oz   | 119 | 8  | 1 | 10 |                             |   |          |     |   |   |    |
|                    | M | 1.1 oz   | 106 | 7  | 1 | 8  |                             |   |          |     |   |   |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**450** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 3.1 oz    | 189 | 31 | 0  | 6  | Fish, mahi mahi               | F | 6.1 oz     | 189 | 43 | 0  | 0  |
|                             | M | 3.3 oz    | 203 | 33 | 0  | 7  |                               | M | 6.5 oz     | 203 | 46 | 0  | 0  |
| Beef, eye round             | F | 3.2 oz    | 189 | 26 | 0  | 10 | Fish, salmon                  | F | 3.2 oz     | 189 | 19 | 0  | 13 |
|                             | M | 3.4 oz    | 203 | 28 | 0  | 10 |                               | M | 3.4 oz     | 203 | 21 | 0  | 14 |
| Beef, flank                 | F | 3.3 oz    | 189 | 27 | 0  | 10 | Lobster                       | F | 7.6 oz     | 189 | 38 | 0  | 0  |
|                             | M | 3.6 oz    | 203 | 28 | 0  | 11 |                               | M | 8.1 oz     | 203 | 41 | 0  | 0  |
| Beef, ground 96/4           | F | 3.5 oz    | 189 | 32 | 0  | 7  | Nutritional yeast*            | F | 9.5 Tbsp   | 189 | 28 | 19 | 0  |
|                             | M | 3.8 oz    | 203 | 34 | 0  | 8  |                               | M | 10.2 Tbsp  | 203 | 30 | 20 | 0  |
| Beef, ground 90/10          | F | 3.1 oz    | 189 | 25 | 0  | 9  | Pheasant                      | F | 2.8 oz     | 189 | 25 | 0  | 8  |
|                             | M | 3.3 oz    | 203 | 27 | 0  | 10 |                               | M | 3 oz       | 203 | 27 | 0  | 9  |
| Beef, sirloin tip side      | F | 4 oz      | 189 | 32 | 0  | 4  | Rabbit                        | F | 3.9 oz     | 189 | 35 | 0  | 4  |
|                             | M | 4.3 oz    | 203 | 35 | 0  | 4  |                               | M | 4.1 oz     | 203 | 37 | 0  | 4  |
| Beef, top round             | F | 3.2 oz    | 189 | 28 | 0  | 6  | Scallops                      | F | 7.6 oz     | 189 | 38 | 0  | 0  |
|                             | M | 3.4 oz    | 203 | 30 | 0  | 7  |                               | M | 8.1 oz     | 203 | 41 | 0  | 0  |
| Bison                       | F | 3.7 oz    | 189 | 26 | 0  | 7  | Shrimp                        | F | 6.8 oz     | 189 | 47 | 0  | 0  |
|                             | M | 4 oz      | 203 | 28 | 0  | 8  |                               | M | 7.3 oz     | 203 | 51 | 0  | 0  |
| Broth, bone                 | F | 9.5 oz    | 189 | 38 | 0  | 9  | TruLean protein powder, vegan | F | 1.7 Scoops | 189 | 38 | 3  | 3  |
|                             | M | 10.2 oz   | 203 | 41 | 0  | 10 |                               | M | 1.8 Scoops | 203 | 41 | 4  | 4  |
| Chicken, breast             | F | 4 oz      | 189 | 36 | 0  | 4  | TruLean protein powder, whey  | F | 1.9 Scoops | 189 | 45 | 2  | 0  |
|                             | M | 4.3 oz    | 203 | 39 | 0  | 4  |                               | M | 2 Scoops   | 203 | 49 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.2 Cups  | 189 | 26 | 19 | 0  | Turkey, breast                | F | 4.4 oz     | 189 | 40 | 0  | 4  |
|                             | M | 1.3 Cups  | 203 | 28 | 20 | 0  |                               | M | 4.7 oz     | 203 | 42 | 0  | 5  |
| Cottage cheese, 2% fat      | F | 1.2 Cups  | 189 | 26 | 7  | 6  | Turkey, ground 99/1           | F | 4.8 oz     | 189 | 39 | 0  | 5  |
|                             | M | 1.3 Cups  | 203 | 28 | 8  | 6  |                               | M | 5.2 oz     | 203 | 42 | 0  | 5  |
| Crab                        | F | 6.5 oz    | 189 | 39 | 0  | 0  | Turkey, ground 93/7           | F | 3.2 oz     | 189 | 25 | 0  | 9  |
|                             | M | 7 oz      | 203 | 42 | 0  | 0  |                               | M | 3.4 oz     | 203 | 27 | 0  | 10 |
| Egg whites, pourable*       | F | 14.5 oz   | 189 | 44 | 0  | 0  | Turkey, ground 90/10          | F | 3.2 oz     | 189 | 22 | 0  | 10 |
|                             | M | 15.6 oz   | 203 | 47 | 0  | 0  |                               | M | 3.4 oz     | 203 | 24 | 0  | 10 |
| Egg whites, from whole egg* | F | 11.1 Eggs | 189 | 44 | 0  | 0  | Venison                       | F | 3.6 oz     | 189 | 29 | 0  | 7  |
|                             | M | 11.9 Eggs | 203 | 48 | 0  | 0  |                               | M | 3.8 oz     | 203 | 31 | 0  | 8  |
| Fish, ahi tuna steak        | F | 4.8 oz    | 189 | 39 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.6 Cups   | 189 | 33 | 13 | 0  |
|                             | M | 5.2 oz    | 203 | 42 | 0  | 0  |                               | M | 1.7 Cups   | 203 | 36 | 14 | 0  |
| Fish, cod                   | F | 5.4 oz    | 189 | 32 | 0  | 5  | Yogurt, Greek plain low-fat   | F | 1.1 Cups   | 189 | 27 | 10 | 6  |
|                             | M | 5.8 oz    | 203 | 35 | 0  | 6  |                               | M | 1.2 Cups   | 203 | 29 | 11 | 6  |



## PROTEIN

450 CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 2.9 oz   | 189 | 20 | 0  | 11 |
|                        | M | 3.1 oz   | 203 | 22 | 0  | 12 |
| Beef, skirt            | F | 3 oz     | 189 | 21 | 0  | 9  |
|                        | M | 3.3 oz   | 203 | 23 | 0  | 10 |
| Chicken, ground        | F | 3.5 oz   | 189 | 25 | 0  | 11 |
|                        | M | 3.8 oz   | 203 | 26 | 0  | 11 |
| Chicken, thighs        | F | 3.4 oz   | 189 | 24 | 0  | 10 |
|                        | M | 3.7 oz   | 203 | 26 | 0  | 11 |
| Cottage cheese, 4% fat | F | 0.8 Cups | 189 | 19 | 9  | 8  |
|                        | M | 0.8 Cups | 203 | 20 | 10 | 8  |
| Dairy milk, skim*      | F | 2.1 Cups | 189 | 17 | 27 | 0  |
|                        | M | 2.3 Cups | 203 | 18 | 29 | 0  |
| Dairy milk, 1%*        | F | 1.7 Cups | 189 | 14 | 22 | 5  |
|                        | M | 1.8 Cups | 203 | 15 | 24 | 6  |
| Dairy milk, 2%*        | F | 1.5 Cups | 189 | 12 | 19 | 7  |
|                        | M | 1.6 Cups | 203 | 12 | 20 | 8  |
| Deli meat, chicken     | F | 6.3 oz   | 189 | 38 | 6  | 0  |
|                        | M | 6.8 oz   | 203 | 41 | 7  | 0  |
| Deli meat, ham         | F | 5.4 oz   | 189 | 27 | 0  | 11 |
|                        | M | 5.8 oz   | 203 | 29 | 0  | 12 |
| Deli meat, roast beef  | F | 5.4 oz   | 189 | 38 | 0  | 5  |
|                        | M | 5.8 oz   | 203 | 41 | 0  | 6  |
| Deli meat, turkey      | F | 6.3 oz   | 189 | 38 | 0  | 6  |
|                        | M | 6.8 oz   | 203 | 41 | 0  | 7  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 2.8 oz   | 189 | 17 | 0  | 14 |
|                              | M | 3 oz     | 203 | 18 | 0  | 15 |
| Eggs, whole *                | F | 2.7 Eggs | 189 | 16 | 3  | 14 |
|                              | M | 2.9 Eggs | 203 | 17 | 3  | 15 |
| Fish, tuna packaged          | F | 6.3 oz   | 189 | 44 | 0  | 0  |
|                              | M | 6.8 oz   | 203 | 47 | 0  | 0  |
| Lamb, ground                 | F | 2.4 oz   | 189 | 17 | 0  | 14 |
|                              | M | 2.5 oz   | 203 | 18 | 0  | 15 |
| Lamb, shank                  | F | 4.7 oz   | 189 | 24 | 5  | 9  |
|                              | M | 5.1 oz   | 203 | 25 | 5  | 10 |
| Pork, tenderloin             | F | 4.6 oz   | 189 | 32 | 0  | 5  |
|                              | M | 5 oz     | 203 | 35 | 0  | 5  |
| Tempeh                       | F | 3.4 oz   | 189 | 17 | 10 | 10 |
|                              | M | 3.6 oz   | 203 | 18 | 11 | 11 |
| Tofu                         | F | 8.2 oz   | 189 | 16 | 8  | 8  |
|                              | M | 8.8 oz   | 203 | 18 | 9  | 9  |
| Turkey, bacon*               | F | 2.5 oz   | 189 | 20 | 0  | 12 |
|                              | M | 2.6 oz   | 203 | 21 | 0  | 13 |
| Turkey, ground 85/15         | F | 3 oz     | 189 | 21 | 0  | 15 |
|                              | M | 3.2 oz   | 203 | 22 | 0  | 16 |
| Yogurt, Greek plain full fat | F | 0.8 Cups | 189 | 18 | 7  | 9  |
|                              | M | 0.9 Cups | 203 | 19 | 8  | 10 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**450** CALORIES PER MEAL

## EAT MORE

|                              |   | SERVING  | CAL | P | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|---|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.5 Cups | 135 | 5 | 25 | 2 | Edamame                     | F | 0.7 Cups | 135 | 11 | 12 | 4 |
|                              | M | 0.5 Cups | 135 | 5 | 25 | 2 |                             | M | 0.7 Cups | 135 | 11 | 12 | 4 |
| Amaranth, dry                | F | 0.2 Cups | 135 | 6 | 24 | 2 | Farro, cooked               | F | 0.7 Cups | 135 | 5  | 25 | 1 |
|                              | M | 0.2 Cups | 135 | 6 | 24 | 2 |                             | M | 0.7 Cups | 135 | 5  | 25 | 1 |
| Apple                        | F | 9 oz     | 135 | 0 | 36 | 0 | Farro, dry                  | F | 0.2 Cups | 135 | 6  | 25 | 1 |
|                              | M | 9 oz     | 135 | 0 | 36 | 0 |                             | M | 0.2 Cups | 135 | 6  | 25 | 1 |
| Banana                       | F | 5.4 oz   | 135 | 0 | 32 | 0 | Grapefruit                  | F | 15 oz    | 135 | 0  | 30 | 0 |
|                              | M | 5.4 oz   | 135 | 0 | 32 | 0 |                             | M | 15 oz    | 135 | 0  | 30 | 0 |
| Beans, black canned          | F | 0.6 Cups | 135 | 9 | 23 | 1 | Grapes                      | F | 7.5 oz   | 135 | 0  | 38 | 0 |
|                              | M | 0.6 Cups | 135 | 9 | 23 | 1 |                             | M | 7.5 oz   | 135 | 0  | 38 | 0 |
| Beans, cannellini canned     | F | 0.7 Cups | 135 | 9 | 26 | 0 | Kamut, cooked               | F | 0.5 Cups | 135 | 6  | 28 | 1 |
|                              | M | 0.7 Cups | 135 | 9 | 26 | 0 |                             | M | 0.5 Cups | 135 | 6  | 28 | 1 |
| Beans, garbanzo canned       | F | 0.6 Cups | 135 | 7 | 21 | 0 | Kamut, dry                  | F | 0.2 Cups | 135 | 6  | 28 | 1 |
|                              | M | 0.6 Cups | 135 | 7 | 21 | 0 |                             | M | 0.2 Cups | 135 | 6  | 28 | 1 |
| Beans, great northern canned | F | 0.6 Cups | 135 | 9 | 25 | 0 | Kiwi                        | F | 7.9 oz   | 135 | 0  | 32 | 0 |
|                              | M | 0.6 Cups | 135 | 9 | 25 | 0 |                             | M | 7.9 oz   | 135 | 0  | 32 | 0 |
| Beans, kidney canned         | F | 0.6 Cups | 135 | 8 | 24 | 1 | Lentils, cooked             | F | 0.6 Cups | 135 | 11 | 23 | 0 |
|                              | M | 0.6 Cups | 135 | 8 | 24 | 1 |                             | M | 0.6 Cups | 135 | 11 | 23 | 0 |
| Beans, lima canned           | F | 1.2 Cups | 135 | 7 | 25 | 0 | Lentils, dry                | F | 0.3 Cups | 135 | 11 | 27 | 0 |
|                              | M | 1.2 Cups | 135 | 7 | 25 | 0 |                             | M | 0.3 Cups | 135 | 11 | 27 | 0 |
| Beans, pinto canned          | F | 0.8 Cups | 135 | 9 | 26 | 0 | Mango                       | F | 7.9 oz   | 135 | 0  | 32 | 0 |
|                              | M | 0.8 Cups | 135 | 9 | 26 | 0 |                             | M | 7.9 oz   | 135 | 0  | 32 | 0 |
| Beets                        | F | 11.3 oz  | 135 | 0 | 34 | 0 | Melon, cantaloupe           | F | 13.5 oz  | 135 | 0  | 27 | 0 |
|                              | M | 11.3 oz  | 135 | 0 | 34 | 0 |                             | M | 13.5 oz  | 135 | 0  | 27 | 0 |
| Blackberries                 | F | 11.3 oz  | 135 | 0 | 34 | 0 | Melon, honeydew             | F | 13.5 oz  | 135 | 0  | 41 | 0 |
|                              | M | 11.3 oz  | 135 | 0 | 34 | 0 |                             | M | 13.5 oz  | 135 | 0  | 41 | 0 |
| Blueberries                  | F | 8.4 oz   | 135 | 0 | 34 | 0 | Melon, watermelon           | F | 15 oz    | 135 | 0  | 30 | 0 |
|                              | M | 8.4 oz   | 135 | 0 | 34 | 0 |                             | M | 15 oz    | 135 | 0  | 30 | 0 |
| Buckwheat, cooked            | F | 0.9 Cups | 135 | 5 | 29 | 1 | Millet, cooked              | F | 0.7 Cups | 135 | 4  | 27 | 1 |
|                              | M | 0.9 Cups | 135 | 5 | 29 | 1 |                             | M | 0.7 Cups | 135 | 4  | 27 | 1 |
| Buckwheat, dry               | F | 0.2 Cups | 135 | 5 | 29 | 1 | Millet, dry                 | F | 0.2 Cups | 135 | 4  | 27 | 1 |
|                              | M | 0.2 Cups | 135 | 5 | 29 | 1 |                             | M | 0.2 Cups | 135 | 4  | 27 | 1 |
| Clementine                   | F | 10.4 oz  | 135 | 0 | 31 | 0 | Oat milk                    | F | 1.7 Cups | 135 | 3  | 19 | 5 |
|                              | M | 10.4 oz  | 135 | 0 | 31 | 0 |                             | M | 1.7 Cups | 135 | 3  | 19 | 5 |
| Corn                         | F | 1 Cups   | 135 | 2 | 25 | 2 | Oats, old fashioned, cooked | F | 0.8 Cups | 135 | 5  | 23 | 3 |
|                              | M | 1 Cups   | 135 | 2 | 25 | 2 |                             | M | 0.8 Cups | 135 | 5  | 23 | 3 |



## CARB

**450** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P | C  | F |                    |   | SERVING         | CAL        | P | C  | F |
|--------------------------|---|-----------------|------------|---|----|---|--------------------|---|-----------------|------------|---|----|---|
| Oats, old fashioned, dry | F | <b>0.5</b> Cups | <b>135</b> | 5 | 24 | 3 | Raspberries        | F | <b>9</b> oz     | <b>135</b> | 0 | 27 | 0 |
|                          | M | <b>0.5</b> Cups | <b>135</b> | 5 | 24 | 3 |                    | M | <b>9</b> oz     | <b>135</b> | 0 | 27 | 0 |
| Oats, steel cut, cooked  | F | <b>0.9</b> Cups | <b>135</b> | 7 | 47 | 2 | Rice, brown cooked | F | <b>0.6</b> Cups | <b>135</b> | 3 | 28 | 1 |
|                          | M | <b>0.9</b> Cups | <b>135</b> | 7 | 47 | 2 |                    | M | <b>0.6</b> Cups | <b>135</b> | 3 | 28 | 1 |
| Oats, steel cut, dry     | F | <b>0.2</b> Cups | <b>135</b> | 5 | 24 | 2 | Rice, brown dry    | F | <b>0.2</b> Cups | <b>135</b> | 3 | 30 | 1 |
|                          | M | <b>0.2</b> Cups | <b>135</b> | 5 | 24 | 2 |                    | M | <b>0.2</b> Cups | <b>135</b> | 3 | 30 | 1 |
| Orange                   | F | <b>10.4</b> oz  | <b>135</b> | 0 | 31 | 0 | Rice, wild cooked  | F | <b>0.8</b> Cups | <b>135</b> | 6 | 28 | 1 |
|                          | M | <b>10.4</b> oz  | <b>135</b> | 0 | 31 | 0 |                    | M | <b>0.8</b> Cups | <b>135</b> | 6 | 28 | 1 |
| Papaya                   | F | <b>11.3</b> oz  | <b>135</b> | 0 | 23 | 0 | Rice, wild dry     | F | <b>0.2</b> Cups | <b>135</b> | 6 | 28 | 0 |
|                          | M | <b>11.3</b> oz  | <b>135</b> | 0 | 23 | 0 |                    | M | <b>0.2</b> Cups | <b>135</b> | 6 | 28 | 0 |
| Parsnips                 | F | <b>6.4</b> oz   | <b>135</b> | 0 | 32 | 0 | Spelt, cooked      | F | <b>0.5</b> Cups | <b>135</b> | 6 | 28 | 1 |
|                          | M | <b>6.4</b> oz   | <b>135</b> | 0 | 32 | 0 |                    | M | <b>0.5</b> Cups | <b>135</b> | 6 | 28 | 1 |
| Peach                    | F | <b>12.3</b> oz  | <b>135</b> | 0 | 37 | 0 | Spelt, dry         | F | <b>0.2</b> Cups | <b>135</b> | 6 | 30 | 1 |
|                          | M | <b>12.3</b> oz  | <b>135</b> | 0 | 37 | 0 |                    | M | <b>0.2</b> Cups | <b>135</b> | 6 | 30 | 1 |
| Pear                     | F | <b>8.4</b> oz   | <b>135</b> | 0 | 34 | 0 | Squash, acorn      | F | <b>11.3</b> oz  | <b>135</b> | 0 | 34 | 0 |
|                          | M | <b>8.4</b> oz   | <b>135</b> | 0 | 34 | 0 |                    | M | <b>11.3</b> oz  | <b>135</b> | 0 | 34 | 0 |
| Pineapple                | F | <b>9.6</b> oz   | <b>135</b> | 0 | 39 | 0 | Squash, butternut  | F | <b>5.9</b> oz   | <b>135</b> | 6 | 35 | 0 |
|                          | M | <b>9.6</b> oz   | <b>135</b> | 0 | 39 | 0 |                    | M | <b>5.9</b> oz   | <b>135</b> | 6 | 35 | 0 |
| Peas, green or yellow    | F | <b>1.2</b> Cups | <b>135</b> | 9 | 24 | 0 | Squash, kabocha    | F | <b>13.5</b> oz  | <b>135</b> | 0 | 27 | 0 |
|                          | M | <b>1.2</b> Cups | <b>135</b> | 9 | 24 | 0 |                    | M | <b>13.5</b> oz  | <b>135</b> | 0 | 27 | 0 |
| Potato, sweet            | F | <b>5.6</b> oz   | <b>135</b> | 0 | 34 | 0 | Strawberries       | F | <b>15</b> oz    | <b>135</b> | 0 | 30 | 0 |
|                          | M | <b>5.6</b> oz   | <b>135</b> | 0 | 34 | 0 |                    | M | <b>15</b> oz    | <b>135</b> | 0 | 30 | 0 |
| Potato, white            | F | <b>6.8</b> oz   | <b>135</b> | 0 | 34 | 0 | Sweet cherries     | F | <b>7.5</b> oz   | <b>135</b> | 0 | 30 | 0 |
|                          | M | <b>6.8</b> oz   | <b>135</b> | 0 | 34 | 0 |                    | M | <b>7.5</b> oz   | <b>135</b> | 0 | 30 | 0 |
| Potato, yellow           | F | <b>6.4</b> oz   | <b>135</b> | 6 | 32 | 0 | Teff, cooked       | F | <b>0.5</b> Cups | <b>135</b> | 5 | 26 | 1 |
|                          | M | <b>6.4</b> oz   | <b>135</b> | 6 | 32 | 0 |                    | M | <b>0.5</b> Cups | <b>135</b> | 5 | 26 | 1 |
| Pumpkin                  | F | <b>19.3</b> oz  | <b>135</b> | 0 | 39 | 0 | Teff, dry          | F | <b>0.2</b> Cups | <b>135</b> | 5 | 27 | 1 |
|                          | M | <b>19.3</b> oz  | <b>135</b> | 0 | 39 | 0 |                    | M | <b>0.2</b> Cups | <b>135</b> | 5 | 27 | 1 |
| Quinoa, cooked           | F | <b>0.6</b> Cups | <b>135</b> | 5 | 24 | 2 | Water chestnuts    | F | <b>3.4</b> Cups | <b>135</b> | 3 | 30 | 0 |
|                          | M | <b>0.6</b> Cups | <b>135</b> | 5 | 24 | 2 |                    | M | <b>3.4</b> Cups | <b>135</b> | 3 | 30 | 0 |
| Quinoa, dry              | F | <b>0.2</b> Cups | <b>135</b> | 4 | 25 | 2 |                    |   |                 |            |   |    |   |
|                          | M | <b>0.2</b> Cups | <b>135</b> | 4 | 25 | 2 |                    |   |                 |            |   |    |   |



## CARB

450 CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.4 Cups      | 135 | 0  | 35 | 0 |
|                                | M | 1.4 Cups      | 135 | 0  | 35 | 0 |
| Bread, sprouted or whole wheat | F | 1.7 Slices    | 135 | 8  | 25 | 2 |
|                                | M | 1.7 Slices    | 135 | 8  | 25 | 2 |
| Corn tortillas                 | F | 2.5 Tortillas | 135 | 2  | 27 | 2 |
|                                | M | 2.5 Tortillas | 135 | 2  | 27 | 2 |
| Dried fruit                    | F | 1.7 oz        | 135 | 2  | 34 | 0 |
|                                | M | 1.7 oz        | 135 | 2  | 34 | 0 |
| Honey, raw*                    | F | 2.1 Tbsp      | 135 | 0  | 36 | 0 |
|                                | M | 2.1 Tbsp      | 135 | 0  | 36 | 0 |
| Maple syrup, pure*             | F | 2.5 Tbsp      | 135 | 0  | 34 | 0 |
|                                | M | 2.5 Tbsp      | 135 | 0  | 34 | 0 |
| Pasta, bean cooked             | F | 3.4 oz        | 135 | 10 | 24 | 3 |
|                                | M | 3.4 oz        | 135 | 10 | 24 | 3 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.4 oz   | 135 | 9  | 23 | 3 |
|                      | M | 1.4 oz   | 135 | 9  | 23 | 3 |
| Pasta, lentil cooked | F | 1.6 oz   | 135 | 11 | 17 | 2 |
|                      | M | 1.6 oz   | 135 | 11 | 17 | 2 |
| Pasta, lentil dry    | F | 1.4 oz   | 135 | 5  | 28 | 1 |
|                      | M | 1.4 oz   | 135 | 5  | 28 | 1 |
| Popcorn, air-popped  | F | 4.4 Cups | 135 | 4  | 26 | 0 |
|                      | M | 4.4 Cups | 135 | 4  | 26 | 0 |
| Rice, white cooked   | F | 0.7 Cups | 135 | 3  | 29 | 0 |
|                      | M | 0.7 Cups | 135 | 3  | 29 | 0 |
| Rice, white dry      | F | 0.2 Cups | 135 | 3  | 30 | 0 |
|                      | M | 0.2 Cups | 135 | 3  | 30 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

450 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 2.8 oz   | 126 | 3 | 6 | 11 | Nuts, walnuts           | F | 0.7 oz   | 126 | 3  | 3  | 13 |
|                               | M | 2.5 oz   | 113 | 3 | 5 | 10 |                         | M | 0.6 oz   | 113 | 2  | 2  | 12 |
| Butter, grass-fed             | F | 1.3 Tbsp | 126 | 0 | 0 | 14 | Oil, avocado            | F | 1 Tbsp   | 126 | 0  | 0  | 14 |
|                               | M | 1.1 Tbsp | 113 | 0 | 0 | 12 |                         | M | 0.9 Tbsp | 113 | 0  | 0  | 13 |
| Cacao nibs                    | F | 2.3 Tbsp | 126 | 0 | 7 | 9  | Oil, extra virgin olive | F | 1.1 Tbsp | 126 | 0  | 0  | 15 |
|                               | M | 2.1 Tbsp | 113 | 0 | 6 | 8  |                         | M | 0.9 Tbsp | 113 | 0  | 0  | 13 |
| Coconut milk, unsweetened*    | F | 2.9 Cups | 126 | 0 | 3 | 11 | Oil, flaxseed           | F | 1.1 Tbsp | 126 | 0  | 0  | 15 |
|                               | M | 2.6 Cups | 113 | 0 | 3 | 10 |                         | M | 0.9 Tbsp | 113 | 0  | 0  | 13 |
| Guacamole                     | F | 5 Tbsp   | 126 | 5 | 5 | 10 | Oil, grapeseed          | F | 1 Tbsp   | 126 | 0  | 0  | 14 |
|                               | M | 4.5 Tbsp | 113 | 5 | 5 | 9  |                         | M | 0.9 Tbsp | 113 | 0  | 0  | 13 |
| Hummus                        | F | 3.6 Tbsp | 126 | 4 | 7 | 11 | Oil, sesame             | F | 1.1 Tbsp | 126 | 0  | 0  | 15 |
|                               | M | 3.2 Tbsp | 113 | 3 | 6 | 10 |                         | M | 0.9 Tbsp | 113 | 0  | 0  | 13 |
| Nut butter, almond            | F | 1.3 Tbsp | 126 | 5 | 4 | 12 | Olives, black           | F | 2.5 oz   | 126 | 0  | 5  | 13 |
|                               | M | 1.2 Tbsp | 113 | 5 | 4 | 11 |                         | M | 2.3 oz   | 113 | 0  | 5  | 11 |
| Nut butter, cashew            | F | 1.3 Tbsp | 126 | 3 | 7 | 11 | Olives, green           | F | 2.5 oz   | 126 | 3  | 3  | 13 |
|                               | M | 1.2 Tbsp | 113 | 2 | 6 | 10 |                         | M | 2.3 oz   | 113 | 2  | 2  | 11 |
| Nut milk, almond unsweetened* | F | 4.2 Cups | 126 | 4 | 4 | 13 | Olives, kalamata        | F | 1.5 oz   | 126 | 0  | 6  | 12 |
|                               | M | 3.8 Cups | 113 | 4 | 4 | 11 |                         | M | 1.3 oz   | 113 | 0  | 5  | 11 |
| Nut milk, cashew unsweetened* | F | 5 Cups   | 126 | 5 | 5 | 10 | Pea milk, unsweetened   | F | 1.3 Cups | 126 | 10 | 8  | 5  |
|                               | M | 4.5 Cups | 113 | 5 | 5 | 9  |                         | M | 1.1 Cups | 113 | 9  | 7  | 5  |
| Nuts, almonds                 | F | 0.8 oz   | 126 | 5 | 5 | 11 | Seed butter, sunflower  | F | 1.3 Tbsp | 126 | 5  | 5  | 10 |
|                               | M | 0.7 oz   | 113 | 4 | 4 | 10 |                         | M | 1.1 Tbsp | 113 | 5  | 5  | 9  |
| Nuts, brazil nuts             | F | 0.6 oz   | 126 | 3 | 1 | 12 | Seeds, chia             | F | 1.9 Tbsp | 126 | 4  | 11 | 7  |
|                               | M | 0.6 oz   | 113 | 2 | 1 | 11 |                         | M | 1.7 Tbsp | 113 | 3  | 10 | 7  |
| Nuts, cashews                 | F | 0.8 oz   | 126 | 4 | 7 | 10 | Seeds, flax             | F | 2.4 Tbsp | 126 | 5  | 7  | 10 |
|                               | M | 0.7 oz   | 113 | 4 | 6 | 9  |                         | M | 2.2 Tbsp | 113 | 4  | 7  | 9  |
| Nuts, hazelnuts               | F | 0.7 oz   | 126 | 3 | 3 | 12 | Seeds, hemp             | F | 2.1 Tbsp | 126 | 6  | 0  | 11 |
|                               | M | 0.6 oz   | 113 | 2 | 3 | 10 |                         | M | 1.9 Tbsp | 113 | 6  | 0  | 9  |
| Nuts, pecans                  | F | 0.6 oz   | 126 | 2 | 3 | 13 | Seeds, pumpkin          | F | 0.7 oz   | 126 | 7  | 2  | 11 |
|                               | M | 0.6 oz   | 113 | 2 | 2 | 11 |                         | M | 0.7 oz   | 113 | 6  | 2  | 10 |
| Nuts, pistachios shelled      | F | 0.7 oz   | 126 | 5 | 2 | 10 | Seeds, sunflower        | F | 0.9 oz   | 126 | 8  | 3  | 7  |
|                               | M | 0.6 oz   | 113 | 5 | 2 | 9  |                         | M | 0.8 oz   | 113 | 7  | 2  | 6  |



**450** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             |   | SERVING |      | CAL | P | C  | F  |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---|---------|------|-----|---|----|----|
| Butter             | F | 1.3     | Tbsp | 126 | 0  | 0 | 14 | Cheese, ricotta             | F | 2.9     | oz   | 126 | 9 | 3  | 9  |
|                    | M | 1.1     | Tbsp | 113 | 0  | 0 | 12 |                             | M | 2.6     | oz   | 113 | 8 | 3  | 8  |
| Cheese, asiago     | F | 1.2     | oz   | 126 | 9  | 1 | 9  | Cheese, swiss               | F | 1.1     | oz   | 126 | 9 | 0  | 10 |
|                    | M | 1       | oz   | 113 | 8  | 1 | 8  |                             | M | 1       | oz   | 113 | 8 | 0  | 9  |
| Cheese, blue       | F | 1.3     | oz   | 126 | 9  | 0 | 10 | Chocolate, dark >70% cacao* | F | 0.7     | oz   | 126 | 1 | 10 | 10 |
|                    | M | 1.1     | oz   | 113 | 8  | 0 | 9  |                             | M | 0.7     | oz   | 113 | 1 | 9  | 9  |
| Cheese, brie       | F | 1.4     | oz   | 126 | 7  | 0 | 11 | Coconut flakes unsweetened  | F | 2.3     | Tbsp | 126 | 0 | 0  | 11 |
|                    | M | 1.2     | oz   | 113 | 6  | 0 | 10 |                             | M | 2.1     | Tbsp | 113 | 0 | 0  | 10 |
| Cheese, cheddar    | F | 1.1     | oz   | 126 | 7  | 1 | 10 | Coconut milk, full fat      | F | 0.3     | Cups | 126 | 1 | 2  | 13 |
|                    | M | 1       | oz   | 113 | 6  | 1 | 9  |                             | M | 0.3     | Cups | 113 | 1 | 1  | 12 |
| Cheese, feta       | F | 1.8     | oz   | 126 | 11 | 4 | 7  | Ghee                        | F | 0.9     | Tbsp | 126 | 0 | 0  | 14 |
|                    | M | 1.6     | oz   | 113 | 10 | 3 | 6  |                             | M | 0.8     | Tbsp | 113 | 0 | 0  | 13 |
| Cheese, goat       | F | 1.6     | oz   | 126 | 6  | 3 | 9  | Heavy cream                 | F | 2.5     | Tbsp | 126 | 0 | 0  | 15 |
|                    | M | 1.4     | oz   | 113 | 6  | 3 | 8  |                             | M | 2.3     | Tbsp | 113 | 0 | 0  | 14 |
| Cheese, gouda      | F | 1.2     | oz   | 126 | 9  | 1 | 10 | Nut butter, peanut          | F | 1.3     | Tbsp | 126 | 5 | 4  | 10 |
|                    | M | 1.1     | oz   | 113 | 8  | 1 | 9  |                             | M | 1.1     | Tbsp | 113 | 5 | 3  | 9  |
| Cheese, mozzarella | F | 1.6     | oz   | 126 | 11 | 2 | 6  | Oil, extra virgin coconut   | F | 1       | Tbsp | 126 | 0 | 0  | 14 |
|                    | M | 1.4     | oz   | 113 | 10 | 1 | 6  |                             | M | 0.9     | Tbsp | 113 | 0 | 0  | 12 |
| Cheese, muenster   | F | 1.2     | oz   | 126 | 8  | 0 | 11 | Peanuts                     | F | 0.8     | oz   | 126 | 5 | 4  | 11 |
|                    | M | 1.1     | oz   | 113 | 8  | 0 | 10 |                             | M | 0.7     | oz   | 113 | 5 | 4  | 10 |
| Cheese, parmesan   | F | 1.1     | oz   | 126 | 12 | 0 | 10 | Salad dressing, oil-based   | F | 1.6     | Tbsp | 126 | 0 | 3  | 13 |
|                    | M | 1       | oz   | 113 | 11 | 0 | 9  |                             | M | 1.4     | Tbsp | 113 | 0 | 3  | 11 |
| Cheese, provolone  | F | 1.3     | oz   | 126 | 9  | 1 | 10 |                             |   |         |      |     |   |    |    |
|                    | M | 1.1     | oz   | 113 | 8  | 1 | 9  |                             |   |         |      |     |   |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**475** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 3.3 oz    | 200 | 33 | 0  | 7  | Fish, mahi mahi               | F | 6.5 oz     | 200 | 45 | 0  | 0  |
|                             | M | 3.5 oz    | 214 | 35 | 0  | 7  |                               | M | 6.9 oz     | 214 | 48 | 0  | 0  |
| Beef, eye round             | F | 3.4 oz    | 200 | 27 | 0  | 10 | Fish, salmon                  | F | 3.4 oz     | 200 | 20 | 0  | 14 |
|                             | M | 3.6 oz    | 214 | 29 | 0  | 11 |                               | M | 3.6 oz     | 214 | 22 | 0  | 15 |
| Beef, flank                 | F | 3.5 oz    | 200 | 28 | 0  | 11 | Lobster                       | F | 8 oz       | 200 | 40 | 0  | 0  |
|                             | M | 3.8 oz    | 214 | 30 | 0  | 11 |                               | M | 8.6 oz     | 214 | 43 | 0  | 0  |
| Beef, ground 96/4           | F | 3.7 oz    | 200 | 33 | 0  | 7  | Nutritional yeast*            | F | 10 Tbsp    | 200 | 30 | 20 | 0  |
|                             | M | 4 oz      | 214 | 36 | 0  | 8  |                               | M | 10.7 Tbsp  | 214 | 32 | 21 | 0  |
| Beef, ground 90/10          | F | 3.3 oz    | 200 | 26 | 0  | 10 | Pheasant                      | F | 2.9 oz     | 200 | 26 | 0  | 9  |
|                             | M | 3.5 oz    | 214 | 28 | 0  | 11 |                               | M | 3.1 oz     | 214 | 28 | 0  | 9  |
| Beef, sirloin tip side      | F | 4.3 oz    | 200 | 34 | 0  | 4  | Rabbit                        | F | 4.1 oz     | 200 | 37 | 0  | 4  |
|                             | M | 4.6 oz    | 214 | 36 | 0  | 5  |                               | M | 4.4 oz     | 214 | 39 | 0  | 4  |
| Beef, top round             | F | 3.3 oz    | 200 | 30 | 0  | 7  | Scallops                      | F | 8 oz       | 200 | 40 | 0  | 0  |
|                             | M | 3.6 oz    | 214 | 32 | 0  | 7  |                               | M | 8.6 oz     | 214 | 43 | 0  | 0  |
| Bison                       | F | 3.9 oz    | 200 | 27 | 0  | 8  | Shrimp                        | F | 7.1 oz     | 200 | 50 | 0  | 0  |
|                             | M | 4.2 oz    | 214 | 29 | 0  | 8  |                               | M | 7.6 oz     | 214 | 54 | 0  | 0  |
| Broth, bone                 | F | 10 oz     | 200 | 40 | 0  | 10 | TruLean protein powder, vegan | F | 1.8 Scoops | 200 | 40 | 4  | 4  |
|                             | M | 10.7 oz   | 214 | 43 | 0  | 11 |                               | M | 1.9 Scoops | 214 | 43 | 4  | 4  |
| Chicken, breast             | F | 4.3 oz    | 200 | 38 | 0  | 4  | TruLean protein powder, whey  | F | 2 Scoops   | 200 | 48 | 2  | 0  |
|                             | M | 4.6 oz    | 214 | 41 | 0  | 5  |                               | M | 2.1 Scoops | 214 | 51 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.3 Cups  | 200 | 28 | 20 | 0  | Turkey, breast                | F | 4.7 oz     | 200 | 42 | 0  | 5  |
|                             | M | 1.3 Cups  | 214 | 29 | 21 | 0  |                               | M | 5 oz       | 214 | 45 | 0  | 5  |
| Cottage cheese, 2% fat      | F | 1.3 Cups  | 200 | 28 | 8  | 6  | Turkey, ground 99/1           | F | 5.1 oz     | 200 | 41 | 0  | 5  |
|                             | M | 1.3 Cups  | 214 | 29 | 8  | 7  |                               | M | 5.5 oz     | 214 | 44 | 0  | 5  |
| Crab                        | F | 6.9 oz    | 200 | 41 | 0  | 0  | Turkey, ground 93/7           | F | 3.3 oz     | 200 | 27 | 0  | 10 |
|                             | M | 7.4 oz    | 214 | 44 | 0  | 0  |                               | M | 3.6 oz     | 214 | 29 | 0  | 11 |
| Egg whites, pourable*       | F | 15.4 oz   | 200 | 46 | 0  | 0  | Turkey, ground 90/10          | F | 3.4 oz     | 200 | 24 | 0  | 10 |
|                             | M | 16.5 oz   | 214 | 49 | 0  | 0  |                               | M | 3.6 oz     | 214 | 25 | 0  | 11 |
| Egg whites, from whole egg* | F | 11.8 Eggs | 200 | 47 | 0  | 0  | Venison                       | F | 3.8 oz     | 200 | 30 | 0  | 8  |
|                             | M | 12.6 Eggs | 214 | 50 | 0  | 0  |                               | M | 4 oz       | 214 | 32 | 0  | 8  |
| Fish, ahi tuna steak        | F | 5.1 oz    | 200 | 41 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.7 Cups   | 200 | 35 | 13 | 0  |
|                             | M | 5.5 oz    | 214 | 44 | 0  | 0  |                               | M | 1.8 Cups   | 214 | 37 | 14 | 0  |
| Fish, cod                   | F | 5.7 oz    | 200 | 34 | 0  | 6  | Yogurt, Greek plain low-fat   | F | 1.2 Cups   | 200 | 28 | 11 | 6  |
|                             | M | 6.1 oz    | 214 | 37 | 0  | 6  |                               | M | 1.3 Cups   | 214 | 30 | 11 | 6  |



## PROTEIN

475 CALORIES PER MEAL

### EAT SOME

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15           | F | 3 oz     | 200 | 21 | 0  | 12 |
|                              | M | 3.2 oz   | 214 | 23 | 0  | 13 |
| Beef, skirt                  | F | 3.2 oz   | 200 | 23 | 0  | 10 |
|                              | M | 3.5 oz   | 214 | 24 | 0  | 10 |
| Chicken, ground              | F | 3.7 oz   | 200 | 26 | 0  | 11 |
|                              | M | 4 oz     | 214 | 28 | 0  | 12 |
| Chicken, thighs              | F | 3.6 oz   | 200 | 25 | 0  | 11 |
|                              | M | 3.9 oz   | 214 | 27 | 0  | 12 |
| Cottage cheese, 4% fat       | F | 0.8 Cups | 200 | 20 | 10 | 8  |
|                              | M | 0.9 Cups | 214 | 21 | 11 | 9  |
| Dairy milk, skim*            | F | 2.2 Cups | 200 | 18 | 29 | 0  |
|                              | M | 2.4 Cups | 214 | 19 | 31 | 0  |
| Dairy milk, 1%*              | F | 1.8 Cups | 200 | 15 | 24 | 5  |
|                              | M | 1.9 Cups | 214 | 16 | 25 | 6  |
| Dairy milk, 2%*              | F | 1.5 Cups | 200 | 12 | 20 | 8  |
|                              | M | 1.6 Cups | 214 | 13 | 21 | 8  |
| Deli meat, chicken           | F | 6.7 oz   | 200 | 40 | 7  | 0  |
|                              | M | 7.1 oz   | 214 | 43 | 7  | 0  |
| Deli meat, ham               | F | 5.7 oz   | 200 | 29 | 0  | 11 |
|                              | M | 6.1 oz   | 214 | 31 | 0  | 12 |
| Deli meat, roast beef        | F | 5.7 oz   | 200 | 40 | 0  | 6  |
|                              | M | 6.1 oz   | 214 | 43 | 0  | 6  |
| Deli meat, turkey            | F | 6.7 oz   | 200 | 40 | 0  | 7  |
|                              | M | 7.1 oz   | 214 | 43 | 0  | 7  |
|                              |   |          |     |    |    |    |
| Duck                         | F | 3 oz     | 200 | 18 | 0  | 15 |
|                              | M | 3.2 oz   | 214 | 19 | 0  | 16 |
| Eggs, whole *                | F | 2.9 Eggs | 200 | 17 | 3  | 14 |
|                              | M | 3.1 Eggs | 214 | 18 | 3  | 15 |
| Fish, tuna packaged          | F | 6.7 oz   | 200 | 47 | 0  | 0  |
|                              | M | 7.1 oz   | 214 | 50 | 0  | 0  |
| Lamb, ground                 | F | 2.5 oz   | 200 | 18 | 0  | 15 |
|                              | M | 2.7 oz   | 214 | 19 | 0  | 16 |
| Lamb, shank                  | F | 5 oz     | 200 | 25 | 5  | 10 |
|                              | M | 5.4 oz   | 214 | 27 | 5  | 11 |
| Pork, tenderloin             | F | 4.9 oz   | 200 | 34 | 0  | 5  |
|                              | M | 5.2 oz   | 214 | 37 | 0  | 5  |
| Tempeh                       | F | 3.6 oz   | 200 | 18 | 11 | 11 |
|                              | M | 3.8 oz   | 214 | 19 | 11 | 11 |
| Tofu                         | F | 8.7 oz   | 200 | 17 | 9  | 9  |
|                              | M | 9.3 oz   | 214 | 19 | 9  | 9  |
| Turkey, bacon*               | F | 2.6 oz   | 200 | 21 | 0  | 13 |
|                              | M | 2.8 oz   | 214 | 22 | 0  | 14 |
| Turkey, ground 85/15         | F | 3.1 oz   | 200 | 22 | 0  | 16 |
|                              | M | 3.3 oz   | 214 | 23 | 0  | 17 |
| Yogurt, Greek plain full fat | F | 0.9 Cups | 200 | 19 | 8  | 10 |
|                              | M | 0.9 Cups | 214 | 20 | 8  | 10 |

### EAT LESS

|                            |                             |
|----------------------------|-----------------------------|
| Beef, brisket              | Chicken sausage, dinner     |
| Beef, chuck roast          | Dairy milk, whole           |
| Beef, ground 80/20         | Fried meats                 |
| Beef, ribeye               | Jerky, processed            |
| Beef, strip                | Meat substitutes, processed |
| Beef, T-bone               | Pork, bacon                 |
| Beef, top sirloin          | Pork, chop                  |
| Chicken sausage, breakfast | Yogurt, sweetened           |



**475** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.6 Cups | 143 | 5  | 26 | 2 | Edamame                     | F | 0.7 Cups | 143 | 11 | 13 | 4 |
|                              | M | 0.6 Cups | 143 | 5  | 26 | 2 |                             | M | 0.7 Cups | 143 | 11 | 13 | 4 |
| Amaranth, dry                | F | 0.2 Cups | 143 | 6  | 26 | 3 | Farro, cooked               | F | 0.7 Cups | 143 | 5  | 26 | 1 |
|                              | M | 0.2 Cups | 143 | 6  | 26 | 3 |                             | M | 0.7 Cups | 143 | 5  | 26 | 1 |
| Apple                        | F | 9.5 oz   | 143 | 0  | 38 | 0 | Farro, dry                  | F | 0.2 Cups | 143 | 6  | 27 | 1 |
|                              | M | 9.5 oz   | 143 | 0  | 38 | 0 |                             | M | 0.2 Cups | 143 | 6  | 27 | 1 |
| Banana                       | F | 5.7 oz   | 143 | 0  | 34 | 0 | Grapefruit                  | F | 15.9 oz  | 143 | 0  | 32 | 0 |
|                              | M | 5.7 oz   | 143 | 0  | 34 | 0 |                             | M | 15.9 oz  | 143 | 0  | 32 | 0 |
| Beans, black canned          | F | 0.7 Cups | 143 | 9  | 25 | 1 | Grapes                      | F | 7.9 oz   | 143 | 0  | 40 | 0 |
|                              | M | 0.7 Cups | 143 | 9  | 25 | 1 |                             | M | 7.9 oz   | 143 | 0  | 40 | 0 |
| Beans, cannellini canned     | F | 0.7 Cups | 143 | 10 | 27 | 0 | Kamut, cooked               | F | 0.6 Cups | 143 | 6  | 30 | 1 |
|                              | M | 0.7 Cups | 143 | 10 | 27 | 0 |                             | M | 0.6 Cups | 143 | 6  | 30 | 1 |
| Beans, garbanzo canned       | F | 0.6 Cups | 143 | 7  | 23 | 0 | Kamut, dry                  | F | 0.2 Cups | 143 | 6  | 30 | 1 |
|                              | M | 0.6 Cups | 143 | 7  | 23 | 0 |                             | M | 0.2 Cups | 143 | 6  | 30 | 1 |
| Beans, great northern canned | F | 0.7 Cups | 143 | 9  | 26 | 0 | Kiwi                        | F | 8.4 oz   | 143 | 0  | 34 | 0 |
|                              | M | 0.7 Cups | 143 | 9  | 26 | 0 |                             | M | 8.4 oz   | 143 | 0  | 34 | 0 |
| Beans, kidney canned         | F | 0.7 Cups | 143 | 9  | 25 | 1 | Lentils, cooked             | F | 0.6 Cups | 143 | 11 | 25 | 0 |
|                              | M | 0.7 Cups | 143 | 9  | 25 | 1 |                             | M | 0.6 Cups | 143 | 11 | 25 | 0 |
| Beans, lima canned           | F | 1.3 Cups | 143 | 8  | 26 | 0 | Lentils, dry                | F | 0.3 Cups | 143 | 12 | 29 | 0 |
|                              | M | 1.3 Cups | 143 | 8  | 26 | 0 |                             | M | 0.3 Cups | 143 | 12 | 29 | 0 |
| Beans, pinto canned          | F | 0.8 Cups | 143 | 10 | 27 | 0 | Mango                       | F | 8.4 oz   | 143 | 0  | 34 | 0 |
|                              | M | 0.8 Cups | 143 | 10 | 27 | 0 |                             | M | 8.4 oz   | 143 | 0  | 34 | 0 |
| Beets                        | F | 11.9 oz  | 143 | 0  | 36 | 0 | Melon, cantaloupe           | F | 14.3 oz  | 143 | 0  | 29 | 0 |
|                              | M | 11.9 oz  | 143 | 0  | 36 | 0 |                             | M | 14.3 oz  | 143 | 0  | 29 | 0 |
| Blackberries                 | F | 11.9 oz  | 143 | 0  | 36 | 0 | Melon, honeydew             | F | 14.3 oz  | 143 | 0  | 43 | 0 |
|                              | M | 11.9 oz  | 143 | 0  | 36 | 0 |                             | M | 14.3 oz  | 143 | 0  | 43 | 0 |
| Blueberries                  | F | 8.9 oz   | 143 | 0  | 36 | 0 | Melon, watermelon           | F | 15.9 oz  | 143 | 0  | 32 | 0 |
|                              | M | 8.9 oz   | 143 | 0  | 36 | 0 |                             | M | 15.9 oz  | 143 | 0  | 32 | 0 |
| Buckwheat, cooked            | F | 0.9 Cups | 143 | 6  | 31 | 1 | Millet, cooked              | F | 0.7 Cups | 143 | 4  | 28 | 1 |
|                              | M | 0.9 Cups | 143 | 6  | 31 | 1 |                             | M | 0.7 Cups | 143 | 4  | 28 | 1 |
| Buckwheat, dry               | F | 0.3 Cups | 143 | 5  | 31 | 1 | Millet, dry                 | F | 0.2 Cups | 143 | 4  | 29 | 1 |
|                              | M | 0.3 Cups | 143 | 5  | 31 | 1 |                             | M | 0.2 Cups | 143 | 4  | 29 | 1 |
| Clementine                   | F | 11 oz    | 143 | 0  | 33 | 0 | Oat milk                    | F | 1.8 Cups | 143 | 4  | 20 | 5 |
|                              | M | 11 oz    | 143 | 0  | 33 | 0 |                             | M | 1.8 Cups | 143 | 4  | 20 | 5 |
| Corn                         | F | 1 Cups   | 143 | 2  | 27 | 2 | Oats, old fashioned, cooked | F | 0.9 Cups | 143 | 5  | 24 | 3 |
|                              | M | 1 Cups   | 143 | 2  | 27 | 2 |                             | M | 0.9 Cups | 143 | 5  | 24 | 3 |



## CARB

475 CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.5     | Cups | 143 | 5  | 26 | 3 | Raspberries        | F | 9.5     | oz   | 143 | 0 | 29 | 0 |
|                          | M | 0.5     | Cups | 143 | 5  | 26 | 3 |                    | M | 9.5     | oz   | 143 | 0 | 29 | 0 |
| Oats, steel cut, cooked  | F | 1       | Cups | 143 | 8  | 50 | 2 | Rice, brown cooked | F | 0.7     | Cups | 143 | 3 | 29 | 1 |
|                          | M | 1       | Cups | 143 | 8  | 50 | 2 |                    | M | 0.7     | Cups | 143 | 3 | 29 | 1 |
| Oats, steel cut, dry     | F | 0.2     | Cups | 143 | 5  | 26 | 2 | Rice, brown dry    | F | 0.2     | Cups | 143 | 3 | 31 | 1 |
|                          | M | 0.2     | Cups | 143 | 5  | 26 | 2 |                    | M | 0.2     | Cups | 143 | 3 | 31 | 1 |
| Orange                   | F | 11      | oz   | 143 | 0  | 33 | 0 | Rice, wild cooked  | F | 0.9     | Cups | 143 | 6 | 30 | 1 |
|                          | M | 11      | oz   | 143 | 0  | 33 | 0 |                    | M | 0.9     | Cups | 143 | 6 | 30 | 1 |
| Papaya                   | F | 11.9    | oz   | 143 | 0  | 24 | 0 | Rice, wild dry     | F | 0.3     | Cups | 143 | 6 | 30 | 1 |
|                          | M | 11.9    | oz   | 143 | 0  | 24 | 0 |                    | M | 0.3     | Cups | 143 | 6 | 30 | 1 |
| Parsnips                 | F | 6.8     | oz   | 143 | 0  | 34 | 0 | Spelt, cooked      | F | 0.6     | Cups | 143 | 6 | 30 | 1 |
|                          | M | 6.8     | oz   | 143 | 0  | 34 | 0 |                    | M | 0.6     | Cups | 143 | 6 | 30 | 1 |
| Peach                    | F | 13      | oz   | 143 | 0  | 39 | 0 | Spelt, dry         | F | 0.3     | Cups | 143 | 6 | 32 | 1 |
|                          | M | 13      | oz   | 143 | 0  | 39 | 0 |                    | M | 0.3     | Cups | 143 | 6 | 32 | 1 |
| Pear                     | F | 8.9     | oz   | 143 | 0  | 36 | 0 | Squash, acorn      | F | 11.9    | oz   | 143 | 0 | 36 | 0 |
|                          | M | 8.9     | oz   | 143 | 0  | 36 | 0 |                    | M | 11.9    | oz   | 143 | 0 | 36 | 0 |
| Pineapple                | F | 10.2    | oz   | 143 | 0  | 41 | 0 | Squash, butternut  | F | 6.2     | oz   | 143 | 6 | 37 | 0 |
|                          | M | 10.2    | oz   | 143 | 0  | 41 | 0 |                    | M | 6.2     | oz   | 143 | 6 | 37 | 0 |
| Peas, green or yellow    | F | 1.2     | Cups | 143 | 10 | 26 | 0 | Squash, kabocha    | F | 14.3    | oz   | 143 | 0 | 29 | 0 |
|                          | M | 1.2     | Cups | 143 | 10 | 26 | 0 |                    | M | 14.3    | oz   | 143 | 0 | 29 | 0 |
| Potato, sweet            | F | 6       | oz   | 143 | 0  | 36 | 0 | Strawberries       | F | 15.9    | oz   | 143 | 0 | 32 | 0 |
|                          | M | 6       | oz   | 143 | 0  | 36 | 0 |                    | M | 15.9    | oz   | 143 | 0 | 32 | 0 |
| Potato, white            | F | 7.2     | oz   | 143 | 0  | 36 | 0 | Sweet cherries     | F | 7.9     | oz   | 143 | 0 | 32 | 0 |
|                          | M | 7.2     | oz   | 143 | 0  | 36 | 0 |                    | M | 7.9     | oz   | 143 | 0 | 32 | 0 |
| Potato, yellow           | F | 6.8     | oz   | 143 | 7  | 34 | 0 | Teff, cooked       | F | 0.6     | Cups | 143 | 6 | 28 | 1 |
|                          | M | 6.8     | oz   | 143 | 7  | 34 | 0 |                    | M | 0.6     | Cups | 143 | 6 | 28 | 1 |
| Pumpkin                  | F | 20.4    | oz   | 143 | 0  | 41 | 0 | Teff, dry          | F | 0.2     | Cups | 143 | 5 | 28 | 1 |
|                          | M | 20.4    | oz   | 143 | 0  | 41 | 0 |                    | M | 0.2     | Cups | 143 | 5 | 28 | 1 |
| Quinoa, cooked           | F | 0.6     | Cups | 143 | 5  | 25 | 3 | Water chestnuts    | F | 3.6     | Cups | 143 | 4 | 32 | 0 |
|                          | M | 0.6     | Cups | 143 | 5  | 25 | 3 |                    | M | 3.6     | Cups | 143 | 4 | 32 | 0 |
| Quinoa, dry              | F | 0.2     | Cups | 143 | 4  | 27 | 2 |                    |   |         |      |     |   |    |   |
|                          | M | 0.2     | Cups | 143 | 4  | 27 | 2 |                    |   |         |      |     |   |    |   |



## CARB

475 CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.4 Cups      | 143 | 0  | 37 | 0 |
|                                | M | 1.4 Cups      | 143 | 0  | 37 | 0 |
| Bread, sprouted or whole wheat | F | 1.8 Slices    | 143 | 9  | 27 | 2 |
|                                | M | 1.8 Slices    | 143 | 9  | 27 | 2 |
| Corn tortillas                 | F | 2.6 Tortillas | 143 | 3  | 29 | 3 |
|                                | M | 2.6 Tortillas | 143 | 3  | 29 | 3 |
| Dried fruit                    | F | 1.8 oz        | 143 | 2  | 36 | 0 |
|                                | M | 1.8 oz        | 143 | 2  | 36 | 0 |
| Honey, raw*                    | F | 2.2 Tbsp      | 143 | 0  | 38 | 0 |
|                                | M | 2.2 Tbsp      | 143 | 0  | 38 | 0 |
| Maple syrup, pure*             | F | 2.6 Tbsp      | 143 | 0  | 36 | 0 |
|                                | M | 2.6 Tbsp      | 143 | 0  | 36 | 0 |
| Pasta, bean cooked             | F | 3.6 oz        | 143 | 11 | 25 | 4 |
|                                | M | 3.6 oz        | 143 | 11 | 25 | 4 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.5 oz   | 143 | 9  | 24 | 3 |
|                      | M | 1.5 oz   | 143 | 9  | 24 | 3 |
| Pasta, lentil cooked | F | 1.7 oz   | 143 | 12 | 18 | 2 |
|                      | M | 1.7 oz   | 143 | 12 | 18 | 2 |
| Pasta, lentil dry    | F | 1.4 oz   | 143 | 6  | 30 | 1 |
|                      | M | 1.4 oz   | 143 | 6  | 30 | 1 |
| Popcorn, air-popped  | F | 4.6 Cups | 143 | 5  | 28 | 0 |
|                      | M | 4.6 Cups | 143 | 5  | 28 | 0 |
| Rice, white cooked   | F | 0.7 Cups | 143 | 3  | 31 | 0 |
|                      | M | 0.7 Cups | 143 | 3  | 31 | 0 |
| Rice, white dry      | F | 0.2 Cups | 143 | 3  | 32 | 0 |
|                      | M | 0.2 Cups | 143 | 3  | 32 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

475 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3 oz     | 133 | 3 | 6 | 12 | Nuts, walnuts           | F | 0.7 oz   | 133 | 3  | 3  | 14 |
|                               | M | 2.6 oz   | 119 | 3 | 5 | 11 |                         | M | 0.6 oz   | 119 | 3  | 3  | 12 |
| Butter, grass-fed             | F | 1.3 Tbsp | 133 | 0 | 0 | 15 | Oil, avocado            | F | 1.1 Tbsp | 133 | 0  | 0  | 15 |
|                               | M | 1.2 Tbsp | 119 | 0 | 0 | 13 |                         | M | 1 Tbsp   | 119 | 0  | 0  | 13 |
| Cacao nibs                    | F | 2.5 Tbsp | 133 | 0 | 7 | 10 | Oil, extra virgin olive | F | 1.1 Tbsp | 133 | 0  | 0  | 16 |
|                               | M | 2.2 Tbsp | 119 | 0 | 7 | 9  |                         | M | 1 Tbsp   | 119 | 0  | 0  | 14 |
| Coconut milk, unsweetened*    | F | 3 Cups   | 133 | 0 | 3 | 12 | Oil, flaxseed           | F | 1.1 Tbsp | 133 | 0  | 0  | 16 |
|                               | M | 2.7 Cups | 119 | 0 | 3 | 11 |                         | M | 1 Tbsp   | 119 | 0  | 0  | 14 |
| Guacamole                     | F | 5.3 Tbsp | 133 | 5 | 5 | 11 | Oil, grapeseed          | F | 1.1 Tbsp | 133 | 0  | 0  | 15 |
|                               | M | 4.8 Tbsp | 119 | 5 | 5 | 10 |                         | M | 1 Tbsp   | 119 | 0  | 0  | 14 |
| Hummus                        | F | 3.8 Tbsp | 133 | 4 | 8 | 11 | Oil, sesame             | F | 1.1 Tbsp | 133 | 0  | 0  | 16 |
|                               | M | 3.4 Tbsp | 119 | 3 | 7 | 10 |                         | M | 1 Tbsp   | 119 | 0  | 0  | 14 |
| Nut butter, almond            | F | 1.4 Tbsp | 133 | 6 | 4 | 13 | Olives, black           | F | 2.7 oz   | 133 | 0  | 5  | 13 |
|                               | M | 1.3 Tbsp | 119 | 5 | 4 | 11 |                         | M | 2.4 oz   | 119 | 0  | 5  | 12 |
| Nut butter, cashew            | F | 1.4 Tbsp | 133 | 3 | 7 | 11 | Olives, green           | F | 2.7 oz   | 133 | 3  | 3  | 13 |
|                               | M | 1.3 Tbsp | 119 | 3 | 6 | 10 |                         | M | 2.4 oz   | 119 | 2  | 2  | 12 |
| Nut milk, almond unsweetened* | F | 4.4 Cups | 133 | 4 | 4 | 13 | Olives, kalamata        | F | 1.6 oz   | 133 | 0  | 6  | 13 |
|                               | M | 4 Cups   | 119 | 4 | 4 | 12 |                         | M | 1.4 oz   | 119 | 0  | 6  | 11 |
| Nut milk, cashew unsweetened* | F | 5.3 Cups | 133 | 5 | 5 | 11 | Pea milk, unsweetened   | F | 1.3 Cups | 133 | 11 | 8  | 5  |
|                               | M | 4.8 Cups | 119 | 5 | 5 | 10 |                         | M | 1.2 Cups | 119 | 10 | 7  | 5  |
| Nuts, almonds                 | F | 0.8 oz   | 133 | 5 | 5 | 11 | Seed butter, sunflower  | F | 1.3 Tbsp | 133 | 5  | 5  | 11 |
|                               | M | 0.7 oz   | 119 | 4 | 4 | 10 |                         | M | 1.2 Tbsp | 119 | 5  | 5  | 10 |
| Nuts, brazil nuts             | F | 0.7 oz   | 133 | 3 | 1 | 13 | Seeds, chia             | F | 2 Tbsp   | 133 | 4  | 12 | 8  |
|                               | M | 0.6 oz   | 119 | 2 | 1 | 12 |                         | M | 1.8 Tbsp | 119 | 4  | 11 | 7  |
| Nuts, cashews                 | F | 0.8 oz   | 133 | 4 | 8 | 10 | Seeds, flax             | F | 2.6 Tbsp | 133 | 5  | 8  | 10 |
|                               | M | 0.8 oz   | 119 | 4 | 7 | 9  |                         | M | 2.3 Tbsp | 119 | 5  | 7  | 9  |
| Nuts, hazelnuts               | F | 0.7 oz   | 133 | 3 | 4 | 12 | Seeds, hemp             | F | 2.2 Tbsp | 133 | 7  | 0  | 11 |
|                               | M | 0.7 oz   | 119 | 3 | 3 | 11 |                         | M | 2 Tbsp   | 119 | 6  | 0  | 10 |
| Nuts, pecans                  | F | 0.7 oz   | 133 | 2 | 3 | 13 | Seeds, pumpkin          | F | 0.8 oz   | 133 | 7  | 2  | 12 |
|                               | M | 0.6 oz   | 119 | 2 | 2 | 12 |                         | M | 0.7 oz   | 119 | 6  | 2  | 11 |
| Nuts, pistachios shelled      | F | 0.8 oz   | 133 | 5 | 2 | 11 | Seeds, sunflower        | F | 1 oz     | 133 | 9  | 3  | 8  |
|                               | M | 0.7 oz   | 119 | 5 | 2 | 10 |                         | M | 0.9 oz   | 119 | 8  | 3  | 7  |



## FAT

475 CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 1.3 Tbsp | 133 | 0  | 0 | 15 | Cheese, ricotta             | F | 3 oz     | 133 | 9  | 3  | 9  |
|                    | M | 1.2 Tbsp | 119 | 0  | 0 | 13 |                             | M | 2.7 oz   | 119 | 8  | 3  | 8  |
| Cheese, asiago     | F | 1.2 oz   | 133 | 10 | 1 | 10 | Cheese, swiss               | F | 1.2 oz   | 133 | 10 | 0  | 11 |
|                    | M | 1.1 oz   | 119 | 9  | 1 | 9  |                             | M | 1.1 oz   | 119 | 9  | 0  | 10 |
| Cheese, blue       | F | 1.3 oz   | 133 | 9  | 0 | 11 | Chocolate, dark >70% cacao* | F | 0.8 oz   | 133 | 2  | 10 | 10 |
|                    | M | 1.2 oz   | 119 | 8  | 0 | 10 |                             | M | 0.7 oz   | 119 | 1  | 9  | 9  |
| Cheese, brie       | F | 1.5 oz   | 133 | 7  | 0 | 12 | Coconut flakes unsweetened  | F | 2.4 Tbsp | 133 | 0  | 0  | 12 |
|                    | M | 1.3 oz   | 119 | 7  | 0 | 10 |                             | M | 2.2 Tbsp | 119 | 0  | 0  | 11 |
| Cheese, cheddar    | F | 1.2 oz   | 133 | 7  | 1 | 10 | Coconut milk, full fat      | F | 0.3 Cups | 133 | 1  | 2  | 14 |
|                    | M | 1 oz     | 119 | 6  | 1 | 9  |                             | M | 0.3 Cups | 119 | 1  | 2  | 12 |
| Cheese, feta       | F | 1.9 oz   | 133 | 11 | 4 | 8  | Ghee                        | F | 1 Tbsp   | 133 | 0  | 0  | 15 |
|                    | M | 1.7 oz   | 119 | 10 | 3 | 7  |                             | M | 0.9 Tbsp | 119 | 0  | 0  | 13 |
| Cheese, goat       | F | 1.7 oz   | 133 | 7  | 3 | 10 | Heavy cream                 | F | 2.7 Tbsp | 133 | 0  | 0  | 16 |
|                    | M | 1.5 oz   | 119 | 6  | 3 | 9  |                             | M | 2.4 Tbsp | 119 | 0  | 0  | 14 |
| Cheese, gouda      | F | 1.3 oz   | 133 | 9  | 1 | 11 | Nut butter, peanut          | F | 1.3 Tbsp | 133 | 5  | 4  | 11 |
|                    | M | 1.2 oz   | 119 | 8  | 1 | 9  |                             | M | 1.2 Tbsp | 119 | 5  | 4  | 10 |
| Cheese, mozzarella | F | 1.6 oz   | 133 | 11 | 2 | 7  | Oil, extra virgin coconut   | F | 1 Tbsp   | 133 | 0  | 0  | 15 |
|                    | M | 1.5 oz   | 119 | 10 | 1 | 6  |                             | M | 0.9 Tbsp | 119 | 0  | 0  | 13 |
| Cheese, muenster   | F | 1.3 oz   | 133 | 9  | 0 | 12 | Peanuts                     | F | 0.8 oz   | 133 | 6  | 4  | 12 |
|                    | M | 1.1 oz   | 119 | 8  | 0 | 10 |                             | M | 0.7 oz   | 119 | 5  | 4  | 10 |
| Cheese, parmesan   | F | 1.2 oz   | 133 | 13 | 0 | 11 | Salad dressing, oil-based   | F | 1.7 Tbsp | 133 | 0  | 3  | 13 |
|                    | M | 1.1 oz   | 119 | 12 | 0 | 9  |                             | M | 1.5 Tbsp | 119 | 0  | 3  | 12 |
| Cheese, provolone  | F | 1.3 oz   | 133 | 9  | 1 | 11 |                             |   |          |     |    |    |    |
|                    | M | 1.2 oz   | 119 | 8  | 1 | 10 |                             |   |          |     |    |    |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**500** CALORIES PER MEAL

| EAT MORE                    |   | SERVING |      | CAL | P  | C  | F  |                               |   | SERVING |        | CAL | P  | C  | F  |
|-----------------------------|---|---------|------|-----|----|----|----|-------------------------------|---|---------|--------|-----|----|----|----|
| Beef, bottom round          | F | 3.4     | oz   | 210 | 34 | 0  | 7  | Fish, mahi mahi               | F | 6.8     | oz     | 210 | 47 | 0  | 0  |
|                             | M | 3.7     | oz   | 225 | 37 | 0  | 7  |                               | M | 7.3     | oz     | 225 | 51 | 0  | 0  |
| Beef, eye round             | F | 3.6     | oz   | 210 | 28 | 0  | 11 | Fish, salmon                  | F | 3.6     | oz     | 210 | 21 | 0  | 14 |
|                             | M | 3.8     | oz   | 225 | 31 | 0  | 11 |                               | M | 3.8     | oz     | 225 | 23 | 0  | 15 |
| Beef, flank                 | F | 3.7     | oz   | 210 | 29 | 0  | 11 | Lobster                       | F | 8.4     | oz     | 210 | 42 | 0  | 0  |
|                             | M | 3.9     | oz   | 225 | 32 | 0  | 12 |                               | M | 9       | oz     | 225 | 45 | 0  | 0  |
| Beef, ground 96/4           | F | 3.9     | oz   | 210 | 35 | 0  | 8  | Nutritional yeast*            | F | 10.5    | Tbsp   | 210 | 32 | 21 | 0  |
|                             | M | 4.2     | oz   | 225 | 38 | 0  | 8  |                               | M | 11.3    | Tbsp   | 225 | 34 | 23 | 0  |
| Beef, ground 90/10          | F | 3.4     | oz   | 210 | 28 | 0  | 10 | Pheasant                      | F | 3.1     | oz     | 210 | 28 | 0  | 9  |
|                             | M | 3.7     | oz   | 225 | 30 | 0  | 11 |                               | M | 3.3     | oz     | 225 | 30 | 0  | 10 |
| Beef, sirloin tip side      | F | 4.5     | oz   | 210 | 36 | 0  | 4  | Rabbit                        | F | 4.3     | oz     | 210 | 39 | 0  | 4  |
|                             | M | 4.8     | oz   | 225 | 38 | 0  | 5  |                               | M | 4.6     | oz     | 225 | 41 | 0  | 5  |
| Beef, top round             | F | 3.5     | oz   | 210 | 32 | 0  | 7  | Scallops                      | F | 8.4     | oz     | 210 | 42 | 0  | 0  |
|                             | M | 3.8     | oz   | 225 | 34 | 0  | 8  |                               | M | 9       | oz     | 225 | 45 | 0  | 0  |
| Bison                       | F | 4.1     | oz   | 210 | 29 | 0  | 8  | Shrimp                        | F | 7.5     | oz     | 210 | 53 | 0  | 0  |
|                             | M | 4.4     | oz   | 225 | 31 | 0  | 9  |                               | M | 8       | oz     | 225 | 56 | 0  | 0  |
| Broth, bone                 | F | 10.5    | oz   | 210 | 42 | 0  | 11 | TruLean protein powder, vegan | F | 1.9     | Scoops | 210 | 42 | 4  | 4  |
|                             | M | 11.3    | oz   | 225 | 45 | 0  | 11 |                               | M | 2       | Scoops | 225 | 45 | 4  | 4  |
| Chicken, breast             | F | 4.5     | oz   | 210 | 40 | 0  | 4  | TruLean protein powder, whey  | F | 2.1     | Scoops | 210 | 50 | 2  | 0  |
|                             | M | 4.8     | oz   | 225 | 43 | 0  | 5  |                               | M | 2.3     | Scoops | 225 | 54 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.3     | Cups | 210 | 29 | 21 | 0  | Turkey, breast                | F | 4.9     | oz     | 210 | 44 | 0  | 5  |
|                             | M | 1.4     | Cups | 225 | 31 | 23 | 0  |                               | M | 5.2     | oz     | 225 | 47 | 0  | 5  |
| Cottage cheese, 2% fat      | F | 1.3     | Cups | 210 | 29 | 8  | 7  | Turkey, ground 99/1           | F | 5.4     | oz     | 210 | 43 | 0  | 5  |
|                             | M | 1.4     | Cups | 225 | 31 | 8  | 7  |                               | M | 5.8     | oz     | 225 | 46 | 0  | 6  |
| Crab                        | F | 7.2     | oz   | 210 | 43 | 0  | 0  | Turkey, ground 93/7           | F | 3.5     | oz     | 210 | 28 | 0  | 11 |
|                             | M | 7.8     | oz   | 225 | 47 | 0  | 0  |                               | M | 3.8     | oz     | 225 | 30 | 0  | 11 |
| Egg whites, pourable*       | F | 16.2    | oz   | 210 | 48 | 0  | 0  | Turkey, ground 90/10          | F | 3.6     | oz     | 210 | 25 | 0  | 11 |
|                             | M | 17.3    | oz   | 225 | 52 | 0  | 0  |                               | M | 3.8     | oz     | 225 | 27 | 0  | 11 |
| Egg whites, from whole egg* | F | 12.4    | Eggs | 210 | 49 | 0  | 0  | Venison                       | F | 4       | oz     | 210 | 32 | 0  | 8  |
|                             | M | 13.2    | Eggs | 225 | 53 | 0  | 0  |                               | M | 4.2     | oz     | 225 | 34 | 0  | 8  |
| Fish, ahi tuna steak        | F | 5.4     | oz   | 210 | 43 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.8     | Cups   | 210 | 37 | 14 | 0  |
|                             | M | 5.8     | oz   | 225 | 46 | 0  | 0  |                               | M | 1.9     | Cups   | 225 | 39 | 15 | 0  |
| Fish, cod                   | F | 6       | oz   | 210 | 36 | 0  | 6  | Yogurt, Greek plain low-fat   | F | 1.2     | Cups   | 210 | 30 | 11 | 6  |
|                             | M | 6.4     | oz   | 225 | 39 | 0  | 6  |                               | M | 1.3     | Cups   | 225 | 32 | 12 | 7  |



## PROTEIN

**500** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING         | CAL        | P  | C  | F  |
|------------------------|---|-----------------|------------|----|----|----|
| Beef, ground 85/15     | F | <b>3.2</b> oz   | <b>210</b> | 22 | 0  | 13 |
|                        | M | <b>3.4</b> oz   | <b>225</b> | 24 | 0  | 14 |
| Beef, skirt            | F | <b>3.4</b> oz   | <b>210</b> | 24 | 0  | 10 |
|                        | M | <b>3.6</b> oz   | <b>225</b> | 25 | 0  | 11 |
| Chicken, ground        | F | <b>3.9</b> oz   | <b>210</b> | 27 | 0  | 12 |
|                        | M | <b>4.2</b> oz   | <b>225</b> | 29 | 0  | 13 |
| Chicken, thighs        | F | <b>3.8</b> oz   | <b>210</b> | 27 | 0  | 11 |
|                        | M | <b>4.1</b> oz   | <b>225</b> | 29 | 0  | 12 |
| Cottage cheese, 4% fat | F | <b>0.9</b> Cups | <b>210</b> | 21 | 11 | 9  |
|                        | M | <b>0.9</b> Cups | <b>225</b> | 23 | 11 | 9  |
| Dairy milk, skim*      | F | <b>2.3</b> Cups | <b>210</b> | 19 | 30 | 0  |
|                        | M | <b>2.5</b> Cups | <b>225</b> | 20 | 33 | 0  |
| Dairy milk, 1%*        | F | <b>1.9</b> Cups | <b>210</b> | 15 | 25 | 6  |
|                        | M | <b>2</b> Cups   | <b>225</b> | 16 | 27 | 6  |
| Dairy milk, 2%*        | F | <b>1.6</b> Cups | <b>210</b> | 13 | 21 | 8  |
|                        | M | <b>1.7</b> Cups | <b>225</b> | 14 | 23 | 9  |
| Deli meat, chicken     | F | <b>7</b> oz     | <b>210</b> | 42 | 7  | 0  |
|                        | M | <b>7.5</b> oz   | <b>225</b> | 45 | 8  | 0  |
| Deli meat, ham         | F | <b>6</b> oz     | <b>210</b> | 30 | 0  | 12 |
|                        | M | <b>6.4</b> oz   | <b>225</b> | 32 | 0  | 13 |
| Deli meat, roast beef  | F | <b>6</b> oz     | <b>210</b> | 42 | 0  | 6  |
|                        | M | <b>6.4</b> oz   | <b>225</b> | 45 | 0  | 6  |
| Deli meat, turkey      | F | <b>7</b> oz     | <b>210</b> | 42 | 0  | 7  |
|                        | M | <b>7.5</b> oz   | <b>225</b> | 45 | 0  | 8  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING         | CAL        | P  | C  | F  |
|------------------------------|---|-----------------|------------|----|----|----|
| Duck                         | F | <b>3.1</b> oz   | <b>210</b> | 19 | 0  | 16 |
|                              | M | <b>3.4</b> oz   | <b>225</b> | 20 | 0  | 17 |
| Eggs, whole *                | F | <b>3</b> Eggs   | <b>210</b> | 18 | 3  | 15 |
|                              | M | <b>3.2</b> Eggs | <b>225</b> | 19 | 3  | 16 |
| Fish, tuna packaged          | F | <b>7</b> oz     | <b>210</b> | 49 | 0  | 0  |
|                              | M | <b>7.5</b> oz   | <b>225</b> | 53 | 0  | 0  |
| Lamb, ground                 | F | <b>2.6</b> oz   | <b>210</b> | 18 | 0  | 16 |
|                              | M | <b>2.8</b> oz   | <b>225</b> | 20 | 0  | 17 |
| Lamb, shank                  | F | <b>5.3</b> oz   | <b>210</b> | 26 | 5  | 11 |
|                              | M | <b>5.6</b> oz   | <b>225</b> | 28 | 6  | 11 |
| Pork, tenderloin             | F | <b>5.1</b> oz   | <b>210</b> | 36 | 0  | 5  |
|                              | M | <b>5.5</b> oz   | <b>225</b> | 38 | 0  | 5  |
| Tempeh                       | F | <b>3.8</b> oz   | <b>210</b> | 19 | 11 | 11 |
|                              | M | <b>4</b> oz     | <b>225</b> | 20 | 12 | 12 |
| Tofu                         | F | <b>9.1</b> oz   | <b>210</b> | 18 | 9  | 9  |
|                              | M | <b>9.8</b> oz   | <b>225</b> | 20 | 10 | 10 |
| Turkey, bacon*               | F | <b>2.7</b> oz   | <b>210</b> | 22 | 0  | 14 |
|                              | M | <b>2.9</b> oz   | <b>225</b> | 23 | 0  | 15 |
| Turkey, ground 85/15         | F | <b>3.3</b> oz   | <b>210</b> | 23 | 0  | 16 |
|                              | M | <b>3.5</b> oz   | <b>225</b> | 25 | 0  | 18 |
| Yogurt, Greek plain full fat | F | <b>0.9</b> Cups | <b>210</b> | 20 | 8  | 10 |
|                              | M | <b>1</b> Cups   | <b>225</b> | 22 | 9  | 11 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**500** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.6 Cups | 150 | 5  | 27 | 2 | Edamame                     | F | 0.8 Cups | 150 | 12 | 14 | 5 |
|                              | M | 0.6 Cups | 150 | 5  | 27 | 2 |                             | M | 0.8 Cups | 150 | 12 | 14 | 5 |
| Amaranth, dry                | F | 0.2 Cups | 150 | 6  | 27 | 3 | Farro, cooked               | F | 0.8 Cups | 150 | 5  | 28 | 2 |
|                              | M | 0.2 Cups | 150 | 6  | 27 | 3 |                             | M | 0.8 Cups | 150 | 5  | 28 | 2 |
| Apple                        | F | 10 oz    | 150 | 0  | 40 | 0 | Farro, dry                  | F | 0.2 Cups | 150 | 6  | 28 | 1 |
|                              | M | 10 oz    | 150 | 0  | 40 | 0 |                             | M | 0.2 Cups | 150 | 6  | 28 | 1 |
| Banana                       | F | 6 oz     | 150 | 0  | 36 | 0 | Grapefruit                  | F | 16.7 oz  | 150 | 0  | 33 | 0 |
|                              | M | 6 oz     | 150 | 0  | 36 | 0 |                             | M | 16.7 oz  | 150 | 0  | 33 | 0 |
| Beans, black canned          | F | 0.7 Cups | 150 | 10 | 26 | 1 | Grapes                      | F | 8.3 oz   | 150 | 0  | 42 | 0 |
|                              | M | 0.7 Cups | 150 | 10 | 26 | 1 |                             | M | 8.3 oz   | 150 | 0  | 42 | 0 |
| Beans, cannellini canned     | F | 0.8 Cups | 150 | 11 | 29 | 0 | Kamut, cooked               | F | 0.6 Cups | 150 | 7  | 31 | 1 |
|                              | M | 0.8 Cups | 150 | 11 | 29 | 0 |                             | M | 0.6 Cups | 150 | 7  | 31 | 1 |
| Beans, garbanzo canned       | F | 0.6 Cups | 150 | 8  | 24 | 0 | Kamut, dry                  | F | 0.2 Cups | 150 | 6  | 31 | 1 |
|                              | M | 0.6 Cups | 150 | 8  | 24 | 0 |                             | M | 0.2 Cups | 150 | 6  | 31 | 1 |
| Beans, great northern canned | F | 0.7 Cups | 150 | 10 | 27 | 0 | Kiwi                        | F | 8.8 oz   | 150 | 0  | 35 | 0 |
|                              | M | 0.7 Cups | 150 | 10 | 27 | 0 |                             | M | 8.8 oz   | 150 | 0  | 35 | 0 |
| Beans, kidney canned         | F | 0.7 Cups | 150 | 9  | 26 | 1 | Lentils, cooked             | F | 0.7 Cups | 150 | 12 | 26 | 0 |
|                              | M | 0.7 Cups | 150 | 9  | 26 | 1 |                             | M | 0.7 Cups | 150 | 12 | 26 | 0 |
| Beans, lima canned           | F | 1.4 Cups | 150 | 8  | 27 | 0 | Lentils, dry                | F | 0.3 Cups | 150 | 12 | 30 | 0 |
|                              | M | 1.4 Cups | 150 | 8  | 27 | 0 |                             | M | 0.3 Cups | 150 | 12 | 30 | 0 |
| Beans, pinto canned          | F | 0.8 Cups | 150 | 10 | 28 | 0 | Mango                       | F | 8.8 oz   | 150 | 0  | 35 | 0 |
|                              | M | 0.8 Cups | 150 | 10 | 28 | 0 |                             | M | 8.8 oz   | 150 | 0  | 35 | 0 |
| Beets                        | F | 12.5 oz  | 150 | 0  | 38 | 0 | Melon, cantaloupe           | F | 15 oz    | 150 | 0  | 30 | 0 |
|                              | M | 12.5 oz  | 150 | 0  | 38 | 0 |                             | M | 15 oz    | 150 | 0  | 30 | 0 |
| Blackberries                 | F | 12.5 oz  | 150 | 0  | 38 | 0 | Melon, honeydew             | F | 15 oz    | 150 | 0  | 45 | 0 |
|                              | M | 12.5 oz  | 150 | 0  | 38 | 0 |                             | M | 15 oz    | 150 | 0  | 45 | 0 |
| Blueberries                  | F | 9.4 oz   | 150 | 0  | 38 | 0 | Melon, watermelon           | F | 16.7 oz  | 150 | 0  | 33 | 0 |
|                              | M | 9.4 oz   | 150 | 0  | 38 | 0 |                             | M | 16.7 oz  | 150 | 0  | 33 | 0 |
| Buckwheat, cooked            | F | 1 Cups   | 150 | 6  | 32 | 1 | Millet, cooked              | F | 0.7 Cups | 150 | 4  | 30 | 1 |
|                              | M | 1 Cups   | 150 | 6  | 32 | 1 |                             | M | 0.7 Cups | 150 | 4  | 30 | 1 |
| Buckwheat, dry               | F | 0.3 Cups | 150 | 5  | 33 | 1 | Millet, dry                 | F | 0.2 Cups | 150 | 4  | 30 | 1 |
|                              | M | 0.3 Cups | 150 | 5  | 33 | 1 |                             | M | 0.2 Cups | 150 | 4  | 30 | 1 |
| Clementine                   | F | 11.5 oz  | 150 | 0  | 35 | 0 | Oat milk                    | F | 1.9 Cups | 150 | 4  | 21 | 6 |
|                              | M | 11.5 oz  | 150 | 0  | 35 | 0 |                             | M | 1.9 Cups | 150 | 4  | 21 | 6 |
| Corn                         | F | 1.1 Cups | 150 | 2  | 28 | 2 | Oats, old fashioned, cooked | F | 0.9 Cups | 150 | 5  | 25 | 4 |
|                              | M | 1.1 Cups | 150 | 2  | 28 | 2 |                             | M | 0.9 Cups | 150 | 5  | 25 | 4 |



## CARB

**500** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P  | C  | F |                    |   | SERVING         | CAL        | P | C  | F |
|--------------------------|---|-----------------|------------|----|----|---|--------------------|---|-----------------|------------|---|----|---|
| Oats, old fashioned, dry | F | <b>0.5</b> Cups | <b>150</b> | 5  | 27 | 3 | Raspberries        | F | <b>10</b> oz    | <b>150</b> | 0 | 30 | 0 |
|                          | M | <b>0.5</b> Cups | <b>150</b> | 5  | 27 | 3 |                    | M | <b>10</b> oz    | <b>150</b> | 0 | 30 | 0 |
| Oats, steel cut, cooked  | F | <b>1</b> Cups   | <b>150</b> | 8  | 52 | 2 | Rice, brown cooked | F | <b>0.7</b> Cups | <b>150</b> | 3 | 31 | 1 |
|                          | M | <b>1</b> Cups   | <b>150</b> | 8  | 52 | 2 |                    | M | <b>0.7</b> Cups | <b>150</b> | 3 | 31 | 1 |
| Oats, steel cut, dry     | F | <b>0.3</b> Cups | <b>150</b> | 5  | 27 | 3 | Rice, brown dry    | F | <b>0.2</b> Cups | <b>150</b> | 3 | 33 | 1 |
|                          | M | <b>0.3</b> Cups | <b>150</b> | 5  | 27 | 3 |                    | M | <b>0.2</b> Cups | <b>150</b> | 3 | 33 | 1 |
| Orange                   | F | <b>11.5</b> oz  | <b>150</b> | 0  | 35 | 0 | Rice, wild cooked  | F | <b>0.9</b> Cups | <b>150</b> | 6 | 32 | 1 |
|                          | M | <b>11.5</b> oz  | <b>150</b> | 0  | 35 | 0 |                    | M | <b>0.9</b> Cups | <b>150</b> | 6 | 32 | 1 |
| Papaya                   | F | <b>12.5</b> oz  | <b>150</b> | 0  | 25 | 0 | Rice, wild dry     | F | <b>0.3</b> Cups | <b>150</b> | 6 | 31 | 1 |
|                          | M | <b>12.5</b> oz  | <b>150</b> | 0  | 25 | 0 |                    | M | <b>0.3</b> Cups | <b>150</b> | 6 | 31 | 1 |
| Parsnips                 | F | <b>7.1</b> oz   | <b>150</b> | 0  | 36 | 0 | Spelt, cooked      | F | <b>0.6</b> Cups | <b>150</b> | 7 | 31 | 1 |
|                          | M | <b>7.1</b> oz   | <b>150</b> | 0  | 36 | 0 |                    | M | <b>0.6</b> Cups | <b>150</b> | 7 | 31 | 1 |
| Peach                    | F | <b>13.6</b> oz  | <b>150</b> | 0  | 41 | 0 | Spelt, dry         | F | <b>0.3</b> Cups | <b>150</b> | 6 | 33 | 1 |
|                          | M | <b>13.6</b> oz  | <b>150</b> | 0  | 41 | 0 |                    | M | <b>0.3</b> Cups | <b>150</b> | 6 | 33 | 1 |
| Pear                     | F | <b>9.4</b> oz   | <b>150</b> | 0  | 38 | 0 | Squash, acorn      | F | <b>12.5</b> oz  | <b>150</b> | 0 | 38 | 0 |
|                          | M | <b>9.4</b> oz   | <b>150</b> | 0  | 38 | 0 |                    | M | <b>12.5</b> oz  | <b>150</b> | 0 | 38 | 0 |
| Pineapple                | F | <b>10.7</b> oz  | <b>150</b> | 0  | 43 | 0 | Squash, butternut  | F | <b>6.5</b> oz   | <b>150</b> | 7 | 39 | 0 |
|                          | M | <b>10.7</b> oz  | <b>150</b> | 0  | 43 | 0 |                    | M | <b>6.5</b> oz   | <b>150</b> | 7 | 39 | 0 |
| Peas, green or yellow    | F | <b>1.3</b> Cups | <b>150</b> | 10 | 27 | 0 | Squash, kabocha    | F | <b>15</b> oz    | <b>150</b> | 0 | 30 | 0 |
|                          | M | <b>1.3</b> Cups | <b>150</b> | 10 | 27 | 0 |                    | M | <b>15</b> oz    | <b>150</b> | 0 | 30 | 0 |
| Potato, sweet            | F | <b>6.3</b> oz   | <b>150</b> | 0  | 38 | 0 | Strawberries       | F | <b>16.7</b> oz  | <b>150</b> | 0 | 33 | 0 |
|                          | M | <b>6.3</b> oz   | <b>150</b> | 0  | 38 | 0 |                    | M | <b>16.7</b> oz  | <b>150</b> | 0 | 33 | 0 |
| Potato, white            | F | <b>7.5</b> oz   | <b>150</b> | 0  | 38 | 0 | Sweet cherries     | F | <b>8.3</b> oz   | <b>150</b> | 0 | 33 | 0 |
|                          | M | <b>7.5</b> oz   | <b>150</b> | 0  | 38 | 0 |                    | M | <b>8.3</b> oz   | <b>150</b> | 0 | 33 | 0 |
| Potato, yellow           | F | <b>7.1</b> oz   | <b>150</b> | 7  | 36 | 0 | Teff, cooked       | F | <b>0.6</b> Cups | <b>150</b> | 6 | 29 | 1 |
|                          | M | <b>7.1</b> oz   | <b>150</b> | 7  | 36 | 0 |                    | M | <b>0.6</b> Cups | <b>150</b> | 6 | 29 | 1 |
| Pumpkin                  | F | <b>21.4</b> oz  | <b>150</b> | 0  | 43 | 0 | Teff, dry          | F | <b>0.2</b> Cups | <b>150</b> | 6 | 30 | 1 |
|                          | M | <b>21.4</b> oz  | <b>150</b> | 0  | 43 | 0 |                    | M | <b>0.2</b> Cups | <b>150</b> | 6 | 30 | 1 |
| Quinoa, cooked           | F | <b>0.7</b> Cups | <b>150</b> | 5  | 26 | 3 | Water chestnuts    | F | <b>3.8</b> Cups | <b>150</b> | 4 | 34 | 0 |
|                          | M | <b>0.7</b> Cups | <b>150</b> | 5  | 26 | 3 |                    | M | <b>3.8</b> Cups | <b>150</b> | 4 | 34 | 0 |
| Quinoa, dry              | F | <b>0.2</b> Cups | <b>150</b> | 5  | 28 | 2 |                    |   |                 |            |   |    |   |
|                          | M | <b>0.2</b> Cups | <b>150</b> | 5  | 28 | 2 |                    |   |                 |            |   |    |   |



## CARB

**500** CALORIES PER MEAL

### EAT SOME

| EAT SOME                       |   | SERVING |           | CAL | P  | C  | F |                      |   | SERVING |      | CAL | P  | C  | F |
|--------------------------------|---|---------|-----------|-----|----|----|---|----------------------|---|---------|------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.5     | Cups      | 150 | 0  | 39 | 0 | Pasta, bean dry      | F | 1.6     | oz   | 150 | 9  | 25 | 3 |
|                                | M | 1.5     | Cups      | 150 | 0  | 39 | 0 |                      | M | 1.6     | oz   | 150 | 9  | 25 | 3 |
| Bread, sprouted or whole wheat | F | 1.9     | Slices    | 150 | 9  | 28 | 2 | Pasta, lentil cooked | F | 1.7     | oz   | 150 | 12 | 19 | 2 |
|                                | M | 1.9     | Slices    | 150 | 9  | 28 | 2 |                      | M | 1.7     | oz   | 150 | 12 | 19 | 2 |
| Corn tortillas                 | F | 2.7     | Tortillas | 150 | 3  | 30 | 3 | Pasta, lentil dry    | F | 1.5     | oz   | 150 | 6  | 32 | 2 |
|                                | M | 2.7     | Tortillas | 150 | 3  | 30 | 3 |                      | M | 1.5     | oz   | 150 | 6  | 32 | 2 |
| Dried fruit                    | F | 1.9     | oz        | 150 | 2  | 38 | 0 | Popcorn, air-popped  | F | 4.8     | Cups | 150 | 5  | 29 | 0 |
|                                | M | 1.9     | oz        | 150 | 2  | 38 | 0 |                      | M | 4.8     | Cups | 150 | 5  | 29 | 0 |
| Honey, raw*                    | F | 2.3     | Tbsp      | 150 | 0  | 40 | 0 | Rice, white cooked   | F | 0.7     | Cups | 150 | 3  | 33 | 0 |
|                                | M | 2.3     | Tbsp      | 150 | 0  | 40 | 0 |                      | M | 0.7     | Cups | 150 | 3  | 33 | 0 |
| Maple syrup, pure*             | F | 2.7     | Tbsp      | 150 | 0  | 38 | 0 | Rice, white dry      | F | 0.2     | Cups | 150 | 3  | 34 | 0 |
|                                | M | 2.7     | Tbsp      | 150 | 0  | 38 | 0 |                      | M | 0.2     | Cups | 150 | 3  | 34 | 0 |
| Pasta, bean cooked             | F | 3.8     | oz        | 150 | 11 | 26 | 4 |                      |   |         |      |     |    |    |   |
|                                | M | 3.8     | oz        | 150 | 11 | 26 | 4 |                      |   |         |      |     |    |    |   |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**500** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3.1 oz   | 140 | 3 | 6 | 12 | Nuts, walnuts           | F | 0.8 oz   | 140 | 3  | 3  | 14 |
|                               | M | 2.8 oz   | 125 | 3 | 6 | 11 |                         | M | 0.7 oz   | 125 | 3  | 3  | 13 |
| Butter, grass-fed             | F | 1.4 Tbsp | 140 | 0 | 0 | 15 | Oil, avocado            | F | 1.1 Tbsp | 140 | 0  | 0  | 16 |
|                               | M | 1.3 Tbsp | 125 | 0 | 0 | 14 |                         | M | 1 Tbsp   | 125 | 0  | 0  | 14 |
| Cacao nibs                    | F | 2.6 Tbsp | 140 | 0 | 8 | 10 | Oil, extra virgin olive | F | 1.2 Tbsp | 140 | 0  | 0  | 16 |
|                               | M | 2.3 Tbsp | 125 | 0 | 7 | 9  |                         | M | 1.1 Tbsp | 125 | 0  | 0  | 15 |
| Coconut milk, unsweetened*    | F | 3.2 Cups | 140 | 0 | 3 | 13 | Oil, flaxseed           | F | 1.2 Tbsp | 140 | 0  | 0  | 16 |
|                               | M | 2.8 Cups | 125 | 0 | 3 | 11 |                         | M | 1 Tbsp   | 125 | 0  | 0  | 15 |
| Guacamole                     | F | 5.6 Tbsp | 140 | 6 | 6 | 11 | Oil, grapeseed          | F | 1.1 Tbsp | 140 | 0  | 0  | 16 |
|                               | M | 5 Tbsp   | 125 | 5 | 5 | 10 |                         | M | 1 Tbsp   | 125 | 0  | 0  | 14 |
| Hummus                        | F | 4 Tbsp   | 140 | 4 | 8 | 12 | Oil, sesame             | F | 1.2 Tbsp | 140 | 0  | 0  | 16 |
|                               | M | 3.6 Tbsp | 125 | 4 | 7 | 11 |                         | M | 1 Tbsp   | 125 | 0  | 0  | 15 |
| Nut butter, almond            | F | 1.5 Tbsp | 140 | 6 | 4 | 13 | Olives, black           | F | 2.8 oz   | 140 | 0  | 6  | 14 |
|                               | M | 1.3 Tbsp | 125 | 5 | 4 | 12 |                         | M | 2.5 oz   | 125 | 0  | 5  | 13 |
| Nut butter, cashew            | F | 1.5 Tbsp | 140 | 3 | 7 | 12 | Olives, green           | F | 2.8 oz   | 140 | 3  | 3  | 14 |
|                               | M | 1.3 Tbsp | 125 | 3 | 7 | 11 |                         | M | 2.5 oz   | 125 | 3  | 3  | 13 |
| Nut milk, almond unsweetened* | F | 4.7 Cups | 140 | 5 | 5 | 14 | Olives, kalamata        | F | 1.6 oz   | 140 | 0  | 7  | 13 |
|                               | M | 4.2 Cups | 125 | 4 | 4 | 13 |                         | M | 1.5 oz   | 125 | 0  | 6  | 12 |
| Nut milk, cashew unsweetened* | F | 5.6 Cups | 140 | 6 | 6 | 11 | Pea milk, unsweetened   | F | 1.4 Cups | 140 | 11 | 8  | 6  |
|                               | M | 5 Cups   | 125 | 5 | 5 | 10 |                         | M | 1.3 Cups | 125 | 10 | 8  | 5  |
| Nuts, almonds                 | F | 0.9 oz   | 140 | 5 | 5 | 12 | Seed butter, sunflower  | F | 1.4 Tbsp | 140 | 6  | 6  | 11 |
|                               | M | 0.8 oz   | 125 | 5 | 5 | 11 |                         | M | 1.3 Tbsp | 125 | 5  | 5  | 10 |
| Nuts, brazil nuts             | F | 0.7 oz   | 140 | 3 | 1 | 14 | Seeds, chia             | F | 2.1 Tbsp | 140 | 4  | 12 | 8  |
|                               | M | 0.6 oz   | 125 | 3 | 1 | 12 |                         | M | 1.8 Tbsp | 125 | 4  | 11 | 7  |
| Nuts, cashews                 | F | 0.9 oz   | 140 | 4 | 8 | 11 | Seeds, flax             | F | 2.7 Tbsp | 140 | 5  | 8  | 11 |
|                               | M | 0.8 oz   | 125 | 4 | 7 | 10 |                         | M | 2.4 Tbsp | 125 | 5  | 7  | 10 |
| Nuts, hazelnuts               | F | 0.8 oz   | 140 | 3 | 4 | 13 | Seeds, hemp             | F | 2.3 Tbsp | 140 | 7  | 0  | 12 |
|                               | M | 0.7 oz   | 125 | 3 | 3 | 12 |                         | M | 2.1 Tbsp | 125 | 6  | 0  | 10 |
| Nuts, pecans                  | F | 0.7 oz   | 140 | 2 | 3 | 14 | Seeds, pumpkin          | F | 0.8 oz   | 140 | 7  | 2  | 12 |
|                               | M | 0.6 oz   | 125 | 2 | 3 | 13 |                         | M | 0.7 oz   | 125 | 7  | 2  | 11 |
| Nuts, pistachios shelled      | F | 0.8 oz   | 140 | 6 | 2 | 11 | Seeds, sunflower        | F | 1 oz     | 140 | 9  | 3  | 8  |
|                               | M | 0.7 oz   | 125 | 5 | 2 | 10 |                         | M | 0.9 oz   | 125 | 8  | 3  | 7  |



**500** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             | SERVING |     | CAL  | P   | C  | F  |    |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---------|-----|------|-----|----|----|----|
| Butter             | F | 1.4     | Tbsp | 140 | 0  | 0 | 15 | Cheese, ricotta             | F       | 3.2 | oz   | 140 | 10 | 3  | 10 |
|                    | M | 1.3     | Tbsp | 125 | 0  | 0 | 14 |                             | M       | 2.8 | oz   | 125 | 9  | 3  | 9  |
| Cheese, asiago     | F | 1.3     | oz   | 140 | 10 | 1 | 10 | Cheese, swiss               | F       | 1.3 | oz   | 140 | 10 | 0  | 11 |
|                    | M | 1.2     | oz   | 125 | 9  | 1 | 9  |                             | M       | 1.1 | oz   | 125 | 9  | 0  | 10 |
| Cheese, blue       | F | 1.4     | oz   | 140 | 10 | 0 | 11 | Chocolate, dark >70% cacao* | F       | 0.8 | oz   | 140 | 2  | 11 | 11 |
|                    | M | 1.3     | oz   | 125 | 9  | 0 | 10 |                             | M       | 0.7 | oz   | 125 | 1  | 10 | 10 |
| Cheese, brie       | F | 1.5     | oz   | 140 | 8  | 0 | 12 | Coconut flakes unsweetened  | F       | 2.5 | Tbsp | 140 | 0  | 0  | 13 |
|                    | M | 1.4     | oz   | 125 | 7  | 0 | 11 |                             | M       | 2.3 | Tbsp | 125 | 0  | 0  | 11 |
| Cheese, cheddar    | F | 1.2     | oz   | 140 | 7  | 1 | 11 | Coconut milk, full fat      | F       | 0.4 | Cups | 140 | 1  | 2  | 14 |
|                    | M | 1.1     | oz   | 125 | 7  | 1 | 10 |                             | M       | 0.3 | Cups | 125 | 1  | 2  | 13 |
| Cheese, feta       | F | 2       | oz   | 140 | 12 | 4 | 8  | Ghee                        | F       | 1   | Tbsp | 140 | 0  | 0  | 16 |
|                    | M | 1.8     | oz   | 125 | 11 | 4 | 7  |                             | M       | 0.9 | Tbsp | 125 | 0  | 0  | 14 |
| Cheese, goat       | F | 1.8     | oz   | 140 | 7  | 4 | 11 | Heavy cream                 | F       | 2.8 | Tbsp | 140 | 0  | 0  | 17 |
|                    | M | 1.6     | oz   | 125 | 6  | 3 | 9  |                             | M       | 2.5 | Tbsp | 125 | 0  | 0  | 15 |
| Cheese, gouda      | F | 1.4     | oz   | 140 | 10 | 1 | 11 | Nut butter, peanut          | F       | 1.4 | Tbsp | 140 | 6  | 4  | 11 |
|                    | M | 1.2     | oz   | 125 | 9  | 1 | 10 |                             | M       | 1.3 | Tbsp | 125 | 5  | 4  | 10 |
| Cheese, mozzarella | F | 1.7     | oz   | 140 | 12 | 2 | 7  | Oil, extra virgin coconut   | F       | 1.1 | Tbsp | 140 | 0  | 0  | 15 |
|                    | M | 1.5     | oz   | 125 | 11 | 2 | 6  |                             | M       | 1   | Tbsp | 125 | 0  | 0  | 14 |
| Cheese, muenster   | F | 1.3     | oz   | 140 | 9  | 0 | 12 | Peanuts                     | F       | 0.9 | oz   | 140 | 6  | 4  | 12 |
|                    | M | 1.2     | oz   | 125 | 8  | 0 | 11 |                             | M       | 0.8 | oz   | 125 | 5  | 4  | 11 |
| Cheese, parmesan   | F | 1.2     | oz   | 140 | 14 | 0 | 11 | Salad dressing, oil-based   | F       | 1.8 | Tbsp | 140 | 0  | 4  | 14 |
|                    | M | 1.1     | oz   | 125 | 12 | 0 | 10 |                             | M       | 1.6 | Tbsp | 125 | 0  | 3  | 13 |
| Cheese, provolone  | F | 1.4     | oz   | 140 | 10 | 1 | 11 |                             |         |     |      |     |    |    |    |
|                    | M | 1.3     | oz   | 125 | 9  | 1 | 10 |                             |         |     |      |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**525** CALORIES PER MEAL

### EAT MORE

| EAT MORE                    |   | SERVING |      | CAL | P  | C  | F  |                               |   | SERVING |        | CAL | P  | C  | F  |
|-----------------------------|---|---------|------|-----|----|----|----|-------------------------------|---|---------|--------|-----|----|----|----|
| Beef, bottom round          | F | 3.6     | oz   | 221 | 36 | 0  | 7  | Fish, mahi mahi               | F | 7.1     | oz     | 221 | 50 | 0  | 0  |
|                             | M | 3.9     | oz   | 236 | 39 | 0  | 8  |                               | M | 7.6     | oz     | 236 | 53 | 0  | 0  |
| Beef, eye round             | F | 3.7     | oz   | 221 | 30 | 0  | 11 | Fish, salmon                  | F | 3.7     | oz     | 221 | 22 | 0  | 15 |
|                             | M | 4       | oz   | 236 | 32 | 0  | 12 |                               | M | 4       | oz     | 236 | 24 | 0  | 16 |
| Beef, flank                 | F | 3.9     | oz   | 221 | 31 | 0  | 12 | Lobster                       | F | 8.8     | oz     | 221 | 44 | 0  | 0  |
|                             | M | 4.1     | oz   | 236 | 33 | 0  | 12 |                               | M | 9.4     | oz     | 236 | 47 | 0  | 0  |
| Beef, ground 96/4           | F | 4.1     | oz   | 221 | 37 | 0  | 8  | Nutritional yeast*            | F | 11.1    | Tbsp   | 221 | 33 | 22 | 0  |
|                             | M | 4.4     | oz   | 236 | 39 | 0  | 9  |                               | M | 11.8    | Tbsp   | 236 | 35 | 24 | 0  |
| Beef, ground 90/10          | F | 3.6     | oz   | 221 | 29 | 0  | 11 | Pheasant                      | F | 3.3     | oz     | 221 | 29 | 0  | 10 |
|                             | M | 3.9     | oz   | 236 | 31 | 0  | 12 |                               | M | 3.5     | oz     | 236 | 31 | 0  | 10 |
| Beef, sirloin tip side      | F | 4.7     | oz   | 221 | 38 | 0  | 5  | Rabbit                        | F | 4.5     | oz     | 221 | 41 | 0  | 5  |
|                             | M | 5       | oz   | 236 | 40 | 0  | 5  |                               | M | 4.8     | oz     | 236 | 43 | 0  | 5  |
| Beef, top round             | F | 3.7     | oz   | 221 | 33 | 0  | 7  | Scallops                      | F | 8.8     | oz     | 221 | 44 | 0  | 0  |
|                             | M | 3.9     | oz   | 236 | 35 | 0  | 8  |                               | M | 9.4     | oz     | 236 | 47 | 0  | 0  |
| Bison                       | F | 4.3     | oz   | 221 | 30 | 0  | 9  | Shrimp                        | F | 7.9     | oz     | 221 | 55 | 0  | 0  |
|                             | M | 4.6     | oz   | 236 | 32 | 0  | 9  |                               | M | 8.4     | oz     | 236 | 59 | 0  | 0  |
| Broth, bone                 | F | 11.1    | oz   | 221 | 44 | 0  | 11 | TruLean protein powder, vegan | F | 2       | Scoops | 221 | 44 | 4  | 4  |
|                             | M | 11.8    | oz   | 236 | 47 | 0  | 12 |                               | M | 2.1     | Scoops | 236 | 47 | 4  | 4  |
| Chicken, breast             | F | 4.7     | oz   | 221 | 42 | 0  | 5  | TruLean protein powder, whey  | F | 2.2     | Scoops | 221 | 53 | 2  | 0  |
|                             | M | 5       | oz   | 236 | 45 | 0  | 5  |                               | M | 2.4     | Scoops | 236 | 57 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.4     | Cups | 221 | 30 | 22 | 0  | Turkey, breast                | F | 5.1     | oz     | 221 | 46 | 0  | 5  |
|                             | M | 1.5     | Cups | 236 | 32 | 24 | 0  |                               | M | 5.5     | oz     | 236 | 49 | 0  | 5  |
| Cottage cheese, 2% fat      | F | 1.4     | Cups | 221 | 30 | 8  | 7  | Turkey, ground 99/1           | F | 5.7     | oz     | 221 | 45 | 0  | 6  |
|                             | M | 1.5     | Cups | 236 | 32 | 9  | 7  |                               | M | 6.1     | oz     | 236 | 48 | 0  | 6  |
| Crab                        | F | 7.6     | oz   | 221 | 46 | 0  | 0  | Turkey, ground 93/7           | F | 3.7     | oz     | 221 | 29 | 0  | 11 |
|                             | M | 8.1     | oz   | 236 | 49 | 0  | 0  |                               | M | 3.9     | oz     | 236 | 31 | 0  | 12 |
| Egg whites, pourable*       | F | 17      | oz   | 221 | 51 | 0  | 0  | Turkey, ground 90/10          | F | 3.7     | oz     | 221 | 26 | 0  | 11 |
|                             | M | 18.2    | oz   | 236 | 54 | 0  | 0  |                               | M | 4       | oz     | 236 | 28 | 0  | 12 |
| Egg whites, from whole egg* | F | 13      | Eggs | 221 | 52 | 0  | 0  | Venison                       | F | 4.2     | oz     | 221 | 33 | 0  | 8  |
|                             | M | 13.9    | Eggs | 236 | 56 | 0  | 0  |                               | M | 4.5     | oz     | 236 | 36 | 0  | 9  |
| Fish, ahi tuna steak        | F | 5.7     | oz   | 221 | 45 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.8     | Cups   | 221 | 39 | 15 | 0  |
|                             | M | 6.1     | oz   | 236 | 48 | 0  | 0  |                               | M | 2       | Cups   | 236 | 41 | 16 | 0  |
| Fish, cod                   | F | 6.3     | oz   | 221 | 38 | 0  | 6  | Yogurt, Greek plain low-fat   | F | 1.3     | Cups   | 221 | 31 | 12 | 7  |
|                             | M | 6.7     | oz   | 236 | 40 | 0  | 7  |                               | M | 1.4     | Cups   | 236 | 33 | 12 | 7  |



## PROTEIN

**525** CALORIES PER MEAL

### EAT SOME

|                              |   | SERVING         | CAL        | P  | C  | F  |
|------------------------------|---|-----------------|------------|----|----|----|
| Beef, ground 85/15           | F | <b>3.3</b> oz   | <b>221</b> | 23 | 0  | 13 |
|                              | M | <b>3.6</b> oz   | <b>236</b> | 25 | 0  | 14 |
| Beef, skirt                  | F | <b>3.6</b> oz   | <b>221</b> | 25 | 0  | 11 |
|                              | M | <b>3.8</b> oz   | <b>236</b> | 27 | 0  | 11 |
| Chicken, ground              | F | <b>4.1</b> oz   | <b>221</b> | 29 | 0  | 12 |
|                              | M | <b>4.4</b> oz   | <b>236</b> | 31 | 0  | 13 |
| Chicken, thighs              | F | <b>4</b> oz     | <b>221</b> | 28 | 0  | 12 |
|                              | M | <b>4.3</b> oz   | <b>236</b> | 30 | 0  | 13 |
| Cottage cheese, 4% fat       | F | <b>0.9</b> Cups | <b>221</b> | 22 | 11 | 9  |
|                              | M | <b>1</b> Cups   | <b>236</b> | 24 | 12 | 10 |
| Dairy milk, skim*            | F | <b>2.5</b> Cups | <b>221</b> | 20 | 32 | 0  |
|                              | M | <b>2.6</b> Cups | <b>236</b> | 21 | 34 | 0  |
| Dairy milk, 1%*              | F | <b>2</b> Cups   | <b>221</b> | 16 | 26 | 6  |
|                              | M | <b>2.1</b> Cups | <b>236</b> | 17 | 28 | 6  |
| Dairy milk, 2%*              | F | <b>1.7</b> Cups | <b>221</b> | 14 | 22 | 9  |
|                              | M | <b>1.8</b> Cups | <b>236</b> | 15 | 24 | 9  |
| Deli meat, chicken           | F | <b>7.4</b> oz   | <b>221</b> | 44 | 7  | 0  |
|                              | M | <b>7.9</b> oz   | <b>236</b> | 47 | 8  | 0  |
| Deli meat, ham               | F | <b>6.3</b> oz   | <b>221</b> | 32 | 0  | 13 |
|                              | M | <b>6.7</b> oz   | <b>236</b> | 34 | 0  | 13 |
| Deli meat, roast beef        | F | <b>6.3</b> oz   | <b>221</b> | 44 | 0  | 6  |
|                              | M | <b>6.7</b> oz   | <b>236</b> | 47 | 0  | 7  |
| Deli meat, turkey            | F | <b>7.4</b> oz   | <b>221</b> | 44 | 0  | 7  |
|                              | M | <b>7.9</b> oz   | <b>236</b> | 47 | 0  | 8  |
| Duck                         | F | <b>3.3</b> oz   | <b>221</b> | 20 | 0  | 16 |
|                              | M | <b>3.5</b> oz   | <b>236</b> | 21 | 0  | 18 |
| Eggs, whole *                | F | <b>3.2</b> Eggs | <b>221</b> | 19 | 3  | 16 |
|                              | M | <b>3.4</b> Eggs | <b>236</b> | 20 | 3  | 17 |
| Fish, tuna packaged          | F | <b>7.4</b> oz   | <b>221</b> | 52 | 0  | 0  |
|                              | M | <b>7.9</b> oz   | <b>236</b> | 55 | 0  | 0  |
| Lamb, ground                 | F | <b>2.8</b> oz   | <b>221</b> | 19 | 0  | 17 |
|                              | M | <b>3</b> oz     | <b>236</b> | 21 | 0  | 18 |
| Lamb, shank                  | F | <b>5.5</b> oz   | <b>221</b> | 28 | 6  | 11 |
|                              | M | <b>5.9</b> oz   | <b>236</b> | 30 | 6  | 12 |
| Pork, tenderloin             | F | <b>5.4</b> oz   | <b>221</b> | 38 | 0  | 5  |
|                              | M | <b>5.8</b> oz   | <b>236</b> | 40 | 0  | 6  |
| Tempeh                       | F | <b>3.9</b> oz   | <b>221</b> | 20 | 12 | 12 |
|                              | M | <b>4.2</b> oz   | <b>236</b> | 21 | 13 | 13 |
| Tofu                         | F | <b>9.6</b> oz   | <b>221</b> | 19 | 10 | 10 |
|                              | M | <b>10.3</b> oz  | <b>236</b> | 21 | 10 | 10 |
| Turkey, bacon*               | F | <b>2.9</b> oz   | <b>221</b> | 23 | 0  | 14 |
|                              | M | <b>3.1</b> oz   | <b>236</b> | 25 | 0  | 15 |
| Turkey, ground 85/15         | F | <b>3.5</b> oz   | <b>221</b> | 24 | 0  | 17 |
|                              | M | <b>3.7</b> oz   | <b>236</b> | 26 | 0  | 18 |
| Yogurt, Greek plain full fat | F | <b>1</b> Cups   | <b>221</b> | 21 | 9  | 11 |
|                              | M | <b>1</b> Cups   | <b>236</b> | 23 | 9  | 11 |

### EAT LESS

|                            |                             |
|----------------------------|-----------------------------|
| Beef, brisket              | Chicken sausage, dinner     |
| Beef, chuck roast          | Dairy milk, whole           |
| Beef, ground 80/20         | Fried meats                 |
| Beef, ribeye               | Jerky, processed            |
| Beef, strip                | Meat substitutes, processed |
| Beef, T-bone               | Pork, bacon                 |
| Beef, top sirloin          | Pork, chop                  |
| Chicken sausage, breakfast | Yogurt, sweetened           |



**525** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.6 Cups | 158 | 6  | 29 | 3 | Edamame                     | F | 0.8 Cups | 158 | 13 | 14 | 5 |
|                              | M | 0.6 Cups | 158 | 6  | 29 | 3 |                             | M | 0.8 Cups | 158 | 13 | 14 | 5 |
| Amaranth, dry                | F | 0.2 Cups | 158 | 7  | 28 | 3 | Farro, cooked               | F | 0.8 Cups | 158 | 6  | 29 | 2 |
|                              | M | 0.2 Cups | 158 | 7  | 28 | 3 |                             | M | 0.8 Cups | 158 | 6  | 29 | 2 |
| Apple                        | F | 10.5 oz  | 158 | 0  | 42 | 0 | Farro, dry                  | F | 0.2 Cups | 158 | 7  | 30 | 1 |
|                              | M | 10.5 oz  | 158 | 0  | 42 | 0 |                             | M | 0.2 Cups | 158 | 7  | 30 | 1 |
| Banana                       | F | 6.3 oz   | 158 | 0  | 38 | 0 | Grapefruit                  | F | 17.6 oz  | 158 | 0  | 35 | 0 |
|                              | M | 6.3 oz   | 158 | 0  | 38 | 0 |                             | M | 17.6 oz  | 158 | 0  | 35 | 0 |
| Beans, black canned          | F | 0.7 Cups | 158 | 10 | 27 | 1 | Grapes                      | F | 8.8 oz   | 158 | 0  | 44 | 0 |
|                              | M | 0.7 Cups | 158 | 10 | 27 | 1 |                             | M | 8.8 oz   | 158 | 0  | 44 | 0 |
| Beans, cannellini canned     | F | 0.8 Cups | 158 | 11 | 30 | 0 | Kamut, cooked               | F | 0.6 Cups | 158 | 7  | 33 | 1 |
|                              | M | 0.8 Cups | 158 | 11 | 30 | 0 |                             | M | 0.6 Cups | 158 | 7  | 33 | 1 |
| Beans, garbanzo canned       | F | 0.7 Cups | 158 | 8  | 25 | 0 | Kamut, dry                  | F | 0.3 Cups | 158 | 7  | 33 | 1 |
|                              | M | 0.7 Cups | 158 | 8  | 25 | 0 |                             | M | 0.3 Cups | 158 | 7  | 33 | 1 |
| Beans, great northern canned | F | 0.7 Cups | 158 | 10 | 29 | 0 | Kiwi                        | F | 9.3 oz   | 158 | 0  | 37 | 0 |
|                              | M | 0.7 Cups | 158 | 10 | 29 | 0 |                             | M | 9.3 oz   | 158 | 0  | 37 | 0 |
| Beans, kidney canned         | F | 0.8 Cups | 158 | 10 | 28 | 2 | Lentils, cooked             | F | 0.7 Cups | 158 | 12 | 27 | 0 |
|                              | M | 0.8 Cups | 158 | 10 | 28 | 2 |                             | M | 0.7 Cups | 158 | 12 | 27 | 0 |
| Beans, lima canned           | F | 1.4 Cups | 158 | 9  | 29 | 0 | Lentils, dry                | F | 0.4 Cups | 158 | 13 | 32 | 0 |
|                              | M | 1.4 Cups | 158 | 9  | 29 | 0 |                             | M | 0.4 Cups | 158 | 13 | 32 | 0 |
| Beans, pinto canned          | F | 0.9 Cups | 158 | 11 | 30 | 0 | Mango                       | F | 9.3 oz   | 158 | 0  | 37 | 0 |
|                              | M | 0.9 Cups | 158 | 11 | 30 | 0 |                             | M | 9.3 oz   | 158 | 0  | 37 | 0 |
| Beets                        | F | 13.2 oz  | 158 | 0  | 40 | 0 | Melon, cantaloupe           | F | 15.8 oz  | 158 | 0  | 32 | 0 |
|                              | M | 13.2 oz  | 158 | 0  | 40 | 0 |                             | M | 15.8 oz  | 158 | 0  | 32 | 0 |
| Blackberries                 | F | 13.2 oz  | 158 | 0  | 40 | 0 | Melon, honeydew             | F | 15.8 oz  | 158 | 0  | 47 | 0 |
|                              | M | 13.2 oz  | 158 | 0  | 40 | 0 |                             | M | 15.8 oz  | 158 | 0  | 47 | 0 |
| Blueberries                  | F | 9.9 oz   | 158 | 0  | 40 | 0 | Melon, watermelon           | F | 17.6 oz  | 158 | 0  | 35 | 0 |
|                              | M | 9.9 oz   | 158 | 0  | 40 | 0 |                             | M | 17.6 oz  | 158 | 0  | 35 | 0 |
| Buckwheat, cooked            | F | 1 Cups   | 158 | 6  | 34 | 1 | Millet, cooked              | F | 0.8 Cups | 158 | 5  | 31 | 2 |
|                              | M | 1 Cups   | 158 | 6  | 34 | 1 |                             | M | 0.8 Cups | 158 | 5  | 31 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 158 | 5  | 34 | 1 | Millet, dry                 | F | 0.2 Cups | 158 | 5  | 31 | 1 |
|                              | M | 0.3 Cups | 158 | 5  | 34 | 1 |                             | M | 0.2 Cups | 158 | 5  | 31 | 1 |
| Clementine                   | F | 12.2 oz  | 158 | 0  | 36 | 0 | Oat milk                    | F | 2 Cups   | 158 | 4  | 22 | 6 |
|                              | M | 12.2 oz  | 158 | 0  | 36 | 0 |                             | M | 2 Cups   | 158 | 4  | 22 | 6 |
| Corn                         | F | 1.1 Cups | 158 | 2  | 29 | 2 | Oats, old fashioned, cooked | F | 1 Cups   | 158 | 6  | 27 | 4 |
|                              | M | 1.1 Cups | 158 | 2  | 29 | 2 |                             | M | 1 Cups   | 158 | 6  | 27 | 4 |



## CARB

**525** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P  | C  | F |                    | SERVING    | CAL | P | C  | F |
|--------------------------|---|----------|-----|----|----|---|--------------------|------------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.5 Cups | 158 | 5  | 28 | 3 | Raspberries        | F 10.5 oz  | 158 | 0 | 32 | 0 |
|                          | M | 0.5 Cups | 158 | 5  | 28 | 3 |                    | M 10.5 oz  | 158 | 0 | 32 | 0 |
| Oats, steel cut, cooked  | F | 1.1 Cups | 158 | 8  | 55 | 2 | Rice, brown cooked | F 0.7 Cups | 158 | 4 | 32 | 1 |
|                          | M | 1.1 Cups | 158 | 8  | 55 | 2 |                    | M 0.7 Cups | 158 | 4 | 32 | 1 |
| Oats, steel cut, dry     | F | 0.3 Cups | 158 | 5  | 28 | 3 | Rice, brown dry    | F 0.2 Cups | 158 | 3 | 35 | 1 |
|                          | M | 0.3 Cups | 158 | 5  | 28 | 3 |                    | M 0.2 Cups | 158 | 3 | 35 | 1 |
| Orange                   | F | 12.2 oz  | 158 | 0  | 36 | 0 | Rice, wild cooked  | F 1 Cups   | 158 | 7 | 33 | 1 |
|                          | M | 12.2 oz  | 158 | 0  | 36 | 0 |                    | M 1 Cups   | 158 | 7 | 33 | 1 |
| Papaya                   | F | 13.2 oz  | 158 | 0  | 26 | 0 | Rice, wild dry     | F 0.3 Cups | 158 | 7 | 33 | 1 |
|                          | M | 13.2 oz  | 158 | 0  | 26 | 0 |                    | M 0.3 Cups | 158 | 7 | 33 | 1 |
| Parsnips                 | F | 7.5 oz   | 158 | 0  | 38 | 0 | Spelt, cooked      | F 0.6 Cups | 158 | 7 | 33 | 1 |
|                          | M | 7.5 oz   | 158 | 0  | 38 | 0 |                    | M 0.6 Cups | 158 | 7 | 33 | 1 |
| Peach                    | F | 14.4 oz  | 158 | 0  | 43 | 0 | Spelt, dry         | F 0.3 Cups | 158 | 7 | 35 | 1 |
|                          | M | 14.4 oz  | 158 | 0  | 43 | 0 |                    | M 0.3 Cups | 158 | 7 | 35 | 1 |
| Pear                     | F | 9.9 oz   | 158 | 0  | 40 | 0 | Squash, acorn      | F 13.2 oz  | 158 | 0 | 40 | 0 |
|                          | M | 9.9 oz   | 158 | 0  | 40 | 0 |                    | M 13.2 oz  | 158 | 0 | 40 | 0 |
| Pineapple                | F | 11.3 oz  | 158 | 0  | 45 | 0 | Squash, butternut  | F 6.9 oz   | 158 | 7 | 41 | 0 |
|                          | M | 11.3 oz  | 158 | 0  | 45 | 0 |                    | M 6.9 oz   | 158 | 7 | 41 | 0 |
| Peas, green or yellow    | F | 1.4 Cups | 158 | 11 | 28 | 0 | Squash, kabocha    | F 15.8 oz  | 158 | 0 | 32 | 0 |
|                          | M | 1.4 Cups | 158 | 11 | 28 | 0 |                    | M 15.8 oz  | 158 | 0 | 32 | 0 |
| Potato, sweet            | F | 6.6 oz   | 158 | 0  | 40 | 0 | Strawberries       | F 17.6 oz  | 158 | 0 | 35 | 0 |
|                          | M | 6.6 oz   | 158 | 0  | 40 | 0 |                    | M 17.6 oz  | 158 | 0 | 35 | 0 |
| Potato, white            | F | 7.9 oz   | 158 | 0  | 40 | 0 | Sweet cherries     | F 8.8 oz   | 158 | 0 | 35 | 0 |
|                          | M | 7.9 oz   | 158 | 0  | 40 | 0 |                    | M 8.8 oz   | 158 | 0 | 35 | 0 |
| Potato, yellow           | F | 7.5 oz   | 158 | 8  | 38 | 0 | Teff, cooked       | F 0.6 Cups | 158 | 6 | 31 | 1 |
|                          | M | 7.5 oz   | 158 | 8  | 38 | 0 |                    | M 0.6 Cups | 158 | 6 | 31 | 1 |
| Pumpkin                  | F | 22.6 oz  | 158 | 0  | 45 | 0 | Teff, dry          | F 0.2 Cups | 158 | 6 | 31 | 1 |
|                          | M | 22.6 oz  | 158 | 0  | 45 | 0 |                    | M 0.2 Cups | 158 | 6 | 31 | 1 |
| Quinoa, cooked           | F | 0.7 Cups | 158 | 6  | 28 | 3 | Water chestnuts    | F 4 Cups   | 158 | 4 | 36 | 0 |
|                          | M | 0.7 Cups | 158 | 6  | 28 | 3 |                    | M 4 Cups   | 158 | 4 | 36 | 0 |
| Quinoa, dry              | F | 0.2 Cups | 158 | 5  | 30 | 2 |                    |            |     |   |    |   |
|                          | M | 0.2 Cups | 158 | 5  | 30 | 2 |                    |            |     |   |    |   |



## CARB

**525** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.6 Cups      | 158 | 0  | 41 | 0 |
|                                | M | 1.6 Cups      | 158 | 0  | 41 | 0 |
| Bread, sprouted or whole wheat | F | 2 Slices      | 158 | 10 | 30 | 2 |
|                                | M | 2 Slices      | 158 | 10 | 30 | 2 |
| Corn tortillas                 | F | 2.9 Tortillas | 158 | 3  | 32 | 3 |
|                                | M | 2.9 Tortillas | 158 | 3  | 32 | 3 |
| Dried fruit                    | F | 2 oz          | 158 | 2  | 40 | 0 |
|                                | M | 2 oz          | 158 | 2  | 40 | 0 |
| Honey, raw*                    | F | 2.5 Tbsp      | 158 | 0  | 42 | 0 |
|                                | M | 2.5 Tbsp      | 158 | 0  | 42 | 0 |
| Maple syrup, pure*             | F | 2.9 Tbsp      | 158 | 0  | 40 | 0 |
|                                | M | 2.9 Tbsp      | 158 | 0  | 40 | 0 |
| Pasta, bean cooked             | F | 4 oz          | 158 | 12 | 28 | 4 |
|                                | M | 4 oz          | 158 | 12 | 28 | 4 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.7 oz   | 158 | 10 | 27 | 3 |
|                      | M | 1.7 oz   | 158 | 10 | 27 | 3 |
| Pasta, lentil cooked | F | 1.8 oz   | 158 | 13 | 20 | 2 |
|                      | M | 1.8 oz   | 158 | 13 | 20 | 2 |
| Pasta, lentil dry    | F | 1.6 oz   | 158 | 6  | 33 | 2 |
|                      | M | 1.6 oz   | 158 | 6  | 33 | 2 |
| Popcorn, air-popped  | F | 5.1 Cups | 158 | 5  | 31 | 0 |
|                      | M | 5.1 Cups | 158 | 5  | 31 | 0 |
| Rice, white cooked   | F | 0.8 Cups | 158 | 3  | 35 | 0 |
|                      | M | 0.8 Cups | 158 | 3  | 35 | 0 |
| Rice, white dry      | F | 0.2 Cups | 158 | 3  | 36 | 0 |
|                      | M | 0.2 Cups | 158 | 3  | 36 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**525** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING         | CAL        | P | C | F  |                         |   | SERVING         | CAL        | P  | C  | F  |
|-------------------------------|---|-----------------|------------|---|---|----|-------------------------|---|-----------------|------------|----|----|----|
| Avocado                       | F | <b>3.3</b> oz   | <b>147</b> | 3 | 7 | 13 | Nuts, walnuts           | F | <b>0.8</b> oz   | <b>147</b> | 3  | 3  | 15 |
|                               | M | <b>2.9</b> oz   | <b>131</b> | 3 | 6 | 12 |                         | M | <b>0.7</b> oz   | <b>131</b> | 3  | 3  | 13 |
| Butter, grass-fed             | F | <b>1.5</b> Tbsp | <b>147</b> | 0 | 0 | 16 | Oil, avocado            | F | <b>1.2</b> Tbsp | <b>147</b> | 0  | 0  | 17 |
|                               | M | <b>1.3</b> Tbsp | <b>131</b> | 0 | 0 | 14 |                         | M | <b>1.1</b> Tbsp | <b>131</b> | 0  | 0  | 15 |
| Cacao nibs                    | F | <b>2.7</b> Tbsp | <b>147</b> | 0 | 8 | 11 | Oil, extra virgin olive | F | <b>1.2</b> Tbsp | <b>147</b> | 0  | 0  | 17 |
|                               | M | <b>2.4</b> Tbsp | <b>131</b> | 0 | 7 | 10 |                         | M | <b>1.1</b> Tbsp | <b>131</b> | 0  | 0  | 15 |
| Coconut milk, unsweetened*    | F | <b>3.3</b> Cups | <b>147</b> | 0 | 3 | 13 | Oil, flaxseed           | F | <b>1.2</b> Tbsp | <b>147</b> | 0  | 0  | 17 |
|                               | M | <b>3</b> Cups   | <b>131</b> | 0 | 3 | 12 |                         | M | <b>1.1</b> Tbsp | <b>131</b> | 0  | 0  | 15 |
| Guacamole                     | F | <b>5.9</b> Tbsp | <b>147</b> | 6 | 6 | 12 | Oil, grapeseed          | F | <b>1.2</b> Tbsp | <b>147</b> | 0  | 0  | 17 |
|                               | M | <b>5.2</b> Tbsp | <b>131</b> | 5 | 5 | 10 |                         | M | <b>1.1</b> Tbsp | <b>131</b> | 0  | 0  | 15 |
| Hummus                        | F | <b>4.2</b> Tbsp | <b>147</b> | 4 | 8 | 13 | Oil, sesame             | F | <b>1.2</b> Tbsp | <b>147</b> | 0  | 0  | 17 |
|                               | M | <b>3.7</b> Tbsp | <b>131</b> | 4 | 7 | 11 |                         | M | <b>1.1</b> Tbsp | <b>131</b> | 0  | 0  | 15 |
| Nut butter, almond            | F | <b>1.5</b> Tbsp | <b>147</b> | 6 | 5 | 14 | Olives, black           | F | <b>2.9</b> oz   | <b>147</b> | 0  | 6  | 15 |
|                               | M | <b>1.4</b> Tbsp | <b>131</b> | 6 | 4 | 12 |                         | M | <b>2.6</b> oz   | <b>131</b> | 0  | 5  | 13 |
| Nut butter, cashew            | F | <b>1.5</b> Tbsp | <b>147</b> | 3 | 8 | 12 | Olives, green           | F | <b>2.9</b> oz   | <b>147</b> | 3  | 3  | 15 |
|                               | M | <b>1.4</b> Tbsp | <b>131</b> | 3 | 7 | 11 |                         | M | <b>2.6</b> oz   | <b>131</b> | 3  | 3  | 13 |
| Nut milk, almond unsweetened* | F | <b>4.9</b> Cups | <b>147</b> | 5 | 5 | 15 | Olives, kalamata        | F | <b>1.7</b> oz   | <b>147</b> | 0  | 7  | 14 |
|                               | M | <b>4.4</b> Cups | <b>131</b> | 4 | 4 | 13 |                         | M | <b>1.5</b> oz   | <b>131</b> | 0  | 6  | 12 |
| Nut milk, cashew unsweetened* | F | <b>5.9</b> Cups | <b>147</b> | 6 | 6 | 12 | Pea milk, unsweetened   | F | <b>1.5</b> Cups | <b>147</b> | 12 | 9  | 6  |
|                               | M | <b>5.2</b> Cups | <b>131</b> | 5 | 5 | 10 |                         | M | <b>1.3</b> Cups | <b>131</b> | 11 | 8  | 5  |
| Nuts, almonds                 | F | <b>0.9</b> oz   | <b>147</b> | 5 | 5 | 13 | Seed butter, sunflower  | F | <b>1.5</b> Tbsp | <b>147</b> | 6  | 6  | 12 |
|                               | M | <b>0.8</b> oz   | <b>131</b> | 5 | 5 | 11 |                         | M | <b>1.3</b> Tbsp | <b>131</b> | 5  | 5  | 10 |
| Nuts, brazil nuts             | F | <b>0.8</b> oz   | <b>147</b> | 3 | 1 | 14 | Seeds, chia             | F | <b>2.2</b> Tbsp | <b>147</b> | 4  | 13 | 9  |
|                               | M | <b>0.7</b> oz   | <b>131</b> | 3 | 1 | 13 |                         | M | <b>1.9</b> Tbsp | <b>131</b> | 4  | 12 | 8  |
| Nuts, cashews                 | F | <b>0.9</b> oz   | <b>147</b> | 5 | 8 | 11 | Seeds, flax             | F | <b>2.8</b> Tbsp | <b>147</b> | 6  | 8  | 11 |
|                               | M | <b>0.8</b> oz   | <b>131</b> | 4 | 8 | 10 |                         | M | <b>2.5</b> Tbsp | <b>131</b> | 5  | 8  | 10 |
| Nuts, hazelnuts               | F | <b>0.8</b> oz   | <b>147</b> | 3 | 4 | 14 | Seeds, hemp             | F | <b>2.5</b> Tbsp | <b>147</b> | 7  | 0  | 12 |
|                               | M | <b>0.7</b> oz   | <b>131</b> | 3 | 4 | 12 |                         | M | <b>2.2</b> Tbsp | <b>131</b> | 7  | 0  | 11 |
| Nuts, pecans                  | F | <b>0.7</b> oz   | <b>147</b> | 2 | 3 | 15 | Seeds, pumpkin          | F | <b>0.9</b> oz   | <b>147</b> | 8  | 3  | 13 |
|                               | M | <b>0.7</b> oz   | <b>131</b> | 2 | 3 | 13 |                         | M | <b>0.8</b> oz   | <b>131</b> | 7  | 2  | 12 |
| Nuts, pistachios shelled      | F | <b>0.8</b> oz   | <b>147</b> | 6 | 3 | 12 | Seeds, sunflower        | F | <b>1.1</b> oz   | <b>147</b> | 9  | 3  | 8  |
|                               | M | <b>0.8</b> Oz   | <b>131</b> | 5 | 2 | 11 |                         | M | <b>0.9</b> oz   | <b>131</b> | 8  | 3  | 7  |



**525** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             |   | SERVING |      | CAL | P  | C  | F  |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---|---------|------|-----|----|----|----|
| Butter             | F | 1.5     | Tbsp | 147 | 0  | 0 | 16 | Cheese, ricotta             | F | 3.3     | oz   | 147 | 10 | 3  | 10 |
|                    | M | 1.3     | Tbsp | 131 | 0  | 0 | 14 |                             | M | 3       | oz   | 131 | 9  | 3  | 9  |
| Cheese, asiago     | F | 1.4     | oz   | 147 | 11 | 1 | 11 | Cheese, swiss               | F | 1.3     | oz   | 147 | 11 | 0  | 12 |
|                    | M | 1.2     | oz   | 131 | 10 | 1 | 10 |                             | M | 1.2     | oz   | 131 | 10 | 0  | 11 |
| Cheese, blue       | F | 1.5     | oz   | 147 | 10 | 0 | 12 | Chocolate, dark >70% cacao* | F | 0.9     | oz   | 147 | 2  | 11 | 11 |
|                    | M | 1.3     | oz   | 131 | 9  | 0 | 10 |                             | M | 0.8     | oz   | 131 | 2  | 10 | 10 |
| Cheese, brie       | F | 1.6     | oz   | 147 | 8  | 0 | 13 | Coconut flakes unsweetened  | F | 2.7     | Tbsp | 147 | 0  | 0  | 13 |
|                    | M | 1.4     | oz   | 131 | 7  | 0 | 12 |                             | M | 2.4     | Tbsp | 131 | 0  | 0  | 12 |
| Cheese, cheddar    | F | 1.3     | oz   | 147 | 8  | 1 | 12 | Coconut milk, full fat      | F | 0.4     | Cups | 147 | 1  | 2  | 15 |
|                    | M | 1.1     | oz   | 131 | 7  | 1 | 10 |                             | M | 0.3     | Cups | 131 | 1  | 2  | 13 |
| Cheese, feta       | F | 2.1     | oz   | 147 | 13 | 4 | 8  | Ghee                        | F | 1.1     | Tbsp | 147 | 0  | 0  | 16 |
|                    | M | 1.9     | oz   | 131 | 11 | 4 | 7  |                             | M | 1       | Tbsp | 131 | 0  | 0  | 15 |
| Cheese, goat       | F | 1.8     | oz   | 147 | 7  | 4 | 11 | Heavy cream                 | F | 2.9     | Tbsp | 147 | 0  | 0  | 18 |
|                    | M | 1.6     | oz   | 131 | 7  | 3 | 10 |                             | M | 2.6     | Tbsp | 131 | 0  | 0  | 16 |
| Cheese, gouda      | F | 1.5     | oz   | 147 | 10 | 1 | 12 | Nut butter, peanut          | F | 1.5     | Tbsp | 147 | 6  | 4  | 12 |
|                    | M | 1.3     | oz   | 131 | 9  | 1 | 10 |                             | M | 1.3     | Tbsp | 131 | 5  | 4  | 10 |
| Cheese, mozzarella | F | 1.8     | oz   | 147 | 13 | 2 | 7  | Oil, extra virgin coconut   | F | 1.1     | Tbsp | 147 | 0  | 0  | 16 |
|                    | M | 1.6     | oz   | 131 | 11 | 2 | 6  |                             | M | 1       | Tbsp | 131 | 0  | 0  | 14 |
| Cheese, muenster   | F | 1.4     | oz   | 147 | 10 | 0 | 13 | Peanuts                     | F | 0.9     | oz   | 147 | 6  | 5  | 13 |
|                    | M | 1.3     | oz   | 131 | 9  | 0 | 11 |                             | M | 0.8     | oz   | 131 | 6  | 4  | 11 |
| Cheese, parmesan   | F | 1.3     | oz   | 147 | 14 | 0 | 12 | Salad dressing, oil-based   | F | 1.8     | Tbsp | 147 | 0  | 4  | 15 |
|                    | M | 1.2     | oz   | 131 | 13 | 0 | 10 |                             | M | 1.6     | Tbsp | 131 | 0  | 3  | 13 |
| Cheese, provolone  | F | 1.5     | oz   | 147 | 10 | 1 | 12 |                             |   |         |      |     |    |    |    |
|                    | M | 1.3     | oz   | 131 | 9  | 1 | 10 |                             |   |         |      |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**550** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 3.8 oz    | 231 | 38 | 0  | 8  | Fish, mahi mahi               | F | 7.5 oz     | 231 | 52 | 0  | 0  |
|                             | M | 4.1 oz    | 248 | 41 | 0  | 8  |                               | M | 8 oz       | 248 | 56 | 0  | 0  |
| Beef, eye round             | F | 3.9 oz    | 231 | 31 | 0  | 12 | Fish, salmon                  | F | 3.9 oz     | 231 | 23 | 0  | 16 |
|                             | M | 4.2 oz    | 248 | 34 | 0  | 13 |                               | M | 4.2 oz     | 248 | 25 | 0  | 17 |
| Beef, flank                 | F | 4.1 oz    | 231 | 32 | 0  | 12 | Lobster                       | F | 9.2 oz     | 231 | 46 | 0  | 0  |
|                             | M | 4.4 oz    | 248 | 35 | 0  | 13 |                               | M | 9.9 oz     | 248 | 50 | 0  | 0  |
| Beef, ground 96/4           | F | 4.3 oz    | 231 | 39 | 0  | 9  | Nutritional yeast*            | F | 11.6 Tbsp  | 231 | 35 | 23 | 0  |
|                             | M | 4.6 oz    | 248 | 41 | 0  | 9  |                               | M | 12.4 Tbsp  | 248 | 37 | 25 | 0  |
| Beef, ground 90/10          | F | 3.8 oz    | 231 | 30 | 0  | 11 | Pheasant                      | F | 3.4 oz     | 231 | 31 | 0  | 10 |
|                             | M | 4.1 oz    | 248 | 33 | 0  | 12 |                               | M | 3.6 oz     | 248 | 33 | 0  | 11 |
| Beef, sirloin tip side      | F | 4.9 oz    | 231 | 39 | 0  | 5  | Rabbit                        | F | 4.7 oz     | 231 | 42 | 0  | 5  |
|                             | M | 5.3 oz    | 248 | 42 | 0  | 5  |                               | M | 5.1 oz     | 248 | 46 | 0  | 5  |
| Beef, top round             | F | 3.9 oz    | 231 | 35 | 0  | 8  | Scallops                      | F | 9.2 oz     | 231 | 46 | 0  | 0  |
|                             | M | 4.1 oz    | 248 | 37 | 0  | 8  |                               | M | 9.9 oz     | 248 | 50 | 0  | 0  |
| Bison                       | F | 4.5 oz    | 231 | 32 | 0  | 9  | Shrimp                        | F | 8.3 oz     | 231 | 58 | 0  | 0  |
|                             | M | 4.9 oz    | 248 | 34 | 0  | 10 |                               | M | 8.9 oz     | 248 | 62 | 0  | 0  |
| Broth, bone                 | F | 11.6 oz   | 231 | 46 | 0  | 12 | TruLean protein powder, vegan | F | 2.1 Scoops | 231 | 46 | 4  | 4  |
|                             | M | 12.4 oz   | 248 | 50 | 0  | 12 |                               | M | 2.3 Scoops | 248 | 50 | 5  | 5  |
| Chicken, breast             | F | 4.9 oz    | 231 | 44 | 0  | 5  | TruLean protein powder, whey  | F | 2.3 Scoops | 231 | 55 | 2  | 0  |
|                             | M | 5.3 oz    | 248 | 47 | 0  | 5  |                               | M | 2.5 Scoops | 248 | 60 | 2  | 0  |
| Cottage cheese, 0% fat      | F | 1.4 Cups  | 231 | 32 | 23 | 0  | Turkey, breast                | F | 5.4 oz     | 231 | 48 | 0  | 5  |
|                             | M | 1.6 Cups  | 248 | 34 | 25 | 0  |                               | M | 5.8 oz     | 248 | 52 | 0  | 6  |
| Cottage cheese, 2% fat      | F | 1.4 Cups  | 231 | 32 | 9  | 7  | Turkey, ground 99/1           | F | 5.9 oz     | 231 | 47 | 0  | 6  |
|                             | M | 1.6 Cups  | 248 | 34 | 9  | 8  |                               | M | 6.4 oz     | 248 | 51 | 0  | 6  |
| Crab                        | F | 8 oz      | 231 | 48 | 0  | 0  | Turkey, ground 93/7           | F | 3.9 oz     | 231 | 31 | 0  | 12 |
|                             | M | 8.6 oz    | 248 | 51 | 0  | 0  |                               | M | 4.1 oz     | 248 | 33 | 0  | 12 |
| Egg whites, pourable*       | F | 17.8 oz   | 231 | 53 | 0  | 0  | Turkey, ground 90/10          | F | 3.9 oz     | 231 | 27 | 0  | 12 |
|                             | M | 19.1 oz   | 248 | 57 | 0  | 0  |                               | M | 4.2 oz     | 248 | 29 | 0  | 13 |
| Egg whites, from whole egg* | F | 13.6 Eggs | 231 | 54 | 0  | 0  | Venison                       | F | 4.4 oz     | 231 | 35 | 0  | 9  |
|                             | M | 14.6 Eggs | 248 | 58 | 0  | 0  |                               | M | 4.7 oz     | 248 | 37 | 0  | 9  |
| Fish, ahi tuna steak        | F | 5.9 oz    | 231 | 47 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 1.9 Cups   | 231 | 40 | 15 | 0  |
|                             | M | 6.4 oz    | 248 | 51 | 0  | 0  |                               | M | 2.1 Cups   | 248 | 43 | 17 | 0  |
| Fish, cod                   | F | 6.6 oz    | 231 | 40 | 0  | 7  | Yogurt, Greek plain low-fat   | F | 1.4 Cups   | 231 | 33 | 12 | 7  |
|                             | M | 7.1 oz    | 248 | 43 | 0  | 7  |                               | M | 1.5 Cups   | 248 | 35 | 13 | 7  |



## PROTEIN

**550** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 3.5 oz   | 231 | 25 | 0  | 14 |
|                        | M | 3.8 oz   | 248 | 26 | 0  | 15 |
| Beef, skirt            | F | 3.7 oz   | 231 | 26 | 0  | 11 |
|                        | M | 4 oz     | 248 | 28 | 0  | 12 |
| Chicken, ground        | F | 4.3 oz   | 231 | 30 | 0  | 13 |
|                        | M | 4.6 oz   | 248 | 32 | 0  | 14 |
| Chicken, thighs        | F | 4.2 oz   | 231 | 29 | 0  | 13 |
|                        | M | 4.5 oz   | 248 | 32 | 0  | 14 |
| Cottage cheese, 4% fat | F | 1 Cups   | 231 | 23 | 12 | 10 |
|                        | M | 1 Cups   | 248 | 25 | 12 | 10 |
| Dairy milk, skim*      | F | 2.6 Cups | 231 | 21 | 33 | 0  |
|                        | M | 2.8 Cups | 248 | 22 | 36 | 0  |
| Dairy milk, 1%*        | F | 2.1 Cups | 231 | 17 | 27 | 6  |
|                        | M | 2.3 Cups | 248 | 18 | 29 | 7  |
| Dairy milk, 2%*        | F | 1.8 Cups | 231 | 14 | 23 | 9  |
|                        | M | 1.9 Cups | 248 | 15 | 25 | 10 |
| Deli meat, chicken     | F | 7.7 oz   | 231 | 46 | 8  | 0  |
|                        | M | 8.3 oz   | 248 | 50 | 8  | 0  |
| Deli meat, ham         | F | 6.6 oz   | 231 | 33 | 0  | 13 |
|                        | M | 7.1 oz   | 248 | 35 | 0  | 14 |
| Deli meat, roast beef  | F | 6.6 oz   | 231 | 46 | 0  | 7  |
|                        | M | 7.1 oz   | 248 | 50 | 0  | 7  |
| Deli meat, turkey      | F | 7.7 oz   | 231 | 46 | 0  | 8  |
|                        | M | 8.3 oz   | 248 | 50 | 0  | 8  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 3.4 oz   | 231 | 21 | 0  | 17 |
|                              | M | 3.7 oz   | 248 | 22 | 0  | 19 |
| Eggs, whole *                | F | 3.3 Eggs | 231 | 20 | 3  | 17 |
|                              | M | 3.5 Eggs | 248 | 21 | 4  | 18 |
| Fish, tuna packaged          | F | 7.7 oz   | 231 | 54 | 0  | 0  |
|                              | M | 8.3 oz   | 248 | 58 | 0  | 0  |
| Lamb, ground                 | F | 2.9 oz   | 231 | 20 | 0  | 17 |
|                              | M | 3.1 oz   | 248 | 22 | 0  | 19 |
| Lamb, shank                  | F | 5.8 oz   | 231 | 29 | 6  | 12 |
|                              | M | 6.2 oz   | 248 | 31 | 6  | 12 |
| Pork, tenderloin             | F | 5.6 oz   | 231 | 39 | 0  | 6  |
|                              | M | 6 oz     | 248 | 42 | 0  | 6  |
| Tempeh                       | F | 4.1 oz   | 231 | 21 | 12 | 12 |
|                              | M | 4.4 oz   | 248 | 22 | 13 | 13 |
| Tofu                         | F | 10 oz    | 231 | 20 | 10 | 10 |
|                              | M | 10.8 oz  | 248 | 22 | 11 | 11 |
| Turkey, bacon*               | F | 3 oz     | 231 | 24 | 0  | 15 |
|                              | M | 3.2 oz   | 248 | 26 | 0  | 16 |
| Turkey, ground 85/15         | F | 3.6 oz   | 231 | 25 | 0  | 18 |
|                              | M | 3.9 oz   | 248 | 27 | 0  | 19 |
| Yogurt, Greek plain full fat | F | 1 Cups   | 231 | 22 | 9  | 11 |
|                              | M | 1.1 Cups | 248 | 24 | 10 | 12 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**550** CALORIES PER MEAL

## EAT MORE

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.7 Cups | 165 | 6  | 30 | 3 | Edamame                     | F | 0.8 Cups | 165 | 13 | 15 | 5 |
|                              | M | 0.7 Cups | 165 | 6  | 30 | 3 |                             | M | 0.8 Cups | 165 | 13 | 15 | 5 |
| Amaranth, dry                | F | 0.2 Cups | 165 | 7  | 30 | 3 | Farro, cooked               | F | 0.8 Cups | 165 | 6  | 31 | 2 |
|                              | M | 0.2 Cups | 165 | 7  | 30 | 3 |                             | M | 0.8 Cups | 165 | 6  | 31 | 2 |
| Apple                        | F | 11 oz    | 165 | 0  | 44 | 0 | Farro, dry                  | F | 0.2 Cups | 165 | 7  | 31 | 1 |
|                              | M | 11 oz    | 165 | 0  | 44 | 0 |                             | M | 0.2 Cups | 165 | 7  | 31 | 1 |
| Banana                       | F | 6.6 oz   | 165 | 0  | 40 | 0 | Grapefruit                  | F | 18.3 oz  | 165 | 0  | 37 | 0 |
|                              | M | 6.6 oz   | 165 | 0  | 40 | 0 |                             | M | 18.3 oz  | 165 | 0  | 37 | 0 |
| Beans, black canned          | F | 0.8 Cups | 165 | 11 | 29 | 2 | Grapes                      | F | 9.2 oz   | 165 | 0  | 46 | 0 |
|                              | M | 0.8 Cups | 165 | 11 | 29 | 2 |                             | M | 9.2 oz   | 165 | 0  | 46 | 0 |
| Beans, cannellini canned     | F | 0.8 Cups | 165 | 12 | 31 | 0 | Kamut, cooked               | F | 0.7 Cups | 165 | 7  | 34 | 1 |
|                              | M | 0.8 Cups | 165 | 12 | 31 | 0 |                             | M | 0.7 Cups | 165 | 7  | 34 | 1 |
| Beans, garbanzo canned       | F | 0.7 Cups | 165 | 8  | 26 | 0 | Kamut, dry                  | F | 0.3 Cups | 165 | 7  | 34 | 1 |
|                              | M | 0.7 Cups | 165 | 8  | 26 | 0 |                             | M | 0.3 Cups | 165 | 7  | 34 | 1 |
| Beans, great northern canned | F | 0.8 Cups | 165 | 11 | 30 | 0 | Kiwi                        | F | 9.7 oz   | 165 | 0  | 39 | 0 |
|                              | M | 0.8 Cups | 165 | 11 | 30 | 0 |                             | M | 9.7 oz   | 165 | 0  | 39 | 0 |
| Beans, kidney canned         | F | 0.8 Cups | 165 | 10 | 29 | 2 | Lentils, cooked             | F | 0.7 Cups | 165 | 13 | 29 | 0 |
|                              | M | 0.8 Cups | 165 | 10 | 29 | 2 |                             | M | 0.7 Cups | 165 | 13 | 29 | 0 |
| Beans, lima canned           | F | 1.5 Cups | 165 | 9  | 30 | 0 | Lentils, dry                | F | 0.4 Cups | 165 | 14 | 33 | 0 |
|                              | M | 1.5 Cups | 165 | 9  | 30 | 0 |                             | M | 0.4 Cups | 165 | 14 | 33 | 0 |
| Beans, pinto canned          | F | 0.9 Cups | 165 | 11 | 31 | 0 | Mango                       | F | 9.7 oz   | 165 | 0  | 39 | 0 |
|                              | M | 0.9 Cups | 165 | 11 | 31 | 0 |                             | M | 9.7 oz   | 165 | 0  | 39 | 0 |
| Beets                        | F | 13.8 oz  | 165 | 0  | 41 | 0 | Melon, cantaloupe           | F | 16.5 oz  | 165 | 0  | 33 | 0 |
|                              | M | 13.8 oz  | 165 | 0  | 41 | 0 |                             | M | 16.5 oz  | 165 | 0  | 33 | 0 |
| Blackberries                 | F | 13.8 oz  | 165 | 0  | 41 | 0 | Melon, honeydew             | F | 16.5 oz  | 165 | 0  | 50 | 0 |
|                              | M | 13.8 oz  | 165 | 0  | 41 | 0 |                             | M | 16.5 oz  | 165 | 0  | 50 | 0 |
| Blueberries                  | F | 10.3 oz  | 165 | 0  | 41 | 0 | Melon, watermelon           | F | 18.3 oz  | 165 | 0  | 37 | 0 |
|                              | M | 10.3 oz  | 165 | 0  | 41 | 0 |                             | M | 18.3 oz  | 165 | 0  | 37 | 0 |
| Buckwheat, cooked            | F | 1.1 Cups | 165 | 6  | 35 | 1 | Millet, cooked              | F | 0.8 Cups | 165 | 5  | 33 | 2 |
|                              | M | 1.1 Cups | 165 | 6  | 35 | 1 |                             | M | 0.8 Cups | 165 | 5  | 33 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 165 | 6  | 36 | 1 | Millet, dry                 | F | 0.2 Cups | 165 | 5  | 33 | 1 |
|                              | M | 0.3 Cups | 165 | 6  | 36 | 1 |                             | M | 0.2 Cups | 165 | 5  | 33 | 1 |
| Clementine                   | F | 12.7 oz  | 165 | 0  | 38 | 0 | Oat milk                    | F | 2.1 Cups | 165 | 4  | 23 | 6 |
|                              | M | 12.7 oz  | 165 | 0  | 38 | 0 |                             | M | 2.1 Cups | 165 | 4  | 23 | 6 |
| Corn                         | F | 1.2 Cups | 165 | 2  | 31 | 2 | Oats, old fashioned, cooked | F | 1 Cups   | 165 | 6  | 28 | 4 |
|                              | M | 1.2 Cups | 165 | 2  | 31 | 2 |                             | M | 1 Cups   | 165 | 6  | 28 | 4 |



## CARB

**550** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P  | C  | F |                    |   | SERVING         | CAL        | P | C  | F |
|--------------------------|---|-----------------|------------|----|----|---|--------------------|---|-----------------|------------|---|----|---|
| Oats, old fashioned, dry | F | <b>0.6</b> Cups | <b>165</b> | 6  | 30 | 3 | Raspberries        | F | <b>11</b> oz    | <b>165</b> | 0 | 33 | 0 |
|                          | M | <b>0.6</b> Cups | <b>165</b> | 6  | 30 | 3 |                    | M | <b>11</b> oz    | <b>165</b> | 0 | 33 | 0 |
| Oats, steel cut, cooked  | F | <b>1.1</b> Cups | <b>165</b> | 9  | 57 | 2 | Rice, brown cooked | F | <b>0.8</b> Cups | <b>165</b> | 4 | 34 | 2 |
|                          | M | <b>1.1</b> Cups | <b>165</b> | 9  | 57 | 2 |                    | M | <b>0.8</b> Cups | <b>165</b> | 4 | 34 | 2 |
| Oats, steel cut, dry     | F | <b>0.3</b> Cups | <b>165</b> | 6  | 30 | 3 | Rice, brown dry    | F | <b>0.3</b> Cups | <b>165</b> | 3 | 36 | 2 |
|                          | M | <b>0.3</b> Cups | <b>165</b> | 6  | 30 | 3 |                    | M | <b>0.3</b> Cups | <b>165</b> | 3 | 36 | 2 |
| Orange                   | F | <b>12.7</b> oz  | <b>165</b> | 0  | 38 | 0 | Rice, wild cooked  | F | <b>1</b> Cups   | <b>165</b> | 7 | 35 | 1 |
|                          | M | <b>12.7</b> oz  | <b>165</b> | 0  | 38 | 0 |                    | M | <b>1</b> Cups   | <b>165</b> | 7 | 35 | 1 |
| Papaya                   | F | <b>13.8</b> oz  | <b>165</b> | 0  | 28 | 0 | Rice, wild dry     | F | <b>0.3</b> Cups | <b>165</b> | 7 | 35 | 1 |
|                          | M | <b>13.8</b> oz  | <b>165</b> | 0  | 28 | 0 |                    | M | <b>0.3</b> Cups | <b>165</b> | 7 | 35 | 1 |
| Parsnips                 | F | <b>7.9</b> oz   | <b>165</b> | 0  | 39 | 0 | Spelt, cooked      | F | <b>0.7</b> Cups | <b>165</b> | 7 | 34 | 1 |
|                          | M | <b>7.9</b> oz   | <b>165</b> | 0  | 39 | 0 |                    | M | <b>0.7</b> Cups | <b>165</b> | 7 | 34 | 1 |
| Peach                    | F | <b>15</b> oz    | <b>165</b> | 0  | 45 | 0 | Spelt, dry         | F | <b>0.3</b> Cups | <b>165</b> | 7 | 37 | 1 |
|                          | M | <b>15</b> oz    | <b>165</b> | 0  | 45 | 0 |                    | M | <b>0.3</b> Cups | <b>165</b> | 7 | 37 | 1 |
| Pear                     | F | <b>10.3</b> oz  | <b>165</b> | 0  | 41 | 0 | Squash, acorn      | F | <b>13.8</b> oz  | <b>165</b> | 0 | 41 | 0 |
|                          | M | <b>10.3</b> oz  | <b>165</b> | 0  | 41 | 0 |                    | M | <b>13.8</b> oz  | <b>165</b> | 0 | 41 | 0 |
| Pineapple                | F | <b>11.8</b> oz  | <b>165</b> | 0  | 47 | 0 | Squash, butternut  | F | <b>7.2</b> oz   | <b>165</b> | 7 | 43 | 0 |
|                          | M | <b>11.8</b> oz  | <b>165</b> | 0  | 47 | 0 |                    | M | <b>7.2</b> oz   | <b>165</b> | 7 | 43 | 0 |
| Peas, green or yellow    | F | <b>1.4</b> Cups | <b>165</b> | 11 | 30 | 0 | Squash, kabocha    | F | <b>16.5</b> oz  | <b>165</b> | 0 | 33 | 0 |
|                          | M | <b>1.4</b> Cups | <b>165</b> | 11 | 30 | 0 |                    | M | <b>16.5</b> oz  | <b>165</b> | 0 | 33 | 0 |
| Potato, sweet            | F | <b>6.9</b> oz   | <b>165</b> | 0  | 41 | 0 | Strawberries       | F | <b>18.3</b> oz  | <b>165</b> | 0 | 37 | 0 |
|                          | M | <b>6.9</b> oz   | <b>165</b> | 0  | 41 | 0 |                    | M | <b>18.3</b> oz  | <b>165</b> | 0 | 37 | 0 |
| Potato, white            | F | <b>8.3</b> oz   | <b>165</b> | 0  | 41 | 0 | Sweet cherries     | F | <b>9.2</b> oz   | <b>165</b> | 0 | 37 | 0 |
|                          | M | <b>8.3</b> oz   | <b>165</b> | 0  | 41 | 0 |                    | M | <b>9.2</b> oz   | <b>165</b> | 0 | 37 | 0 |
| Potato, yellow           | F | <b>7.9</b> oz   | <b>165</b> | 8  | 39 | 0 | Teff, cooked       | F | <b>0.6</b> Cups | <b>165</b> | 6 | 32 | 1 |
|                          | M | <b>7.9</b> oz   | <b>165</b> | 8  | 39 | 0 |                    | M | <b>0.6</b> Cups | <b>165</b> | 6 | 32 | 1 |
| Pumpkin                  | F | <b>23.6</b> oz  | <b>165</b> | 0  | 47 | 0 | Teff, dry          | F | <b>0.2</b> Cups | <b>165</b> | 6 | 33 | 1 |
|                          | M | <b>23.6</b> oz  | <b>165</b> | 0  | 47 | 0 |                    | M | <b>0.2</b> Cups | <b>165</b> | 6 | 33 | 1 |
| Quinoa, cooked           | F | <b>0.7</b> Cups | <b>165</b> | 6  | 29 | 3 | Water chestnuts    | F | <b>4.1</b> Cups | <b>165</b> | 4 | 37 | 0 |
|                          | M | <b>0.7</b> Cups | <b>165</b> | 6  | 29 | 3 |                    | M | <b>4.1</b> Cups | <b>165</b> | 4 | 37 | 0 |
| Quinoa, dry              | F | <b>0.3</b> Cups | <b>165</b> | 5  | 31 | 3 |                    |   |                 |            |   |    |   |
|                          | M | <b>0.3</b> Cups | <b>165</b> | 5  | 31 | 3 |                    |   |                 |            |   |    |   |



## CARB

**550** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING     | CAL | P  | C  | F |
|--------------------------------|---|-------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.7 Cups    | 165 | 0  | 43 | 0 |
|                                | M | 1.7 Cups    | 165 | 0  | 43 | 0 |
| Bread, sprouted or whole wheat | F | 2.1 Slices  | 165 | 10 | 31 | 2 |
|                                | M | 2.1 Slices  | 165 | 10 | 31 | 2 |
| Corn tortillas                 | F | 3 Tortillas | 165 | 3  | 33 | 3 |
|                                | M | 3 Tortillas | 165 | 3  | 33 | 3 |
| Dried fruit                    | F | 2.1 oz      | 165 | 2  | 42 | 0 |
|                                | M | 2.1 oz      | 165 | 2  | 42 | 0 |
| Honey, raw*                    | F | 2.6 Tbsp    | 165 | 0  | 44 | 0 |
|                                | M | 2.6 Tbsp    | 165 | 0  | 44 | 0 |
| Maple syrup, pure*             | F | 3 Tbsp      | 165 | 0  | 42 | 0 |
|                                | M | 3 Tbsp      | 165 | 0  | 42 | 0 |
| Pasta, bean cooked             | F | 4.1 oz      | 165 | 12 | 29 | 4 |
|                                | M | 4.1 oz      | 165 | 12 | 29 | 4 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.7 oz   | 165 | 10 | 28 | 3 |
|                      | M | 1.7 oz   | 165 | 10 | 28 | 3 |
| Pasta, lentil cooked | F | 1.9 oz   | 165 | 13 | 21 | 2 |
|                      | M | 1.9 oz   | 165 | 13 | 21 | 2 |
| Pasta, lentil dry    | F | 1.7 oz   | 165 | 7  | 35 | 2 |
|                      | M | 1.7 oz   | 165 | 7  | 35 | 2 |
| Popcorn, air-popped  | F | 5.3 Cups | 165 | 5  | 32 | 0 |
|                      | M | 5.3 Cups | 165 | 5  | 32 | 0 |
| Rice, white cooked   | F | 0.8 Cups | 165 | 3  | 36 | 0 |
|                      | M | 0.8 Cups | 165 | 3  | 36 | 0 |
| Rice, white dry      | F | 0.3 Cups | 165 | 3  | 37 | 0 |
|                      | M | 0.3 Cups | 165 | 3  | 37 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



**550** CALORIES PER MEAL

## EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3.4 oz   | 154 | 3 | 7 | 14 | Nuts, walnuts           | F | 0.8 oz   | 154 | 3  | 3  | 16 |
|                               | M | 3.1 oz   | 138 | 3 | 6 | 12 |                         | M | 0.7 oz   | 138 | 3  | 3  | 14 |
| Butter, grass-fed             | F | 1.5 Tbsp | 154 | 0 | 0 | 17 | Oil, avocado            | F | 1.2 Tbsp | 154 | 0  | 0  | 17 |
|                               | M | 1.4 Tbsp | 138 | 0 | 0 | 15 |                         | M | 1.1 Tbsp | 138 | 0  | 0  | 16 |
| Cacao nibs                    | F | 2.9 Tbsp | 154 | 0 | 9 | 11 | Oil, extra virgin olive | F | 1.3 Tbsp | 154 | 0  | 0  | 18 |
|                               | M | 2.6 Tbsp | 138 | 0 | 8 | 10 |                         | M | 1.2 Tbsp | 138 | 0  | 0  | 16 |
| Coconut milk, unsweetened*    | F | 3.5 Cups | 154 | 0 | 4 | 14 | Oil, flaxseed           | F | 1.3 Tbsp | 154 | 0  | 0  | 18 |
|                               | M | 3.1 Cups | 138 | 0 | 3 | 13 |                         | M | 1.2 Tbsp | 138 | 0  | 0  | 16 |
| Guacamole                     | F | 6.2 Tbsp | 154 | 6 | 6 | 12 | Oil, grapeseed          | F | 1.3 Tbsp | 154 | 0  | 0  | 18 |
|                               | M | 5.5 Tbsp | 138 | 6 | 6 | 11 |                         | M | 1.1 Tbsp | 138 | 0  | 0  | 16 |
| Hummus                        | F | 4.4 Tbsp | 154 | 4 | 9 | 13 | Oil, sesame             | F | 1.3 Tbsp | 154 | 0  | 0  | 18 |
|                               | M | 3.9 Tbsp | 138 | 4 | 8 | 12 |                         | M | 1.2 Tbsp | 138 | 0  | 0  | 16 |
| Nut butter, almond            | F | 1.6 Tbsp | 154 | 6 | 5 | 15 | Olives, black           | F | 3.1 oz   | 154 | 0  | 6  | 15 |
|                               | M | 1.5 Tbsp | 138 | 6 | 4 | 13 |                         | M | 2.8 oz   | 138 | 0  | 6  | 14 |
| Nut butter, cashew            | F | 1.6 Tbsp | 154 | 3 | 8 | 13 | Olives, green           | F | 3.1 oz   | 154 | 3  | 3  | 15 |
|                               | M | 1.5 Tbsp | 138 | 3 | 7 | 12 |                         | M | 2.8 oz   | 138 | 3  | 3  | 14 |
| Nut milk, almond unsweetened* | F | 5.1 Cups | 154 | 5 | 5 | 15 | Olives, kalamata        | F | 1.8 oz   | 154 | 0  | 7  | 14 |
|                               | M | 4.6 Cups | 138 | 5 | 5 | 14 |                         | M | 1.6 oz   | 138 | 0  | 6  | 13 |
| Nut milk, cashew unsweetened* | F | 6.2 Cups | 154 | 6 | 6 | 12 | Pea milk, unsweetened   | F | 1.6 Cups | 154 | 12 | 9  | 6  |
|                               | M | 5.5 Cups | 138 | 6 | 6 | 11 |                         | M | 1.4 Cups | 138 | 11 | 8  | 6  |
| Nuts, almonds                 | F | 0.9 oz   | 154 | 6 | 6 | 13 | Seed butter, sunflower  | F | 1.5 Tbsp | 154 | 6  | 6  | 12 |
|                               | M | 0.8 oz   | 138 | 5 | 5 | 12 |                         | M | 1.4 Tbsp | 138 | 6  | 6  | 11 |
| Nuts, brazil nuts             | F | 0.8 oz   | 154 | 3 | 1 | 15 | Seeds, chia             | F | 2.3 Tbsp | 154 | 5  | 14 | 9  |
|                               | M | 0.7 oz   | 138 | 3 | 1 | 13 |                         | M | 2 Tbsp   | 138 | 4  | 12 | 8  |
| Nuts, cashews                 | F | 1 oz     | 154 | 5 | 9 | 12 | Seeds, flax             | F | 3 Tbsp   | 154 | 6  | 9  | 12 |
|                               | M | 0.9 oz   | 138 | 4 | 8 | 11 |                         | M | 2.7 Tbsp | 138 | 5  | 8  | 11 |
| Nuts, hazelnuts               | F | 0.8 oz   | 154 | 3 | 4 | 14 | Seeds, hemp             | F | 2.6 Tbsp | 154 | 8  | 0  | 13 |
|                               | M | 0.8 oz   | 138 | 3 | 4 | 13 |                         | M | 2.3 Tbsp | 138 | 7  | 0  | 12 |
| Nuts, pecans                  | F | 0.8 oz   | 154 | 2 | 3 | 16 | Seeds, pumpkin          | F | 0.9 oz   | 154 | 8  | 3  | 14 |
|                               | M | 0.7 oz   | 138 | 2 | 3 | 14 |                         | M | 0.8 oz   | 138 | 7  | 2  | 12 |
| Nuts, pistachios shelled      | F | 0.9 oz   | 154 | 6 | 3 | 12 | Seeds, sunflower        | F | 1.1 oz   | 154 | 10 | 3  | 9  |
|                               | M | 0.8 oz   | 138 | 6 | 2 | 11 |                         | M | 1 oz     | 138 | 9  | 3  | 8  |



## FAT

**550** CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 1.5 Tbsp | 154 | 0  | 0 | 17 | Cheese, ricotta             | F | 3.5 oz   | 154 | 11 | 4  | 11 |
|                    | M | 1.4 Tbsp | 138 | 0  | 0 | 15 |                             | M | 3.1 oz   | 138 | 9  | 3  | 9  |
| Cheese, asiago     | F | 1.4 oz   | 154 | 11 | 1 | 11 | Cheese, swiss               | F | 1.4 oz   | 154 | 11 | 0  | 13 |
|                    | M | 1.3 oz   | 138 | 10 | 1 | 10 |                             | M | 1.3 oz   | 138 | 10 | 0  | 11 |
| Cheese, blue       | F | 1.5 oz   | 154 | 11 | 0 | 12 | Chocolate, dark >70% cacao* | F | 0.9 oz   | 154 | 2  | 12 | 12 |
|                    | M | 1.4 oz   | 138 | 10 | 0 | 11 |                             | M | 0.8 oz   | 138 | 2  | 11 | 11 |
| Cheese, brie       | F | 1.7 oz   | 154 | 8  | 0 | 14 | Coconut flakes unsweetened  | F | 2.8 Tbsp | 154 | 0  | 0  | 14 |
|                    | M | 1.5 oz   | 138 | 8  | 0 | 12 |                             | M | 2.5 Tbsp | 138 | 0  | 0  | 13 |
| Cheese, cheddar    | F | 1.3 oz   | 154 | 8  | 1 | 12 | Coconut milk, full fat      | F | 0.4 Cups | 154 | 1  | 2  | 16 |
|                    | M | 1.2 oz   | 138 | 7  | 1 | 11 |                             | M | 0.4 Cups | 138 | 1  | 2  | 14 |
| Cheese, feta       | F | 2.2 oz   | 154 | 13 | 4 | 9  | Ghee                        | F | 1.1 Tbsp | 154 | 0  | 0  | 17 |
|                    | M | 2 oz     | 138 | 12 | 4 | 8  |                             | M | 1 Tbsp   | 138 | 0  | 0  | 15 |
| Cheese, goat       | F | 1.9 oz   | 154 | 8  | 4 | 12 | Heavy cream                 | F | 3.1 Tbsp | 154 | 0  | 0  | 18 |
|                    | M | 1.7 oz   | 138 | 7  | 3 | 10 |                             | M | 2.8 Tbsp | 138 | 0  | 0  | 17 |
| Cheese, gouda      | F | 1.5 oz   | 154 | 11 | 2 | 12 | Nut butter, peanut          | F | 1.5 Tbsp | 154 | 6  | 5  | 12 |
|                    | M | 1.4 oz   | 138 | 10 | 1 | 11 |                             | M | 1.4 Tbsp | 138 | 6  | 4  | 11 |
| Cheese, mozzarella | F | 1.9 oz   | 154 | 13 | 2 | 8  | Oil, extra virgin coconut   | F | 1.2 Tbsp | 154 | 0  | 0  | 17 |
|                    | M | 1.7 oz   | 138 | 12 | 2 | 7  |                             | M | 1.1 Tbsp | 138 | 0  | 0  | 15 |
| Cheese, muenster   | F | 1.5 oz   | 154 | 10 | 0 | 13 | Peanuts                     | F | 1 oz     | 154 | 7  | 5  | 13 |
|                    | M | 1.3 oz   | 138 | 9  | 0 | 12 |                             | M | 0.9 oz   | 138 | 6  | 4  | 12 |
| Cheese, parmesan   | F | 1.4 oz   | 154 | 15 | 0 | 12 | Salad dressing, oil-based   | F | 1.9 Tbsp | 154 | 0  | 4  | 15 |
|                    | M | 1.2 oz   | 138 | 13 | 0 | 11 |                             | M | 1.7 Tbsp | 138 | 0  | 3  | 14 |
| Cheese, provolone  | F | 1.5 oz   | 154 | 11 | 2 | 12 |                             |   |          |     |    |    |    |
|                    | M | 1.4 oz   | 138 | 10 | 1 | 11 |                             |   |          |     |    |    |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**575** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 4 oz      | 242 | 40 | 0  | 8  | Fish, mahi mahi               | F | 7.8 oz     | 242 | 55 | 0  | 0  |
|                             | M | 4.2 oz    | 259 | 42 | 0  | 8  |                               | M | 8.4 oz     | 259 | 58 | 0  | 0  |
| Beef, eye round             | F | 4.1 oz    | 242 | 33 | 0  | 12 | Fish, salmon                  | F | 4.1 oz     | 242 | 25 | 0  | 16 |
|                             | M | 4.4 oz    | 259 | 35 | 0  | 13 |                               | M | 4.4 oz     | 259 | 26 | 0  | 18 |
| Beef, flank                 | F | 4.2 oz    | 242 | 34 | 0  | 13 | Lobster                       | F | 9.7 oz     | 242 | 48 | 0  | 0  |
|                             | M | 4.5 oz    | 259 | 36 | 0  | 14 |                               | M | 10.4 oz    | 259 | 52 | 0  | 0  |
| Beef, ground 96/4           | F | 4.5 oz    | 242 | 40 | 0  | 9  | Nutritional yeast*            | F | 12.1 Tbsp  | 242 | 36 | 24 | 0  |
|                             | M | 4.8 oz    | 259 | 43 | 0  | 10 |                               | M | 13 Tbsp    | 259 | 39 | 26 | 0  |
| Beef, ground 90/10          | F | 4 oz      | 242 | 32 | 0  | 12 | Pheasant                      | F | 3.6 oz     | 242 | 32 | 0  | 11 |
|                             | M | 4.2 oz    | 259 | 34 | 0  | 13 |                               | M | 3.8 oz     | 259 | 34 | 0  | 11 |
| Beef, sirloin tip side      | F | 5.1 oz    | 242 | 41 | 0  | 5  | Rabbit                        | F | 4.9 oz     | 242 | 44 | 0  | 5  |
|                             | M | 5.5 oz    | 259 | 44 | 0  | 6  |                               | M | 5.3 oz     | 259 | 48 | 0  | 5  |
| Beef, top round             | F | 4 oz      | 242 | 36 | 0  | 8  | Scallops                      | F | 9.7 oz     | 242 | 48 | 0  | 0  |
|                             | M | 4.3 oz    | 259 | 39 | 0  | 9  |                               | M | 10.4 oz    | 259 | 52 | 0  | 0  |
| Bison                       | F | 4.7 oz    | 242 | 33 | 0  | 9  | Shrimp                        | F | 8.6 oz     | 242 | 61 | 0  | 0  |
|                             | M | 5.1 oz    | 259 | 36 | 0  | 10 |                               | M | 9.3 oz     | 259 | 65 | 0  | 0  |
| Broth, bone                 | F | 12.1 oz   | 242 | 48 | 0  | 12 | TruLean protein powder, vegan | F | 2.2 Scoops | 242 | 48 | 4  | 4  |
|                             | M | 13 oz     | 259 | 52 | 0  | 13 |                               | M | 2.4 Scoops | 259 | 52 | 5  | 5  |
| Chicken, breast             | F | 5.1 oz    | 242 | 46 | 0  | 5  | TruLean protein powder, whey  | F | 2.4 Scoops | 242 | 58 | 2  | 0  |
|                             | M | 5.5 oz    | 259 | 50 | 0  | 6  |                               | M | 2.6 Scoops | 259 | 62 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.5 Cups  | 242 | 33 | 24 | 0  | Turkey, breast                | F | 5.6 oz     | 242 | 51 | 0  | 6  |
|                             | M | 1.6 Cups  | 259 | 36 | 26 | 0  |                               | M | 6 oz       | 259 | 54 | 0  | 6  |
| Cottage cheese, 2% fat      | F | 1.5 Cups  | 242 | 33 | 9  | 8  | Turkey, ground 99/1           | F | 6.2 oz     | 242 | 50 | 0  | 6  |
|                             | M | 1.6 Cups  | 259 | 36 | 10 | 8  |                               | M | 6.6 oz     | 259 | 53 | 0  | 7  |
| Crab                        | F | 8.3 oz    | 242 | 50 | 0  | 0  | Turkey, ground 93/7           | F | 4 oz       | 242 | 32 | 0  | 12 |
|                             | M | 8.9 oz    | 259 | 54 | 0  | 0  |                               | M | 4.3 oz     | 259 | 35 | 0  | 13 |
| Egg whites, pourable*       | F | 18.6 oz   | 242 | 56 | 0  | 0  | Turkey, ground 90/10          | F | 4.1 oz     | 242 | 29 | 0  | 12 |
|                             | M | 19.9 oz   | 259 | 60 | 0  | 0  |                               | M | 4.4 oz     | 259 | 31 | 0  | 13 |
| Egg whites, from whole egg* | F | 14.2 Eggs | 242 | 57 | 0  | 0  | Venison                       | F | 4.6 oz     | 242 | 37 | 0  | 9  |
|                             | M | 15.2 Eggs | 259 | 61 | 0  | 0  |                               | M | 4.9 oz     | 259 | 39 | 0  | 10 |
| Fish, ahi tuna steak        | F | 6.2 oz    | 242 | 50 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2 Cups     | 242 | 42 | 16 | 0  |
|                             | M | 6.6 oz    | 259 | 53 | 0  | 0  |                               | M | 2.2 Cups   | 259 | 45 | 17 | 0  |
| Fish, cod                   | F | 6.9 oz    | 242 | 41 | 0  | 7  | Yogurt, Greek plain low-fat   | F | 1.4 Cups   | 242 | 34 | 13 | 7  |
|                             | M | 7.4 oz    | 259 | 44 | 0  | 7  |                               | M | 1.5 Cups   | 259 | 37 | 14 | 8  |



## PROTEIN

**575** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 3.7 oz   | 242 | 26 | 0  | 15 |
|                        | M | 3.9 oz   | 259 | 27 | 0  | 16 |
| Beef, skirt            | F | 3.9 oz   | 242 | 27 | 0  | 12 |
|                        | M | 4.2 oz   | 259 | 29 | 0  | 13 |
| Chicken, ground        | F | 4.5 oz   | 242 | 31 | 0  | 13 |
|                        | M | 4.8 oz   | 259 | 34 | 0  | 14 |
| Chicken, thighs        | F | 4.4 oz   | 242 | 31 | 0  | 13 |
|                        | M | 4.7 oz   | 259 | 33 | 0  | 14 |
| Cottage cheese, 4% fat | F | 1 Cups   | 242 | 24 | 12 | 10 |
|                        | M | 1.1 Cups | 259 | 26 | 13 | 11 |
| Dairy milk, skim*      | F | 2.7 Cups | 242 | 22 | 35 | 0  |
|                        | M | 2.9 Cups | 259 | 23 | 37 | 0  |
| Dairy milk, 1%*        | F | 2.2 Cups | 242 | 18 | 29 | 7  |
|                        | M | 2.4 Cups | 259 | 19 | 31 | 7  |
| Dairy milk, 2%*        | F | 1.9 Cups | 242 | 15 | 24 | 9  |
|                        | M | 2 Cups   | 259 | 16 | 26 | 10 |
| Deli meat, chicken     | F | 8.1 oz   | 242 | 48 | 8  | 0  |
|                        | M | 8.6 oz   | 259 | 52 | 9  | 0  |
| Deli meat, ham         | F | 6.9 oz   | 242 | 35 | 0  | 14 |
|                        | M | 7.4 oz   | 259 | 37 | 0  | 15 |
| Deli meat, roast beef  | F | 6.9 oz   | 242 | 48 | 0  | 7  |
|                        | M | 7.4 oz   | 259 | 52 | 0  | 7  |
| Deli meat, turkey      | F | 8.1 oz   | 242 | 48 | 0  | 8  |
|                        | M | 8.6 oz   | 259 | 52 | 0  | 9  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 3.6 oz   | 242 | 22 | 0  | 18 |
|                              | M | 3.9 oz   | 259 | 23 | 0  | 19 |
| Eggs, whole *                | F | 3.5 Eggs | 242 | 21 | 3  | 17 |
|                              | M | 3.7 Eggs | 259 | 22 | 4  | 19 |
| Fish, tuna packaged          | F | 8.1 oz   | 242 | 56 | 0  | 0  |
|                              | M | 8.6 oz   | 259 | 60 | 0  | 0  |
| Lamb, ground                 | F | 3 oz     | 242 | 21 | 0  | 18 |
|                              | M | 3.2 oz   | 259 | 23 | 0  | 19 |
| Lamb, shank                  | F | 6.1 oz   | 242 | 30 | 6  | 12 |
|                              | M | 6.5 oz   | 259 | 32 | 6  | 13 |
| Pork, tenderloin             | F | 5.9 oz   | 242 | 41 | 0  | 6  |
|                              | M | 6.3 oz   | 259 | 44 | 0  | 6  |
| Tempeh                       | F | 4.3 oz   | 242 | 22 | 13 | 13 |
|                              | M | 4.6 oz   | 259 | 23 | 14 | 14 |
| Tofu                         | F | 10.5 oz  | 242 | 21 | 11 | 11 |
|                              | M | 11.3 oz  | 259 | 23 | 11 | 11 |
| Turkey, bacon*               | F | 3.1 oz   | 242 | 25 | 0  | 16 |
|                              | M | 3.4 oz   | 259 | 27 | 0  | 17 |
| Turkey, ground 85/15         | F | 3.8 oz   | 242 | 26 | 0  | 19 |
|                              | M | 4 oz     | 259 | 28 | 0  | 20 |
| Yogurt, Greek plain full fat | F | 1.1 Cups | 242 | 23 | 9  | 12 |
|                              | M | 1.1 Cups | 259 | 25 | 10 | 12 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**575** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.7 Cups | 173 | 6  | 32 | 3 | Edamame                     | F | 0.9 Cups | 173 | 14 | 16 | 5 |
|                              | M | 0.7 Cups | 173 | 6  | 32 | 3 |                             | M | 0.9 Cups | 173 | 14 | 16 | 5 |
| Amaranth, dry                | F | 0.2 Cups | 173 | 7  | 31 | 3 | Farro, cooked               | F | 0.9 Cups | 173 | 6  | 32 | 2 |
|                              | M | 0.2 Cups | 173 | 7  | 31 | 3 |                             | M | 0.9 Cups | 173 | 6  | 32 | 2 |
| Apple                        | F | 11.5 oz  | 173 | 0  | 46 | 0 | Farro, dry                  | F | 0.3 Cups | 173 | 7  | 33 | 1 |
|                              | M | 11.5 oz  | 173 | 0  | 46 | 0 |                             | M | 0.3 Cups | 173 | 7  | 33 | 1 |
| Banana                       | F | 6.9 oz   | 173 | 0  | 42 | 0 | Grapefruit                  | F | 19.2 oz  | 173 | 0  | 38 | 0 |
|                              | M | 6.9 oz   | 173 | 0  | 42 | 0 |                             | M | 19.2 oz  | 173 | 0  | 38 | 0 |
| Beans, black canned          | F | 0.8 Cups | 173 | 11 | 30 | 2 | Grapes                      | F | 9.6 oz   | 173 | 0  | 48 | 0 |
|                              | M | 0.8 Cups | 173 | 11 | 30 | 2 |                             | M | 9.6 oz   | 173 | 0  | 48 | 0 |
| Beans, cannellini canned     | F | 0.9 Cups | 173 | 12 | 33 | 0 | Kamut, cooked               | F | 0.7 Cups | 173 | 8  | 36 | 1 |
|                              | M | 0.9 Cups | 173 | 12 | 33 | 0 |                             | M | 0.7 Cups | 173 | 8  | 36 | 1 |
| Beans, garbanzo canned       | F | 0.7 Cups | 173 | 9  | 27 | 0 | Kamut, dry                  | F | 0.3 Cups | 173 | 7  | 36 | 1 |
|                              | M | 0.7 Cups | 173 | 9  | 27 | 0 |                             | M | 0.3 Cups | 173 | 7  | 36 | 1 |
| Beans, great northern canned | F | 0.8 Cups | 173 | 11 | 31 | 0 | Kiwi                        | F | 10.2 oz  | 173 | 0  | 41 | 0 |
|                              | M | 0.8 Cups | 173 | 11 | 31 | 0 |                             | M | 10.2 oz  | 173 | 0  | 41 | 0 |
| Beans, kidney canned         | F | 0.8 Cups | 173 | 11 | 30 | 2 | Lentils, cooked             | F | 0.8 Cups | 173 | 14 | 30 | 0 |
|                              | M | 0.8 Cups | 173 | 11 | 30 | 2 |                             | M | 0.8 Cups | 173 | 14 | 30 | 0 |
| Beans, lima canned           | F | 1.6 Cups | 173 | 9  | 31 | 0 | Lentils, dry                | F | 0.4 Cups | 173 | 14 | 35 | 0 |
|                              | M | 1.6 Cups | 173 | 9  | 31 | 0 |                             | M | 0.4 Cups | 173 | 14 | 35 | 0 |
| Beans, pinto canned          | F | 1 Cups   | 173 | 12 | 33 | 0 | Mango                       | F | 10.2 oz  | 173 | 0  | 41 | 0 |
|                              | M | 1 Cups   | 173 | 12 | 33 | 0 |                             | M | 10.2 oz  | 173 | 0  | 41 | 0 |
| Beets                        | F | 14.4 oz  | 173 | 0  | 43 | 0 | Melon, cantaloupe           | F | 17.3 oz  | 173 | 0  | 35 | 0 |
|                              | M | 14.4 oz  | 173 | 0  | 43 | 0 |                             | M | 17.3 oz  | 173 | 0  | 35 | 0 |
| Blackberries                 | F | 14.4 oz  | 173 | 0  | 43 | 0 | Melon, honeydew             | F | 17.3 oz  | 173 | 0  | 52 | 0 |
|                              | M | 14.4 oz  | 173 | 0  | 43 | 0 |                             | M | 17.3 oz  | 173 | 0  | 52 | 0 |
| Blueberries                  | F | 10.8 oz  | 173 | 0  | 43 | 0 | Melon, watermelon           | F | 19.2 oz  | 173 | 0  | 38 | 0 |
|                              | M | 10.8 oz  | 173 | 0  | 43 | 0 |                             | M | 19.2 oz  | 173 | 0  | 38 | 0 |
| Buckwheat, cooked            | F | 1.1 Cups | 173 | 7  | 37 | 1 | Millet, cooked              | F | 0.8 Cups | 173 | 5  | 34 | 2 |
|                              | M | 1.1 Cups | 173 | 7  | 37 | 1 |                             | M | 0.8 Cups | 173 | 5  | 34 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 173 | 6  | 38 | 1 | Millet, dry                 | F | 0.2 Cups | 173 | 5  | 34 | 2 |
|                              | M | 0.3 Cups | 173 | 6  | 38 | 1 |                             | M | 0.2 Cups | 173 | 5  | 34 | 2 |
| Clementine                   | F | 13.3 oz  | 173 | 0  | 40 | 0 | Oat milk                    | F | 2.2 Cups | 173 | 4  | 24 | 6 |
|                              | M | 13.3 oz  | 173 | 0  | 40 | 0 |                             | M | 2.2 Cups | 173 | 4  | 24 | 6 |
| Corn                         | F | 1.2 Cups | 173 | 2  | 32 | 2 | Oats, old fashioned, cooked | F | 1 Cups   | 173 | 6  | 29 | 4 |
|                              | M | 1.2 Cups | 173 | 2  | 32 | 2 |                             | M | 1 Cups   | 173 | 6  | 29 | 4 |



## CARB

**575** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.6     | Cups | 173 | 6  | 31 | 3 | Raspberries        | F | 11.5    | oz   | 173 | 0 | 35 | 0 |
|                          | M | 0.6     | Cups | 173 | 6  | 31 | 3 |                    | M | 11.5    | oz   | 173 | 0 | 35 | 0 |
| Oats, steel cut, cooked  | F | 1.2     | Cups | 173 | 9  | 60 | 2 | Rice, brown cooked | F | 0.8     | Cups | 173 | 4 | 35 | 2 |
|                          | M | 1.2     | Cups | 173 | 9  | 60 | 2 |                    | M | 0.8     | Cups | 173 | 4 | 35 | 2 |
| Oats, steel cut, dry     | F | 0.3     | Cups | 173 | 6  | 31 | 3 | Rice, brown dry    | F | 0.3     | Cups | 173 | 3 | 38 | 2 |
|                          | M | 0.3     | Cups | 173 | 6  | 31 | 3 |                    | M | 0.3     | Cups | 173 | 3 | 38 | 2 |
| Orange                   | F | 13.3    | oz   | 173 | 0  | 40 | 0 | Rice, wild cooked  | F | 1       | Cups | 173 | 7 | 36 | 1 |
|                          | M | 13.3    | oz   | 173 | 0  | 40 | 0 |                    | M | 1       | Cups | 173 | 7 | 36 | 1 |
| Papaya                   | F | 14.4    | oz   | 173 | 0  | 29 | 0 | Rice, wild dry     | F | 0.3     | Cups | 173 | 7 | 36 | 1 |
|                          | M | 14.4    | oz   | 173 | 0  | 29 | 0 |                    | M | 0.3     | Cups | 173 | 7 | 36 | 1 |
| Parsnips                 | F | 8.2     | oz   | 173 | 0  | 41 | 0 | Spelt, cooked      | F | 0.7     | Cups | 173 | 8 | 36 | 1 |
|                          | M | 8.2     | oz   | 173 | 0  | 41 | 0 |                    | M | 0.7     | Cups | 173 | 8 | 36 | 1 |
| Peach                    | F | 15.7    | oz   | 173 | 0  | 47 | 0 | Spelt, dry         | F | 0.3     | Cups | 173 | 7 | 38 | 1 |
|                          | M | 15.7    | oz   | 173 | 0  | 47 | 0 |                    | M | 0.3     | Cups | 173 | 7 | 38 | 1 |
| Pear                     | F | 10.8    | oz   | 173 | 0  | 43 | 0 | Squash, acorn      | F | 14.4    | oz   | 173 | 0 | 43 | 0 |
|                          | M | 10.8    | oz   | 173 | 0  | 43 | 0 |                    | M | 14.4    | oz   | 173 | 0 | 43 | 0 |
| Pineapple                | F | 12.4    | oz   | 173 | 0  | 49 | 0 | Squash, butternut  | F | 7.5     | oz   | 173 | 8 | 45 | 0 |
|                          | M | 12.4    | oz   | 173 | 0  | 49 | 0 |                    | M | 7.5     | oz   | 173 | 8 | 45 | 0 |
| Peas, green or yellow    | F | 1.5     | Cups | 173 | 12 | 31 | 0 | Squash, kabocha    | F | 17.3    | oz   | 173 | 0 | 35 | 0 |
|                          | M | 1.5     | Cups | 173 | 12 | 31 | 0 |                    | M | 17.3    | oz   | 173 | 0 | 35 | 0 |
| Potato, sweet            | F | 7.2     | oz   | 173 | 0  | 43 | 0 | Strawberries       | F | 19.2    | oz   | 173 | 0 | 38 | 0 |
|                          | M | 7.2     | oz   | 173 | 0  | 43 | 0 |                    | M | 19.2    | oz   | 173 | 0 | 38 | 0 |
| Potato, white            | F | 8.7     | oz   | 173 | 0  | 43 | 0 | Sweet cherries     | F | 9.6     | oz   | 173 | 0 | 38 | 0 |
|                          | M | 8.7     | oz   | 173 | 0  | 43 | 0 |                    | M | 9.6     | oz   | 173 | 0 | 38 | 0 |
| Potato, yellow           | F | 8.2     | oz   | 173 | 8  | 41 | 0 | Teff, cooked       | F | 0.7     | Cups | 173 | 7 | 34 | 1 |
|                          | M | 8.2     | oz   | 173 | 8  | 41 | 0 |                    | M | 0.7     | Cups | 173 | 7 | 34 | 1 |
| Pumpkin                  | F | 24.7    | oz   | 173 | 0  | 49 | 0 | Teff, dry          | F | 0.2     | Cups | 173 | 6 | 34 | 1 |
|                          | M | 24.7    | oz   | 173 | 0  | 49 | 0 |                    | M | 0.2     | Cups | 173 | 6 | 34 | 1 |
| Quinoa, cooked           | F | 0.8     | Cups | 173 | 6  | 30 | 3 | Water chestnuts    | F | 4.3     | Cups | 173 | 4 | 39 | 0 |
|                          | M | 0.8     | Cups | 173 | 6  | 30 | 3 |                    | M | 4.3     | Cups | 173 | 4 | 39 | 0 |
| Quinoa, dry              | F | 0.3     | Cups | 173 | 5  | 32 | 3 |                    |   |         |      |     |   |    |   |
|                          | M | 0.3     | Cups | 173 | 5  | 32 | 3 |                    |   |         |      |     |   |    |   |



## CARB

**575** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.7 Cups      | 173 | 0  | 45 | 0 |
|                                | M | 1.7 Cups      | 173 | 0  | 45 | 0 |
| Bread, sprouted or whole wheat | F | 2.2 Slices    | 173 | 11 | 32 | 2 |
|                                | M | 2.2 Slices    | 173 | 11 | 32 | 2 |
| Corn tortillas                 | F | 3.1 Tortillas | 173 | 3  | 35 | 3 |
|                                | M | 3.1 Tortillas | 173 | 3  | 35 | 3 |
| Dried fruit                    | F | 2.2 oz        | 173 | 2  | 44 | 0 |
|                                | M | 2.2 oz        | 173 | 2  | 44 | 0 |
| Honey, raw*                    | F | 2.7 Tbsp      | 173 | 0  | 46 | 0 |
|                                | M | 2.7 Tbsp      | 173 | 0  | 46 | 0 |
| Maple syrup, pure*             | F | 3.1 Tbsp      | 173 | 0  | 44 | 0 |
|                                | M | 3.1 Tbsp      | 173 | 0  | 44 | 0 |
| Pasta, bean cooked             | F | 4.3 oz        | 173 | 13 | 30 | 4 |
|                                | M | 4.3 oz        | 173 | 13 | 30 | 4 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.8 oz   | 173 | 11 | 29 | 4 |
|                      | M | 1.8 oz   | 173 | 11 | 29 | 4 |
| Pasta, lentil cooked | F | 2 oz     | 173 | 14 | 22 | 2 |
|                      | M | 2 oz     | 173 | 14 | 22 | 2 |
| Pasta, lentil dry    | F | 1.7 oz   | 173 | 7  | 36 | 2 |
|                      | M | 1.7 oz   | 173 | 7  | 36 | 2 |
| Popcorn, air-popped  | F | 5.6 Cups | 173 | 6  | 33 | 0 |
|                      | M | 5.6 Cups | 173 | 6  | 33 | 0 |
| Rice, white cooked   | F | 0.8 Cups | 173 | 3  | 38 | 0 |
|                      | M | 0.8 Cups | 173 | 3  | 38 | 0 |
| Rice, white dry      | F | 0.3 Cups | 173 | 3  | 39 | 0 |
|                      | M | 0.3 Cups | 173 | 3  | 39 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**575** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|---|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3.6 oz   | 161 | 4 | 7 | 14 | Nuts, walnuts           | F | 0.9 oz   | 161 | 3  | 3  | 16 |
|                               | M | 3.2 oz   | 144 | 3 | 6 | 13 |                         | M | 0.8 oz   | 144 | 3  | 3  | 15 |
| Butter, grass-fed             | F | 1.6 Tbsp | 161 | 0 | 0 | 18 | Oil, avocado            | F | 1.3 Tbsp | 161 | 0  | 0  | 18 |
|                               | M | 1.4 Tbsp | 144 | 0 | 0 | 16 |                         | M | 1.2 Tbsp | 144 | 0  | 0  | 16 |
| Cacao nibs                    | F | 3 Tbsp   | 161 | 0 | 9 | 12 | Oil, extra virgin olive | F | 1.4 Tbsp | 161 | 0  | 0  | 19 |
|                               | M | 2.7 Tbsp | 144 | 0 | 8 | 11 |                         | M | 1.2 Tbsp | 144 | 0  | 0  | 17 |
| Coconut milk, unsweetened*    | F | 3.7 Cups | 161 | 0 | 4 | 15 | Oil, flaxseed           | F | 1.3 Tbsp | 161 | 0  | 0  | 19 |
|                               | M | 3.3 Cups | 144 | 0 | 3 | 13 |                         | M | 1.2 Tbsp | 144 | 0  | 0  | 17 |
| Guacamole                     | F | 6.4 Tbsp | 161 | 6 | 6 | 13 | Oil, grapeseed          | F | 1.3 Tbsp | 161 | 0  | 0  | 18 |
|                               | M | 5.8 Tbsp | 144 | 6 | 6 | 12 |                         | M | 1.2 Tbsp | 144 | 0  | 0  | 16 |
| Hummus                        | F | 4.6 Tbsp | 161 | 5 | 9 | 14 | Oil, sesame             | F | 1.3 Tbsp | 161 | 0  | 0  | 19 |
|                               | M | 4.1 Tbsp | 144 | 4 | 8 | 12 |                         | M | 1.2 Tbsp | 144 | 0  | 0  | 17 |
| Nut butter, almond            | F | 1.7 Tbsp | 161 | 7 | 5 | 15 | Olives, black           | F | 3.2 oz   | 161 | 0  | 6  | 16 |
|                               | M | 1.5 Tbsp | 144 | 6 | 5 | 14 |                         | M | 2.9 oz   | 144 | 0  | 6  | 14 |
| Nut butter, cashew            | F | 1.7 Tbsp | 161 | 3 | 8 | 14 | Olives, green           | F | 3.2 oz   | 161 | 3  | 3  | 16 |
|                               | M | 1.5 Tbsp | 144 | 3 | 8 | 12 |                         | M | 2.9 oz   | 144 | 3  | 3  | 14 |
| Nut milk, almond unsweetened* | F | 5.4 Cups | 161 | 5 | 5 | 16 | Olives, kalamata        | F | 1.9 oz   | 161 | 0  | 8  | 15 |
|                               | M | 4.8 Cups | 144 | 5 | 5 | 14 |                         | M | 1.7 oz   | 144 | 0  | 7  | 14 |
| Nut milk, cashew unsweetened* | F | 6.4 Cups | 161 | 6 | 6 | 13 | Pea milk, unsweetened   | F | 1.6 Cups | 161 | 13 | 10 | 7  |
|                               | M | 5.8 Cups | 144 | 6 | 6 | 12 |                         | M | 1.5 Cups | 144 | 12 | 9  | 6  |
| Nuts, almonds                 | F | 1 oz     | 161 | 6 | 6 | 14 | Seed butter, sunflower  | F | 1.6 Tbsp | 161 | 6  | 6  | 13 |
|                               | M | 0.9 oz   | 144 | 5 | 5 | 12 |                         | M | 1.4 Tbsp | 144 | 6  | 6  | 12 |
| Nuts, brazil nuts             | F | 0.8 oz   | 161 | 3 | 1 | 16 | Seeds, chia             | F | 2.4 Tbsp | 161 | 5  | 14 | 9  |
|                               | M | 0.7 oz   | 144 | 3 | 1 | 14 |                         | M | 2.1 Tbsp | 144 | 4  | 13 | 8  |
| Nuts, cashews                 | F | 1 oz     | 161 | 5 | 9 | 12 | Seeds, flax             | F | 3.1 Tbsp | 161 | 6  | 9  | 12 |
|                               | M | 0.9 oz   | 144 | 5 | 8 | 11 |                         | M | 2.8 Tbsp | 144 | 6  | 8  | 11 |
| Nuts, hazelnuts               | F | 0.9 oz   | 161 | 4 | 4 | 15 | Seeds, hemp             | F | 2.7 Tbsp | 161 | 8  | 0  | 13 |
|                               | M | 0.8 oz   | 144 | 3 | 4 | 13 |                         | M | 2.4 Tbsp | 144 | 7  | 0  | 12 |
| Nuts, pecans                  | F | 0.8 oz   | 161 | 2 | 3 | 16 | Seeds, pumpkin          | F | 0.9 oz   | 161 | 9  | 3  | 14 |
|                               | M | 0.7 oz   | 144 | 2 | 3 | 15 |                         | M | 0.8 oz   | 144 | 8  | 3  | 13 |
| Nuts, pistachios shelled      | F | 0.9 oz   | 161 | 6 | 3 | 13 | Seeds, sunflower        | F | 1.2 oz   | 161 | 10 | 3  | 9  |
|                               | M | 0.8 oz   | 144 | 6 | 2 | 12 |                         | M | 1 oz     | 144 | 9  | 3  | 8  |



**575** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             |   | SERVING |      | CAL | P  | C  | F  |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---|---------|------|-----|----|----|----|
| Butter             | F | 1.6     | Tbsp | 161 | 0  | 0 | 18 | Cheese, ricotta             | F | 3.7     | oz   | 161 | 11 | 4  | 11 |
|                    | M | 1.4     | Tbsp | 144 | 0  | 0 | 16 |                             | M | 3.3     | oz   | 144 | 10 | 3  | 10 |
| Cheese, asiago     | F | 1.5     | oz   | 161 | 12 | 1 | 12 | Cheese, swiss               | F | 1.5     | oz   | 161 | 12 | 0  | 13 |
|                    | M | 1.3     | oz   | 144 | 11 | 1 | 11 |                             | M | 1.3     | oz   | 144 | 10 | 0  | 12 |
| Cheese, blue       | F | 1.6     | oz   | 161 | 11 | 0 | 13 | Chocolate, dark >70% cacao* | F | 1       | oz   | 161 | 2  | 12 | 12 |
|                    | M | 1.4     | oz   | 144 | 10 | 0 | 12 |                             | M | 0.9     | oz   | 144 | 2  | 11 | 11 |
| Cheese, brie       | F | 1.8     | oz   | 161 | 9  | 0 | 14 | Coconut flakes unsweetened  | F | 2.9     | Tbsp | 161 | 0  | 0  | 15 |
|                    | M | 1.6     | oz   | 144 | 8  | 0 | 13 |                             | M | 2.6     | Tbsp | 144 | 0  | 0  | 13 |
| Cheese, cheddar    | F | 1.4     | oz   | 161 | 8  | 1 | 13 | Coconut milk, full fat      | F | 0.4     | Cups | 161 | 1  | 2  | 17 |
|                    | M | 1.3     | oz   | 144 | 8  | 1 | 11 |                             | M | 0.4     | Cups | 144 | 1  | 2  | 15 |
| Cheese, feta       | F | 2.3     | oz   | 161 | 14 | 5 | 9  | Ghee                        | F | 1.2     | Tbsp | 161 | 0  | 0  | 18 |
|                    | M | 2.1     | oz   | 144 | 12 | 4 | 8  |                             | M | 1.1     | Tbsp | 144 | 0  | 0  | 16 |
| Cheese, goat       | F | 2       | oz   | 161 | 8  | 4 | 12 | Heavy cream                 | F | 3.2     | Tbsp | 161 | 0  | 0  | 19 |
|                    | M | 1.8     | oz   | 144 | 7  | 4 | 11 |                             | M | 2.9     | Tbsp | 144 | 0  | 0  | 17 |
| Cheese, gouda      | F | 1.6     | oz   | 161 | 11 | 2 | 13 | Nut butter, peanut          | F | 1.6     | Tbsp | 161 | 6  | 5  | 13 |
|                    | M | 1.4     | oz   | 144 | 10 | 1 | 11 |                             | M | 1.4     | Tbsp | 144 | 6  | 4  | 12 |
| Cheese, mozzarella | F | 2       | oz   | 161 | 14 | 2 | 8  | Oil, extra virgin coconut   | F | 1.3     | Tbsp | 161 | 0  | 0  | 18 |
|                    | M | 1.8     | oz   | 144 | 12 | 2 | 7  |                             | M | 1.1     | Tbsp | 144 | 0  | 0  | 16 |
| Cheese, muenster   | F | 1.5     | oz   | 161 | 11 | 0 | 14 | Peanuts                     | F | 1       | oz   | 161 | 7  | 5  | 14 |
|                    | M | 1.4     | oz   | 144 | 10 | 0 | 12 |                             | M | 0.9     | oz   | 144 | 6  | 4  | 13 |
| Cheese, parmesan   | F | 1.4     | oz   | 161 | 16 | 0 | 13 | Salad dressing, oil-based   | F | 2       | Tbsp | 161 | 0  | 4  | 16 |
|                    | M | 1.3     | oz   | 144 | 14 | 0 | 11 |                             | M | 1.8     | Tbsp | 144 | 0  | 4  | 14 |
| Cheese, provolone  | F | 1.6     | oz   | 161 | 11 | 2 | 13 |                             |   |         |      |     |    |    |    |
|                    | M | 1.4     | oz   | 144 | 10 | 1 | 12 |                             |   |         |      |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**600** CALORIES PER MEAL

### EAT MORE

| EAT MORE                    |   | SERVING |      | CAL | P  | C  | F  |                               |   | SERVING |        | CAL | P  | C  | F  |
|-----------------------------|---|---------|------|-----|----|----|----|-------------------------------|---|---------|--------|-----|----|----|----|
| Beef, bottom round          | F | 4.1     | oz   | 252 | 41 | 0  | 8  | Fish, mahi mahi               | F | 8.1     | oz     | 252 | 57 | 0  | 0  |
|                             | M | 4.4     | oz   | 270 | 44 | 0  | 9  |                               | M | 8.7     | oz     | 270 | 61 | 0  | 0  |
| Beef, eye round             | F | 4.3     | oz   | 252 | 34 | 0  | 13 | Fish, salmon                  | F | 4.3     | oz     | 252 | 26 | 0  | 17 |
|                             | M | 4.6     | oz   | 270 | 37 | 0  | 14 |                               | M | 4.6     | oz     | 270 | 27 | 0  | 18 |
| Beef, flank                 | F | 4.4     | oz   | 252 | 35 | 0  | 13 | Lobster                       | F | 10.1    | oz     | 252 | 50 | 0  | 0  |
|                             | M | 4.7     | oz   | 270 | 38 | 0  | 14 |                               | M | 10.8    | oz     | 270 | 54 | 0  | 0  |
| Beef, ground 96/4           | F | 4.7     | oz   | 252 | 42 | 0  | 9  | Nutritional yeast*            | F | 12.6    | Tbsp   | 252 | 38 | 25 | 0  |
|                             | M | 5       | oz   | 270 | 45 | 0  | 10 |                               | M | 13.5    | Tbsp   | 270 | 41 | 27 | 0  |
| Beef, ground 90/10          | F | 4.1     | oz   | 252 | 33 | 0  | 12 | Pheasant                      | F | 3.7     | oz     | 252 | 33 | 0  | 11 |
|                             | M | 4.4     | oz   | 270 | 35 | 0  | 13 |                               | M | 4       | oz     | 270 | 36 | 0  | 12 |
| Beef, sirloin tip side      | F | 5.4     | oz   | 252 | 43 | 0  | 5  | Rabbit                        | F | 5.1     | oz     | 252 | 46 | 0  | 5  |
|                             | M | 5.7     | oz   | 270 | 46 | 0  | 6  |                               | M | 5.5     | oz     | 270 | 50 | 0  | 6  |
| Beef, top round             | F | 4.2     | oz   | 252 | 38 | 0  | 8  | Scallops                      | F | 10.1    | oz     | 252 | 50 | 0  | 0  |
|                             | M | 4.5     | oz   | 270 | 41 | 0  | 9  |                               | M | 10.8    | oz     | 270 | 54 | 0  | 0  |
| Bison                       | F | 4.9     | oz   | 252 | 35 | 0  | 10 | Shrimp                        | F | 9       | oz     | 252 | 63 | 0  | 0  |
|                             | M | 5.3     | oz   | 270 | 37 | 0  | 11 |                               | M | 9.6     | oz     | 270 | 68 | 0  | 0  |
| Broth, bone                 | F | 12.6    | oz   | 252 | 50 | 0  | 13 | TruLean protein powder, vegan | F | 2.3     | Scoops | 252 | 50 | 5  | 5  |
|                             | M | 13.5    | oz   | 270 | 54 | 0  | 14 |                               | M | 2.5     | Scoops | 270 | 54 | 5  | 5  |
| Chicken, breast             | F | 5.4     | oz   | 252 | 48 | 0  | 5  | TruLean protein powder, whey  | F | 2.5     | Scoops | 252 | 60 | 3  | 0  |
|                             | M | 5.7     | oz   | 270 | 52 | 0  | 6  |                               | M | 2.7     | Scoops | 270 | 65 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.6     | Cups | 252 | 35 | 25 | 0  | Turkey, breast                | F | 5.9     | oz     | 252 | 53 | 0  | 6  |
|                             | M | 1.7     | Cups | 270 | 37 | 27 | 0  |                               | M | 6.3     | oz     | 270 | 57 | 0  | 6  |
| Cottage cheese, 2% fat      | F | 1.6     | Cups | 252 | 35 | 9  | 8  | Turkey, ground 99/1           | F | 6.5     | oz     | 252 | 52 | 0  | 6  |
|                             | M | 1.7     | Cups | 270 | 37 | 10 | 8  |                               | M | 6.9     | oz     | 270 | 55 | 0  | 7  |
| Crab                        | F | 8.7     | oz   | 252 | 52 | 0  | 0  | Turkey, ground 93/7           | F | 4.2     | oz     | 252 | 34 | 0  | 13 |
|                             | M | 9.3     | oz   | 270 | 56 | 0  | 0  |                               | M | 4.5     | oz     | 270 | 36 | 0  | 14 |
| Egg whites, pourable*       | F | 19.4    | oz   | 252 | 58 | 0  | 0  | Turkey, ground 90/10          | F | 4.3     | oz     | 252 | 30 | 0  | 13 |
|                             | M | 20.8    | oz   | 270 | 62 | 0  | 0  |                               | M | 4.6     | oz     | 270 | 32 | 0  | 14 |
| Egg whites, from whole egg* | F | 14.8    | Eggs | 252 | 59 | 0  | 0  | Venison                       | F | 4.8     | oz     | 252 | 38 | 0  | 10 |
|                             | M | 15.9    | Eggs | 270 | 64 | 0  | 0  |                               | M | 5.1     | oz     | 270 | 41 | 0  | 10 |
| Fish, ahi tuna steak        | F | 6.5     | oz   | 252 | 52 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.1     | Cups   | 252 | 44 | 17 | 0  |
|                             | M | 6.9     | oz   | 270 | 55 | 0  | 0  |                               | M | 2.3     | Cups   | 270 | 47 | 18 | 0  |
| Fish, cod                   | F | 7.2     | oz   | 252 | 43 | 0  | 7  | Yogurt, Greek plain low-fat   | F | 1.5     | Cups   | 252 | 36 | 13 | 7  |
|                             | M | 7.7     | oz   | 270 | 46 | 0  | 8  |                               | M | 1.6     | Cups   | 270 | 38 | 14 | 8  |



## PROTEIN

**600** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING         | CAL        | P  | C  | F  |
|------------------------|---|-----------------|------------|----|----|----|
| Beef, ground 85/15     | F | <b>3.8</b> oz   | <b>252</b> | 27 | 0  | 15 |
|                        | M | <b>4.1</b> oz   | <b>270</b> | 29 | 0  | 16 |
| Beef, skirt            | F | <b>4.1</b> oz   | <b>252</b> | 28 | 0  | 12 |
|                        | M | <b>4.4</b> oz   | <b>270</b> | 30 | 0  | 13 |
| Chicken, ground        | F | <b>4.7</b> oz   | <b>252</b> | 33 | 0  | 14 |
|                        | M | <b>5</b> oz     | <b>270</b> | 35 | 0  | 15 |
| Chicken, thighs        | F | <b>4.6</b> oz   | <b>252</b> | 32 | 0  | 14 |
|                        | M | <b>4.9</b> oz   | <b>270</b> | 34 | 0  | 15 |
| Cottage cheese, 4% fat | F | <b>1.1</b> Cups | <b>252</b> | 25 | 13 | 11 |
|                        | M | <b>1.1</b> Cups | <b>270</b> | 27 | 14 | 11 |
| Dairy milk, skim*      | F | <b>2.8</b> Cups | <b>252</b> | 22 | 36 | 0  |
|                        | M | <b>3</b> Cups   | <b>270</b> | 24 | 39 | 0  |
| Dairy milk, 1%*        | F | <b>2.3</b> Cups | <b>252</b> | 18 | 30 | 7  |
|                        | M | <b>2.5</b> Cups | <b>270</b> | 20 | 32 | 7  |
| Dairy milk, 2%*        | F | <b>1.9</b> Cups | <b>252</b> | 16 | 25 | 10 |
|                        | M | <b>2.1</b> Cups | <b>270</b> | 17 | 27 | 10 |
| Deli meat, chicken     | F | <b>8.4</b> oz   | <b>252</b> | 50 | 8  | 0  |
|                        | M | <b>9</b> oz     | <b>270</b> | 54 | 9  | 0  |
| Deli meat, ham         | F | <b>7.2</b> oz   | <b>252</b> | 36 | 0  | 14 |
|                        | M | <b>7.7</b> oz   | <b>270</b> | 39 | 0  | 15 |
| Deli meat, roast beef  | F | <b>7.2</b> oz   | <b>252</b> | 50 | 0  | 7  |
|                        | M | <b>7.7</b> oz   | <b>270</b> | 54 | 0  | 8  |
| Deli meat, turkey      | F | <b>8.4</b> oz   | <b>252</b> | 50 | 0  | 8  |
|                        | M | <b>9</b> oz     | <b>270</b> | 54 | 0  | 9  |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING         | CAL        | P  | C  | F  |
|------------------------------|---|-----------------|------------|----|----|----|
| Duck                         | F | <b>3.8</b> oz   | <b>252</b> | 23 | 0  | 19 |
|                              | M | <b>4</b> oz     | <b>270</b> | 24 | 0  | 20 |
| Eggs, whole *                | F | <b>3.6</b> Eggs | <b>252</b> | 22 | 4  | 18 |
|                              | M | <b>3.9</b> Eggs | <b>270</b> | 23 | 4  | 19 |
| Fish, tuna packaged          | F | <b>8.4</b> oz   | <b>252</b> | 59 | 0  | 0  |
|                              | M | <b>9</b> oz     | <b>270</b> | 63 | 0  | 0  |
| Lamb, ground                 | F | <b>3.2</b> oz   | <b>252</b> | 22 | 0  | 19 |
|                              | M | <b>3.4</b> oz   | <b>270</b> | 24 | 0  | 20 |
| Lamb, shank                  | F | <b>6.3</b> oz   | <b>252</b> | 32 | 6  | 13 |
|                              | M | <b>6.8</b> oz   | <b>270</b> | 34 | 7  | 14 |
| Pork, tenderloin             | F | <b>6.1</b> oz   | <b>252</b> | 43 | 0  | 6  |
|                              | M | <b>6.6</b> oz   | <b>270</b> | 46 | 0  | 7  |
| Tempeh                       | F | <b>4.5</b> oz   | <b>252</b> | 23 | 14 | 14 |
|                              | M | <b>4.8</b> oz   | <b>270</b> | 24 | 14 | 14 |
| Tofu                         | F | <b>11</b> oz    | <b>252</b> | 22 | 11 | 11 |
|                              | M | <b>11.7</b> oz  | <b>270</b> | 23 | 12 | 12 |
| Turkey, bacon*               | F | <b>3.3</b> oz   | <b>252</b> | 26 | 0  | 16 |
|                              | M | <b>3.5</b> oz   | <b>270</b> | 28 | 0  | 18 |
| Turkey, ground 85/15         | F | <b>3.9</b> oz   | <b>252</b> | 28 | 0  | 20 |
|                              | M | <b>4.2</b> oz   | <b>270</b> | 30 | 0  | 21 |
| Yogurt, Greek plain full fat | F | <b>1.1</b> Cups | <b>252</b> | 24 | 10 | 12 |
|                              | M | <b>1.2</b> Cups | <b>270</b> | 26 | 11 | 13 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**600** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.7 Cups | 180 | 6  | 33 | 3 | Edamame                     | F | 0.9 Cups | 180 | 14 | 16 | 5 |
|                              | M | 0.7 Cups | 180 | 6  | 33 | 3 |                             | M | 0.9 Cups | 180 | 14 | 16 | 5 |
| Amaranth, dry                | F | 0.2 Cups | 180 | 8  | 32 | 3 | Farro, cooked               | F | 0.9 Cups | 180 | 6  | 33 | 2 |
|                              | M | 0.2 Cups | 180 | 8  | 32 | 3 |                             | M | 0.9 Cups | 180 | 6  | 33 | 2 |
| Apple                        | F | 12 oz    | 180 | 0  | 48 | 0 | Farro, dry                  | F | 0.3 Cups | 180 | 7  | 34 | 1 |
|                              | M | 12 oz    | 180 | 0  | 48 | 0 |                             | M | 0.3 Cups | 180 | 7  | 34 | 1 |
| Banana                       | F | 7.2 oz   | 180 | 0  | 43 | 0 | Grapefruit                  | F | 20 oz    | 180 | 0  | 40 | 0 |
|                              | M | 7.2 oz   | 180 | 0  | 43 | 0 |                             | M | 20 oz    | 180 | 0  | 40 | 0 |
| Beans, black canned          | F | 0.8 Cups | 180 | 11 | 31 | 2 | Grapes                      | F | 10 oz    | 180 | 0  | 50 | 0 |
|                              | M | 0.8 Cups | 180 | 11 | 31 | 2 |                             | M | 10 oz    | 180 | 0  | 50 | 0 |
| Beans, cannellini canned     | F | 0.9 Cups | 180 | 13 | 34 | 0 | Kamut, cooked               | F | 0.7 Cups | 180 | 8  | 37 | 1 |
|                              | M | 0.9 Cups | 180 | 13 | 34 | 0 |                             | M | 0.7 Cups | 180 | 8  | 37 | 1 |
| Beans, garbanzo canned       | F | 0.8 Cups | 180 | 9  | 29 | 0 | Kamut, dry                  | F | 0.3 Cups | 180 | 8  | 38 | 1 |
|                              | M | 0.8 Cups | 180 | 9  | 29 | 0 |                             | M | 0.3 Cups | 180 | 8  | 38 | 1 |
| Beans, great northern canned | F | 0.8 Cups | 180 | 11 | 33 | 0 | Kiwi                        | F | 10.6 oz  | 180 | 0  | 42 | 0 |
|                              | M | 0.8 Cups | 180 | 11 | 33 | 0 |                             | M | 10.6 oz  | 180 | 0  | 42 | 0 |
| Beans, kidney canned         | F | 0.9 Cups | 180 | 11 | 32 | 2 | Lentils, cooked             | F | 0.8 Cups | 180 | 14 | 31 | 0 |
|                              | M | 0.9 Cups | 180 | 11 | 32 | 2 |                             | M | 0.8 Cups | 180 | 14 | 31 | 0 |
| Beans, lima canned           | F | 1.6 Cups | 180 | 10 | 33 | 0 | Lentils, dry                | F | 0.4 Cups | 180 | 15 | 36 | 0 |
|                              | M | 1.6 Cups | 180 | 10 | 33 | 0 |                             | M | 0.4 Cups | 180 | 15 | 36 | 0 |
| Beans, pinto canned          | F | 1 Cups   | 180 | 12 | 34 | 0 | Mango                       | F | 10.6 oz  | 180 | 0  | 42 | 0 |
|                              | M | 1 Cups   | 180 | 12 | 34 | 0 |                             | M | 10.6 oz  | 180 | 0  | 42 | 0 |
| Beets                        | F | 15 oz    | 180 | 0  | 45 | 0 | Melon, cantaloupe           | F | 18 oz    | 180 | 0  | 36 | 0 |
|                              | M | 15 oz    | 180 | 0  | 45 | 0 |                             | M | 18 oz    | 180 | 0  | 36 | 0 |
| Blackberries                 | F | 15 oz    | 180 | 0  | 45 | 0 | Melon, honeydew             | F | 18 oz    | 180 | 0  | 54 | 0 |
|                              | M | 15 oz    | 180 | 0  | 45 | 0 |                             | M | 18 oz    | 180 | 0  | 54 | 0 |
| Blueberries                  | F | 11.3 oz  | 180 | 0  | 45 | 0 | Melon, watermelon           | F | 20 oz    | 180 | 0  | 40 | 0 |
|                              | M | 11.3 oz  | 180 | 0  | 45 | 0 |                             | M | 20 oz    | 180 | 0  | 40 | 0 |
| Buckwheat, cooked            | F | 1.2 Cups | 180 | 7  | 39 | 1 | Millet, cooked              | F | 0.9 Cups | 180 | 5  | 36 | 2 |
|                              | M | 1.2 Cups | 180 | 7  | 39 | 1 |                             | M | 0.9 Cups | 180 | 5  | 36 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 180 | 6  | 39 | 1 | Millet, dry                 | F | 0.2 Cups | 180 | 5  | 36 | 2 |
|                              | M | 0.3 Cups | 180 | 6  | 39 | 1 |                             | M | 0.2 Cups | 180 | 5  | 36 | 2 |
| Clementine                   | F | 13.8 oz  | 180 | 0  | 42 | 0 | Oat milk                    | F | 2.3 Cups | 180 | 5  | 25 | 7 |
|                              | M | 13.8 oz  | 180 | 0  | 42 | 0 |                             | M | 2.3 Cups | 180 | 5  | 25 | 7 |
| Corn                         | F | 1.3 Cups | 180 | 3  | 33 | 3 | Oats, old fashioned, cooked | F | 1.1 Cups | 180 | 7  | 30 | 4 |
|                              | M | 1.3 Cups | 180 | 3  | 33 | 3 |                             | M | 1.1 Cups | 180 | 7  | 30 | 4 |



## CARB

**600** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.6     | Cups | 180 | 6  | 32 | 4 | Raspberries        | F | 12      | oz   | 180 | 0 | 36 | 0 |
|                          | M | 0.6     | Cups | 180 | 6  | 32 | 4 |                    | M | 12      | oz   | 180 | 0 | 36 | 0 |
| Oats, steel cut, cooked  | F | 1.2     | Cups | 180 | 10 | 62 | 2 | Rice, brown cooked | F | 0.8     | Cups | 180 | 4 | 37 | 2 |
|                          | M | 1.2     | Cups | 180 | 10 | 62 | 2 |                    | M | 0.8     | Cups | 180 | 4 | 37 | 2 |
| Oats, steel cut, dry     | F | 0.3     | Cups | 180 | 6  | 32 | 3 | Rice, brown dry    | F | 0.3     | Cups | 180 | 3 | 39 | 2 |
|                          | M | 0.3     | Cups | 180 | 6  | 32 | 3 |                    | M | 0.3     | Cups | 180 | 3 | 39 | 2 |
| Orange                   | F | 13.8    | oz   | 180 | 0  | 42 | 0 | Rice, wild cooked  | F | 1.1     | Cups | 180 | 8 | 38 | 1 |
|                          | M | 13.8    | oz   | 180 | 0  | 42 | 0 |                    | M | 1.1     | Cups | 180 | 8 | 38 | 1 |
| Papaya                   | F | 15      | oz   | 180 | 0  | 30 | 0 | Rice, wild dry     | F | 0.3     | Cups | 180 | 8 | 38 | 1 |
|                          | M | 15      | oz   | 180 | 0  | 30 | 0 |                    | M | 0.3     | Cups | 180 | 8 | 38 | 1 |
| Parsnips                 | F | 8.6     | oz   | 180 | 0  | 43 | 0 | Spelt, cooked      | F | 0.7     | Cups | 180 | 8 | 37 | 1 |
|                          | M | 8.6     | oz   | 180 | 0  | 43 | 0 |                    | M | 0.7     | Cups | 180 | 8 | 37 | 1 |
| Peach                    | F | 16.4    | oz   | 180 | 0  | 49 | 0 | Spelt, dry         | F | 0.3     | Cups | 180 | 8 | 40 | 1 |
|                          | M | 16.4    | oz   | 180 | 0  | 49 | 0 |                    | M | 0.3     | Cups | 180 | 8 | 40 | 1 |
| Pear                     | F | 11.3    | oz   | 180 | 0  | 45 | 0 | Squash, acorn      | F | 15      | oz   | 180 | 0 | 45 | 0 |
|                          | M | 11.3    | oz   | 180 | 0  | 45 | 0 |                    | M | 15      | oz   | 180 | 0 | 45 | 0 |
| Pineapple                | F | 12.9    | oz   | 180 | 0  | 51 | 0 | Squash, butternut  | F | 7.8     | oz   | 180 | 8 | 47 | 0 |
|                          | M | 12.9    | oz   | 180 | 0  | 51 | 0 |                    | M | 7.8     | oz   | 180 | 8 | 47 | 0 |
| Peas, green or yellow    | F | 1.5     | Cups | 180 | 12 | 32 | 0 | Squash, kabocha    | F | 18      | oz   | 180 | 0 | 36 | 0 |
|                          | M | 1.5     | Cups | 180 | 12 | 32 | 0 |                    | M | 18      | oz   | 180 | 0 | 36 | 0 |
| Potato, sweet            | F | 7.5     | oz   | 180 | 0  | 45 | 0 | Strawberries       | F | 20      | oz   | 180 | 0 | 40 | 0 |
|                          | M | 7.5     | oz   | 180 | 0  | 45 | 0 |                    | M | 20      | oz   | 180 | 0 | 40 | 0 |
| Potato, white            | F | 9       | oz   | 180 | 0  | 45 | 0 | Sweet cherries     | F | 10      | oz   | 180 | 0 | 40 | 0 |
|                          | M | 9       | oz   | 180 | 0  | 45 | 0 |                    | M | 10      | oz   | 180 | 0 | 40 | 0 |
| Potato, yellow           | F | 8.6     | oz   | 180 | 9  | 43 | 0 | Teff, cooked       | F | 0.7     | Cups | 180 | 7 | 35 | 1 |
|                          | M | 8.6     | oz   | 180 | 9  | 43 | 0 |                    | M | 0.7     | Cups | 180 | 7 | 35 | 1 |
| Pumpkin                  | F | 25.7    | oz   | 180 | 0  | 51 | 0 | Teff, dry          | F | 0.3     | Cups | 180 | 7 | 36 | 1 |
|                          | M | 25.7    | oz   | 180 | 0  | 51 | 0 |                    | M | 0.3     | Cups | 180 | 7 | 36 | 1 |
| Quinoa, cooked           | F | 0.8     | Cups | 180 | 6  | 32 | 3 | Water chestnuts    | F | 4.5     | Cups | 180 | 5 | 41 | 0 |
|                          | M | 0.8     | Cups | 180 | 6  | 32 | 3 |                    | M | 4.5     | Cups | 180 | 5 | 41 | 0 |
| Quinoa, dry              | F | 0.3     | Cups | 180 | 6  | 34 | 3 |                    |   |         |      |     |   |    |   |
|                          | M | 0.3     | Cups | 180 | 6  | 34 | 3 |                    |   |         |      |     |   |    |   |



## CARB

**600** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 1.8 Cups      | 180 | 0  | 47 | 0 |
|                                | M | 1.8 Cups      | 180 | 0  | 47 | 0 |
| Bread, sprouted or whole wheat | F | 2.3 Slices    | 180 | 11 | 34 | 2 |
|                                | M | 2.3 Slices    | 180 | 11 | 34 | 2 |
| Corn tortillas                 | F | 3.3 Tortillas | 180 | 3  | 36 | 3 |
|                                | M | 3.3 Tortillas | 180 | 3  | 36 | 3 |
| Dried fruit                    | F | 2.3 oz        | 180 | 2  | 46 | 0 |
|                                | M | 2.3 oz        | 180 | 2  | 46 | 0 |
| Honey, raw*                    | F | 2.8 Tbsp      | 180 | 0  | 48 | 0 |
|                                | M | 2.8 Tbsp      | 180 | 0  | 48 | 0 |
| Maple syrup, pure*             | F | 3.3 Tbsp      | 180 | 0  | 46 | 0 |
|                                | M | 3.3 Tbsp      | 180 | 0  | 46 | 0 |
| Pasta, bean cooked             | F | 4.5 oz        | 180 | 14 | 32 | 5 |
|                                | M | 4.5 oz        | 180 | 14 | 32 | 5 |

### SERVING

CAL P C F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 1.9 oz   | 180 | 11 | 30 | 4 |
|                      | M | 1.9 oz   | 180 | 11 | 30 | 4 |
| Pasta, lentil cooked | F | 2.1 oz   | 180 | 15 | 23 | 2 |
|                      | M | 2.1 oz   | 180 | 15 | 23 | 2 |
| Pasta, lentil dry    | F | 1.8 oz   | 180 | 7  | 38 | 2 |
|                      | M | 1.8 oz   | 180 | 7  | 38 | 2 |
| Popcorn, air-popped  | F | 5.8 Cups | 180 | 6  | 35 | 0 |
|                      | M | 5.8 Cups | 180 | 6  | 35 | 0 |
| Rice, white cooked   | F | 0.9 Cups | 180 | 3  | 39 | 0 |
|                      | M | 0.9 Cups | 180 | 3  | 39 | 0 |
| Rice, white dry      | F | 0.3 Cups | 180 | 3  | 41 | 0 |
|                      | M | 0.3 Cups | 180 | 3  | 41 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**600** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3.7 oz   | 168 | 4 | 7  | 15 | Nuts, walnuts           | F | 0.9 oz   | 168 | 4  | 4  | 17 |
|                               | M | 3.3 oz   | 150 | 3 | 7  | 13 |                         | M | 0.8 oz   | 150 | 3  | 3  | 15 |
| Butter, grass-fed             | F | 1.7 Tbsp | 168 | 0 | 0  | 18 | Oil, avocado            | F | 1.4 Tbsp | 168 | 0  | 0  | 19 |
|                               | M | 1.5 Tbsp | 150 | 0 | 0  | 17 |                         | M | 1.2 Tbsp | 150 | 0  | 0  | 17 |
| Cacao nibs                    | F | 3.1 Tbsp | 168 | 0 | 9  | 12 | Oil, extra virgin olive | F | 1.4 Tbsp | 168 | 0  | 0  | 20 |
|                               | M | 2.8 Tbsp | 150 | 0 | 8  | 11 |                         | M | 1.3 Tbsp | 150 | 0  | 0  | 18 |
| Coconut milk, unsweetened*    | F | 3.8 Cups | 168 | 0 | 4  | 15 | Oil, flaxseed           | F | 1.4 Tbsp | 168 | 0  | 0  | 20 |
|                               | M | 3.4 Cups | 150 | 0 | 3  | 14 |                         | M | 1.3 Tbsp | 150 | 0  | 0  | 18 |
| Guacamole                     | F | 6.7 Tbsp | 168 | 7 | 7  | 13 | Oil, grapeseed          | F | 1.4 Tbsp | 168 | 0  | 0  | 19 |
|                               | M | 6 Tbsp   | 150 | 6 | 6  | 12 |                         | M | 1.2 Tbsp | 150 | 0  | 0  | 17 |
| Hummus                        | F | 4.8 Tbsp | 168 | 5 | 10 | 14 | Oil, sesame             | F | 1.4 Tbsp | 168 | 0  | 0  | 20 |
|                               | M | 4.3 Tbsp | 150 | 4 | 9  | 13 |                         | M | 1.3 Tbsp | 150 | 0  | 0  | 18 |
| Nut butter, almond            | F | 1.8 Tbsp | 168 | 7 | 5  | 16 | Olives, black           | F | 3.4 oz   | 168 | 0  | 7  | 17 |
|                               | M | 1.6 Tbsp | 150 | 6 | 5  | 14 |                         | M | 3 oz     | 150 | 0  | 6  | 15 |
| Nut butter, cashew            | F | 1.8 Tbsp | 168 | 4 | 9  | 14 | Olives, green           | F | 3.4 oz   | 168 | 3  | 3  | 17 |
|                               | M | 1.6 Tbsp | 150 | 3 | 8  | 13 |                         | M | 3 oz     | 150 | 3  | 3  | 15 |
| Nut milk, almond unsweetened* | F | 5.6 Cups | 168 | 6 | 6  | 17 | Olives, kalamata        | F | 2 oz     | 168 | 0  | 8  | 16 |
|                               | M | 5 Cups   | 150 | 5 | 5  | 15 |                         | M | 1.8 oz   | 150 | 0  | 7  | 14 |
| Nut milk, cashew unsweetened* | F | 6.7 Cups | 168 | 7 | 7  | 13 | Pea milk, unsweetened   | F | 1.7 Cups | 168 | 14 | 10 | 7  |
|                               | M | 6 Cups   | 150 | 6 | 6  | 12 |                         | M | 1.5 Cups | 150 | 12 | 9  | 6  |
| Nuts, almonds                 | F | 1 oz     | 168 | 6 | 6  | 14 | Seed butter, sunflower  | F | 1.7 Tbsp | 168 | 7  | 7  | 13 |
|                               | M | 0.9 oz   | 150 | 5 | 5  | 13 |                         | M | 1.5 Tbsp | 150 | 6  | 6  | 12 |
| Nuts, brazil nuts             | F | 0.9 oz   | 168 | 3 | 1  | 16 | Seeds, chia             | F | 2.5 Tbsp | 168 | 5  | 15 | 10 |
|                               | M | 0.8 oz   | 150 | 3 | 1  | 15 |                         | M | 2.2 Tbsp | 150 | 4  | 13 | 9  |
| Nuts, cashews                 | F | 1.1 oz   | 168 | 5 | 10 | 13 | Seeds, flax             | F | 3.2 Tbsp | 168 | 6  | 10 | 13 |
|                               | M | 1 oz     | 150 | 5 | 9  | 11 |                         | M | 2.9 Tbsp | 150 | 6  | 9  | 12 |
| Nuts, hazelnuts               | F | 0.9 oz   | 168 | 4 | 5  | 16 | Seeds, hemp             | F | 2.8 Tbsp | 168 | 8  | 0  | 14 |
|                               | M | 0.8 oz   | 150 | 3 | 4  | 14 |                         | M | 2.5 Tbsp | 150 | 8  | 0  | 13 |
| Nuts, pecans                  | F | 0.8 oz   | 168 | 3 | 3  | 17 | Seeds, pumpkin          | F | 1 oz     | 168 | 9  | 3  | 15 |
|                               | M | 0.8 oz   | 150 | 2 | 3  | 15 |                         | M | 0.9 oz   | 150 | 8  | 3  | 13 |
| Nuts, pistachios shelled      | F | 1 oz     | 168 | 7 | 3  | 14 | Seeds, sunflower        | F | 1.2 oz   | 168 | 11 | 4  | 10 |
|                               | M | 0.9 oz   | 150 | 6 | 3  | 12 |                         | M | 1.1 oz   | 150 | 10 | 3  | 9  |



**600** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 1.7 Tbsp | 168 | 0  | 0 | 18 | Cheese, ricotta             | F | 3.8 oz   | 168 | 11 | 4  | 11 |
|                    | M | 1.5 Tbsp | 150 | 0  | 0 | 17 |                             | M | 3.4 oz   | 150 | 10 | 3  | 10 |
| Cheese, asiago     | F | 1.6 oz   | 168 | 12 | 2 | 12 | Cheese, swiss               | F | 1.5 oz   | 168 | 12 | 0  | 14 |
|                    | M | 1.4 oz   | 150 | 11 | 1 | 11 |                             | M | 1.4 oz   | 150 | 11 | 0  | 12 |
| Cheese, blue       | F | 1.7 oz   | 168 | 12 | 0 | 13 | Chocolate, dark >70% cacao* | F | 1 oz     | 168 | 2  | 13 | 13 |
|                    | M | 1.5 oz   | 150 | 11 | 0 | 12 |                             | M | 0.9 oz   | 150 | 2  | 12 | 12 |
| Cheese, brie       | F | 1.8 oz   | 168 | 9  | 0 | 15 | Coconut flakes unsweetened  | F | 3.1 Tbsp | 168 | 0  | 0  | 15 |
|                    | M | 1.6 oz   | 150 | 8  | 0 | 13 |                             | M | 2.7 Tbsp | 150 | 0  | 0  | 14 |
| Cheese, cheddar    | F | 1.5 oz   | 168 | 9  | 1 | 13 | Coconut milk, full fat      | F | 0.4 Cups | 168 | 1  | 2  | 17 |
|                    | M | 1.3 oz   | 150 | 8  | 1 | 12 |                             | M | 0.4 Cups | 150 | 1  | 2  | 15 |
| Cheese, feta       | F | 2.4 oz   | 168 | 14 | 5 | 10 | Ghee                        | F | 1.2 Tbsp | 168 | 0  | 0  | 19 |
|                    | M | 2.1 oz   | 150 | 13 | 4 | 9  |                             | M | 1.1 Tbsp | 150 | 0  | 0  | 17 |
| Cheese, goat       | F | 2.1 oz   | 168 | 8  | 4 | 13 | Heavy cream                 | F | 3.4 Tbsp | 168 | 0  | 0  | 20 |
|                    | M | 1.9 oz   | 150 | 8  | 4 | 11 |                             | M | 3 Tbsp   | 150 | 0  | 0  | 18 |
| Cheese, gouda      | F | 1.7 oz   | 168 | 12 | 2 | 13 | Nut butter, peanut          | F | 1.7 Tbsp | 168 | 7  | 5  | 13 |
|                    | M | 1.5 oz   | 150 | 10 | 1 | 12 |                             | M | 1.5 Tbsp | 150 | 6  | 5  | 12 |
| Cheese, mozzarella | F | 2.1 oz   | 168 | 15 | 2 | 8  | Oil, extra virgin coconut   | F | 1.3 Tbsp | 168 | 0  | 0  | 18 |
|                    | M | 1.9 oz   | 150 | 13 | 2 | 7  |                             | M | 1.2 Tbsp | 150 | 0  | 0  | 16 |
| Cheese, muenster   | F | 1.6 oz   | 168 | 11 | 0 | 15 | Peanuts                     | F | 1 oz     | 168 | 7  | 5  | 15 |
|                    | M | 1.4 oz   | 150 | 10 | 0 | 13 |                             | M | 0.9 oz   | 150 | 7  | 5  | 13 |
| Cheese, parmesan   | F | 1.5 oz   | 168 | 16 | 0 | 13 | Salad dressing, oil-based   | F | 2.1 Tbsp | 168 | 0  | 4  | 17 |
|                    | M | 1.3 oz   | 150 | 15 | 0 | 12 |                             | M | 1.9 Tbsp | 150 | 0  | 4  | 15 |
| Cheese, provolone  | F | 1.7 oz   | 168 | 12 | 2 | 13 |                             |   |          |     |    |    |    |
|                    | M | 1.5 oz   | 150 | 11 | 2 | 12 |                             |   |          |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**625** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 4.3 oz    | 263 | 43 | 0  | 9  | Fish, mahi mahi               | F | 8.5 oz     | 263 | 59 | 0  | 0  |
|                             | M | 4.6 oz    | 281 | 46 | 0  | 9  |                               | M | 9.1 oz     | 281 | 63 | 0  | 0  |
| Beef, eye round             | F | 4.5 oz    | 263 | 36 | 0  | 13 | Fish, salmon                  | F | 4.5 oz     | 263 | 27 | 0  | 18 |
|                             | M | 4.8 oz    | 281 | 38 | 0  | 14 |                               | M | 4.8 oz     | 281 | 29 | 0  | 19 |
| Beef, flank                 | F | 4.6 oz    | 263 | 37 | 0  | 14 | Lobster                       | F | 10.5 oz    | 263 | 53 | 0  | 0  |
|                             | M | 4.9 oz    | 281 | 39 | 0  | 15 |                               | M | 11.2 oz    | 281 | 56 | 0  | 0  |
| Beef, ground 96/4           | F | 4.9 oz    | 263 | 44 | 0  | 10 | Nutritional yeast*            | F | 13.2 Tbsp  | 263 | 39 | 26 | 0  |
|                             | M | 5.2 oz    | 281 | 47 | 0  | 10 |                               | M | 14.1 Tbsp  | 281 | 42 | 28 | 0  |
| Beef, ground 90/10          | F | 4.3 oz    | 263 | 34 | 0  | 13 | Pheasant                      | F | 3.9 oz     | 263 | 35 | 0  | 12 |
|                             | M | 4.6 oz    | 281 | 37 | 0  | 14 |                               | M | 4.1 oz     | 281 | 37 | 0  | 12 |
| Beef, sirloin tip side      | F | 5.6 oz    | 263 | 45 | 0  | 6  | Rabbit                        | F | 5.4 oz     | 263 | 48 | 0  | 5  |
|                             | M | 6 oz      | 281 | 48 | 0  | 6  |                               | M | 5.7 oz     | 281 | 52 | 0  | 6  |
| Beef, top round             | F | 4.4 oz    | 263 | 39 | 0  | 9  | Scallops                      | F | 10.5 oz    | 263 | 53 | 0  | 0  |
|                             | M | 4.7 oz    | 281 | 42 | 0  | 9  |                               | M | 11.2 oz    | 281 | 56 | 0  | 0  |
| Bison                       | F | 5.2 oz    | 263 | 36 | 0  | 10 | Shrimp                        | F | 9.4 oz     | 263 | 66 | 0  | 0  |
|                             | M | 5.5 oz    | 281 | 39 | 0  | 11 |                               | M | 10 oz      | 281 | 70 | 0  | 0  |
| Broth, bone                 | F | 13.2 oz   | 263 | 53 | 0  | 13 | TruLean protein powder, vegan | F | 2.4 Scoops | 263 | 53 | 5  | 5  |
|                             | M | 14.1 oz   | 281 | 56 | 0  | 14 |                               | M | 2.6 Scoops | 281 | 56 | 5  | 5  |
| Chicken, breast             | F | 5.6 oz    | 263 | 50 | 0  | 6  | TruLean protein powder, whey  | F | 2.6 Scoops | 263 | 63 | 3  | 0  |
|                             | M | 6 oz      | 281 | 54 | 0  | 6  |                               | M | 2.8 Scoops | 281 | 67 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.6 Cups  | 263 | 36 | 26 | 0  | Turkey, breast                | F | 6.1 oz     | 263 | 55 | 0  | 6  |
|                             | M | 1.8 Cups  | 281 | 39 | 28 | 0  |                               | M | 6.5 oz     | 281 | 59 | 0  | 7  |
| Cottage cheese, 2% fat      | F | 1.6 Cups  | 263 | 36 | 10 | 8  | Turkey, ground 99/1           | F | 6.7 oz     | 263 | 54 | 0  | 7  |
|                             | M | 1.8 Cups  | 281 | 39 | 11 | 9  |                               | M | 7.2 oz     | 281 | 58 | 0  | 7  |
| Crab                        | F | 9.1 oz    | 263 | 54 | 0  | 0  | Turkey, ground 93/7           | F | 4.4 oz     | 263 | 35 | 0  | 13 |
|                             | M | 9.7 oz    | 281 | 58 | 0  | 0  |                               | M | 4.7 oz     | 281 | 37 | 0  | 14 |
| Egg whites, pourable*       | F | 20.2 oz   | 263 | 61 | 0  | 0  | Turkey, ground 90/10          | F | 4.5 oz     | 263 | 31 | 0  | 13 |
|                             | M | 21.6 oz   | 281 | 65 | 0  | 0  |                               | M | 4.8 oz     | 281 | 33 | 0  | 14 |
| Egg whites, from whole egg* | F | 15.5 Eggs | 263 | 62 | 0  | 0  | Venison                       | F | 5 oz       | 263 | 40 | 0  | 10 |
|                             | M | 16.5 Eggs | 281 | 66 | 0  | 0  |                               | M | 5.3 oz     | 281 | 42 | 0  | 11 |
| Fish, ahi tuna steak        | F | 6.7 oz    | 263 | 54 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.2 Cups   | 263 | 46 | 18 | 0  |
|                             | M | 7.2 oz    | 281 | 58 | 0  | 0  |                               | M | 2.3 Cups   | 281 | 49 | 19 | 0  |
| Fish, cod                   | F | 7.5 oz    | 263 | 45 | 0  | 8  | Yogurt, Greek plain low-fat   | F | 1.5 Cups   | 263 | 37 | 14 | 8  |
|                             | M | 8 oz      | 281 | 48 | 0  | 8  |                               | M | 1.7 Cups   | 281 | 40 | 15 | 8  |



## PROTEIN

**625** CALORIES PER MEAL

### EAT SOME

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15           | F | 4 oz     | 263 | 28 | 0  | 16 |
|                              | M | 4.3 oz   | 281 | 30 | 0  | 17 |
| Beef, skirt                  | F | 4.2 oz   | 263 | 30 | 0  | 13 |
|                              | M | 4.5 oz   | 281 | 32 | 0  | 14 |
| Chicken, ground              | F | 4.9 oz   | 263 | 34 | 0  | 15 |
|                              | M | 5.2 oz   | 281 | 36 | 0  | 16 |
| Chicken, thighs              | F | 4.8 oz   | 263 | 33 | 0  | 14 |
|                              | M | 5.1 oz   | 281 | 36 | 0  | 15 |
| Cottage cheese, 4% fat       | F | 1.1 Cups | 263 | 26 | 13 | 11 |
|                              | M | 1.2 Cups | 281 | 28 | 14 | 12 |
| Dairy milk, skim*            | F | 2.9 Cups | 263 | 23 | 38 | 0  |
|                              | M | 3.1 Cups | 281 | 25 | 41 | 0  |
| Dairy milk, 1%*              | F | 2.4 Cups | 263 | 19 | 31 | 7  |
|                              | M | 2.6 Cups | 281 | 20 | 33 | 8  |
| Dairy milk, 2%*              | F | 2 Cups   | 263 | 16 | 26 | 10 |
|                              | M | 2.2 Cups | 281 | 17 | 28 | 11 |
| Deli meat, chicken           | F | 8.8 oz   | 263 | 53 | 9  | 0  |
|                              | M | 9.4 oz   | 281 | 56 | 9  | 0  |
| Deli meat, ham               | F | 7.5 oz   | 263 | 38 | 0  | 15 |
|                              | M | 8 oz     | 281 | 40 | 0  | 16 |
| Deli meat, roast beef        | F | 7.5 oz   | 263 | 53 | 0  | 8  |
|                              | M | 8 oz     | 281 | 56 | 0  | 8  |
| Deli meat, turkey            | F | 8.8 oz   | 263 | 53 | 0  | 9  |
|                              | M | 9.4 oz   | 281 | 56 | 0  | 9  |
|                              |   |          |     |    |    |    |
| Duck                         | F | 3.9 oz   | 263 | 24 | 0  | 20 |
|                              | M | 4.2 oz   | 281 | 25 | 0  | 21 |
| Eggs, whole *                | F | 3.8 Eggs | 263 | 23 | 4  | 19 |
|                              | M | 4 Eggs   | 281 | 24 | 4  | 20 |
| Fish, tuna packaged          | F | 8.8 oz   | 263 | 61 | 0  | 0  |
|                              | M | 9.4 oz   | 281 | 66 | 0  | 0  |
| Lamb, ground                 | F | 3.3 oz   | 263 | 23 | 0  | 20 |
|                              | M | 3.5 oz   | 281 | 25 | 0  | 21 |
| Lamb, shank                  | F | 6.6 oz   | 263 | 33 | 7  | 13 |
|                              | M | 7 oz     | 281 | 35 | 7  | 14 |
| Pork, tenderloin             | F | 6.4 oz   | 263 | 45 | 0  | 6  |
|                              | M | 6.9 oz   | 281 | 48 | 0  | 7  |
| Tempeh                       | F | 4.7 oz   | 263 | 23 | 14 | 14 |
|                              | M | 5 oz     | 281 | 25 | 15 | 15 |
| Tofu                         | F | 11.4 oz  | 263 | 23 | 11 | 11 |
|                              | M | 12.2 oz  | 281 | 24 | 12 | 12 |
| Turkey, bacon*               | F | 3.4 oz   | 263 | 27 | 0  | 17 |
|                              | M | 3.6 oz   | 281 | 29 | 0  | 18 |
| Turkey, ground 85/15         | F | 4.1 oz   | 263 | 29 | 0  | 21 |
|                              | M | 4.4 oz   | 281 | 31 | 0  | 22 |
| Yogurt, Greek plain full fat | F | 1.1 Cups | 263 | 25 | 10 | 13 |
|                              | M | 1.2 Cups | 281 | 27 | 11 | 13 |

### EAT LESS

|                            |                             |
|----------------------------|-----------------------------|
| Beef, brisket              | Chicken sausage, dinner     |
| Beef, chuck roast          | Dairy milk, whole           |
| Beef, ground 80/20         | Fried meats                 |
| Beef, ribeye               | Jerky, processed            |
| Beef, strip                | Meat substitutes, processed |
| Beef, T-bone               | Pork, bacon                 |
| Beef, top sirloin          | Pork, chop                  |
| Chicken sausage, breakfast | Yogurt, sweetened           |



**625** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.7 Cups | 188 | 7  | 34 | 3 | Edamame                     | F | 0.9 Cups | 188 | 15 | 17 | 6 |
|                              | M | 0.7 Cups | 188 | 7  | 34 | 3 |                             | M | 0.9 Cups | 188 | 15 | 17 | 6 |
| Amaranth, dry                | F | 0.2 Cups | 188 | 8  | 34 | 3 | Farro, cooked               | F | 0.9 Cups | 188 | 7  | 35 | 2 |
|                              | M | 0.2 Cups | 188 | 8  | 34 | 3 |                             | M | 0.9 Cups | 188 | 7  | 35 | 2 |
| Apple                        | F | 12.5 oz  | 188 | 0  | 50 | 0 | Farro, dry                  | F | 0.3 Cups | 188 | 8  | 35 | 1 |
|                              | M | 12.5 oz  | 188 | 0  | 50 | 0 |                             | M | 0.3 Cups | 188 | 8  | 35 | 1 |
| Banana                       | F | 7.5 oz   | 188 | 0  | 45 | 0 | Grapefruit                  | F | 20.9 oz  | 188 | 0  | 42 | 0 |
|                              | M | 7.5 oz   | 188 | 0  | 45 | 0 |                             | M | 20.9 oz  | 188 | 0  | 42 | 0 |
| Beans, black canned          | F | 0.9 Cups | 188 | 12 | 32 | 2 | Grapes                      | F | 10.4 oz  | 188 | 0  | 52 | 0 |
|                              | M | 0.9 Cups | 188 | 12 | 32 | 2 |                             | M | 10.4 oz  | 188 | 0  | 52 | 0 |
| Beans, cannellini canned     | F | 0.9 Cups | 188 | 13 | 36 | 0 | Kamut, cooked               | F | 0.7 Cups | 188 | 8  | 39 | 1 |
|                              | M | 0.9 Cups | 188 | 13 | 36 | 0 |                             | M | 0.7 Cups | 188 | 8  | 39 | 1 |
| Beans, garbanzo canned       | F | 0.8 Cups | 188 | 9  | 30 | 0 | Kamut, dry                  | F | 0.3 Cups | 188 | 8  | 39 | 1 |
|                              | M | 0.8 Cups | 188 | 9  | 30 | 0 |                             | M | 0.3 Cups | 188 | 8  | 39 | 1 |
| Beans, great northern canned | F | 0.9 Cups | 188 | 12 | 34 | 0 | Kiwi                        | F | 11.1 oz  | 188 | 0  | 44 | 0 |
|                              | M | 0.9 Cups | 188 | 12 | 34 | 0 |                             | M | 11.1 oz  | 188 | 0  | 44 | 0 |
| Beans, kidney canned         | F | 0.9 Cups | 188 | 12 | 33 | 2 | Lentils, cooked             | F | 0.8 Cups | 188 | 15 | 33 | 0 |
|                              | M | 0.9 Cups | 188 | 12 | 33 | 2 |                             | M | 0.8 Cups | 188 | 15 | 33 | 0 |
| Beans, lima canned           | F | 1.7 Cups | 188 | 10 | 34 | 0 | Lentils, dry                | F | 0.4 Cups | 188 | 15 | 38 | 0 |
|                              | M | 1.7 Cups | 188 | 10 | 34 | 0 |                             | M | 0.4 Cups | 188 | 15 | 38 | 0 |
| Beans, pinto canned          | F | 1 Cups   | 188 | 13 | 36 | 0 | Mango                       | F | 11.1 oz  | 188 | 0  | 44 | 0 |
|                              | M | 1 Cups   | 188 | 13 | 36 | 0 |                             | M | 11.1 oz  | 188 | 0  | 44 | 0 |
| Beets                        | F | 15.7 oz  | 188 | 0  | 47 | 0 | Melon, cantaloupe           | F | 18.8 oz  | 188 | 0  | 38 | 0 |
|                              | M | 15.7 oz  | 188 | 0  | 47 | 0 |                             | M | 18.8 oz  | 188 | 0  | 38 | 0 |
| Blackberries                 | F | 15.7 oz  | 188 | 0  | 47 | 0 | Melon, honeydew             | F | 18.8 oz  | 188 | 0  | 56 | 0 |
|                              | M | 15.7 oz  | 188 | 0  | 47 | 0 |                             | M | 18.8 oz  | 188 | 0  | 56 | 0 |
| Blueberries                  | F | 11.8 oz  | 188 | 0  | 47 | 0 | Melon, watermelon           | F | 20.9 oz  | 188 | 0  | 42 | 0 |
|                              | M | 11.8 oz  | 188 | 0  | 47 | 0 |                             | M | 20.9 oz  | 188 | 0  | 42 | 0 |
| Buckwheat, cooked            | F | 1.2 Cups | 188 | 7  | 40 | 1 | Millet, cooked              | F | 0.9 Cups | 188 | 5  | 37 | 2 |
|                              | M | 1.2 Cups | 188 | 7  | 40 | 1 |                             | M | 0.9 Cups | 188 | 5  | 37 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 188 | 6  | 41 | 1 | Millet, dry                 | F | 0.2 Cups | 188 | 5  | 37 | 2 |
|                              | M | 0.3 Cups | 188 | 6  | 41 | 1 |                             | M | 0.2 Cups | 188 | 5  | 37 | 2 |
| Clementine                   | F | 14.5 oz  | 188 | 0  | 43 | 0 | Oat milk                    | F | 2.4 Cups | 188 | 5  | 26 | 7 |
|                              | M | 14.5 oz  | 188 | 0  | 43 | 0 |                             | M | 2.4 Cups | 188 | 5  | 26 | 7 |
| Corn                         | F | 1.3 Cups | 188 | 3  | 35 | 3 | Oats, old fashioned, cooked | F | 1.1 Cups | 188 | 7  | 32 | 5 |
|                              | M | 1.3 Cups | 188 | 3  | 35 | 3 |                             | M | 1.1 Cups | 188 | 7  | 32 | 5 |



## CARB

**625** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P  | C  | F |                    |   | SERVING         | CAL        | P | C  | F |
|--------------------------|---|-----------------|------------|----|----|---|--------------------|---|-----------------|------------|---|----|---|
| Oats, old fashioned, dry | F | <b>0.6</b> Cups | <b>188</b> | 6  | 34 | 4 | Raspberries        | F | <b>12.5</b> oz  | <b>188</b> | 0 | 38 | 0 |
|                          | M | <b>0.6</b> Cups | <b>188</b> | 6  | 34 | 4 |                    | M | <b>12.5</b> oz  | <b>188</b> | 0 | 38 | 0 |
| Oats, steel cut, cooked  | F | <b>1.3</b> Cups | <b>188</b> | 10 | 65 | 3 | Rice, brown cooked | F | <b>0.9</b> Cups | <b>188</b> | 4 | 38 | 2 |
|                          | M | <b>1.3</b> Cups | <b>188</b> | 10 | 65 | 3 |                    | M | <b>0.9</b> Cups | <b>188</b> | 4 | 38 | 2 |
| Oats, steel cut, dry     | F | <b>0.3</b> Cups | <b>188</b> | 6  | 34 | 3 | Rice, brown dry    | F | <b>0.3</b> Cups | <b>188</b> | 4 | 41 | 2 |
|                          | M | <b>0.3</b> Cups | <b>188</b> | 6  | 34 | 3 |                    | M | <b>0.3</b> Cups | <b>188</b> | 4 | 41 | 2 |
| Orange                   | F | <b>14.5</b> oz  | <b>188</b> | 0  | 43 | 0 | Rice, wild cooked  | F | <b>1.1</b> Cups | <b>188</b> | 8 | 40 | 1 |
|                          | M | <b>14.5</b> oz  | <b>188</b> | 0  | 43 | 0 |                    | M | <b>1.1</b> Cups | <b>188</b> | 8 | 40 | 1 |
| Papaya                   | F | <b>15.7</b> oz  | <b>188</b> | 0  | 31 | 0 | Rice, wild dry     | F | <b>0.3</b> Cups | <b>188</b> | 8 | 39 | 1 |
|                          | M | <b>15.7</b> oz  | <b>188</b> | 0  | 31 | 0 |                    | M | <b>0.3</b> Cups | <b>188</b> | 8 | 39 | 1 |
| Parsnips                 | F | <b>9</b> oz     | <b>188</b> | 0  | 45 | 0 | Spelt, cooked      | F | <b>0.8</b> Cups | <b>188</b> | 8 | 39 | 2 |
|                          | M | <b>9</b> oz     | <b>188</b> | 0  | 45 | 0 |                    | M | <b>0.8</b> Cups | <b>188</b> | 8 | 39 | 2 |
| Peach                    | F | <b>17.1</b> oz  | <b>188</b> | 0  | 51 | 0 | Spelt, dry         | F | <b>0.3</b> Cups | <b>188</b> | 8 | 42 | 1 |
|                          | M | <b>17.1</b> oz  | <b>188</b> | 0  | 51 | 0 |                    | M | <b>0.3</b> Cups | <b>188</b> | 8 | 42 | 1 |
| Pear                     | F | <b>11.8</b> oz  | <b>188</b> | 0  | 47 | 0 | Squash, acorn      | F | <b>15.7</b> oz  | <b>188</b> | 0 | 47 | 0 |
|                          | M | <b>11.8</b> oz  | <b>188</b> | 0  | 47 | 0 |                    | M | <b>15.7</b> oz  | <b>188</b> | 0 | 47 | 0 |
| Pineapple                | F | <b>13.4</b> oz  | <b>188</b> | 0  | 54 | 0 | Squash, butternut  | F | <b>8.2</b> oz   | <b>188</b> | 8 | 49 | 0 |
|                          | M | <b>13.4</b> oz  | <b>188</b> | 0  | 54 | 0 |                    | M | <b>8.2</b> oz   | <b>188</b> | 8 | 49 | 0 |
| Peas, green or yellow    | F | <b>1.6</b> Cups | <b>188</b> | 13 | 34 | 0 | Squash, kabocha    | F | <b>18.8</b> oz  | <b>188</b> | 0 | 38 | 0 |
|                          | M | <b>1.6</b> Cups | <b>188</b> | 13 | 34 | 0 |                    | M | <b>18.8</b> oz  | <b>188</b> | 0 | 38 | 0 |
| Potato, sweet            | F | <b>7.8</b> oz   | <b>188</b> | 0  | 47 | 0 | Strawberries       | F | <b>20.9</b> oz  | <b>188</b> | 0 | 42 | 0 |
|                          | M | <b>7.8</b> oz   | <b>188</b> | 0  | 47 | 0 |                    | M | <b>20.9</b> oz  | <b>188</b> | 0 | 42 | 0 |
| Potato, white            | F | <b>9.4</b> oz   | <b>188</b> | 0  | 47 | 0 | Sweet cherries     | F | <b>10.4</b> oz  | <b>188</b> | 0 | 42 | 0 |
|                          | M | <b>9.4</b> oz   | <b>188</b> | 0  | 47 | 0 |                    | M | <b>10.4</b> oz  | <b>188</b> | 0 | 42 | 0 |
| Potato, yellow           | F | <b>9</b> oz     | <b>188</b> | 9  | 45 | 0 | Teff, cooked       | F | <b>0.7</b> Cups | <b>188</b> | 7 | 37 | 1 |
|                          | M | <b>9</b> oz     | <b>188</b> | 9  | 45 | 0 |                    | M | <b>0.7</b> Cups | <b>188</b> | 7 | 37 | 1 |
| Pumpkin                  | F | <b>26.9</b> oz  | <b>188</b> | 0  | 54 | 0 | Teff, dry          | F | <b>0.3</b> Cups | <b>188</b> | 7 | 37 | 1 |
|                          | M | <b>26.9</b> oz  | <b>188</b> | 0  | 54 | 0 |                    | M | <b>0.3</b> Cups | <b>188</b> | 7 | 37 | 1 |
| Quinoa, cooked           | F | <b>0.8</b> Cups | <b>188</b> | 7  | 33 | 3 | Water chestnuts    | F | <b>4.7</b> Cups | <b>188</b> | 5 | 42 | 0 |
|                          | M | <b>0.8</b> Cups | <b>188</b> | 7  | 33 | 3 |                    | M | <b>4.7</b> Cups | <b>188</b> | 5 | 42 | 0 |
| Quinoa, dry              | F | <b>0.3</b> Cups | <b>188</b> | 6  | 35 | 3 |                    |   |                 |            |   |    |   |
|                          | M | <b>0.3</b> Cups | <b>188</b> | 6  | 35 | 3 |                    |   |                 |            |   |    |   |



## CARB

**625** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING              | CAL        | P  | C  | F |
|--------------------------------|---|----------------------|------------|----|----|---|
| Applesauce, unsweetened        | F | <b>1.9</b> Cups      | <b>188</b> | 0  | 49 | 0 |
|                                | M | <b>1.9</b> Cups      | <b>188</b> | 0  | 49 | 0 |
| Bread, sprouted or whole wheat | F | <b>2.4</b> Slices    | <b>188</b> | 12 | 35 | 2 |
|                                | M | <b>2.4</b> Slices    | <b>188</b> | 12 | 35 | 2 |
| Corn tortillas                 | F | <b>3.4</b> Tortillas | <b>188</b> | 3  | 38 | 3 |
|                                | M | <b>3.4</b> Tortillas | <b>188</b> | 3  | 38 | 3 |
| Dried fruit                    | F | <b>2.4</b> oz        | <b>188</b> | 2  | 48 | 0 |
|                                | M | <b>2.4</b> oz        | <b>188</b> | 2  | 48 | 0 |
| Honey, raw*                    | F | <b>2.9</b> Tbsp      | <b>188</b> | 0  | 50 | 0 |
|                                | M | <b>2.9</b> Tbsp      | <b>188</b> | 0  | 50 | 0 |
| Maple syrup, pure*             | F | <b>3.4</b> Tbsp      | <b>188</b> | 0  | 48 | 0 |
|                                | M | <b>3.4</b> Tbsp      | <b>188</b> | 0  | 48 | 0 |
| Pasta, bean cooked             | F | <b>4.7</b> oz        | <b>188</b> | 14 | 33 | 5 |
|                                | M | <b>4.7</b> oz        | <b>188</b> | 14 | 33 | 5 |

### SERVING

CAL

P

C

F

|                      |   |                 |            |    |    |   |
|----------------------|---|-----------------|------------|----|----|---|
| Pasta, bean dry      | F | <b>2</b> oz     | <b>188</b> | 12 | 32 | 4 |
|                      | M | <b>2</b> oz     | <b>188</b> | 12 | 32 | 4 |
| Pasta, lentil cooked | F | <b>2.2</b> oz   | <b>188</b> | 15 | 24 | 2 |
|                      | M | <b>2.2</b> oz   | <b>188</b> | 15 | 24 | 2 |
| Pasta, lentil dry    | F | <b>1.9</b> oz   | <b>188</b> | 8  | 39 | 2 |
|                      | M | <b>1.9</b> oz   | <b>188</b> | 8  | 39 | 2 |
| Popcorn, air-popped  | F | <b>6.1</b> Cups | <b>188</b> | 6  | 36 | 0 |
|                      | M | <b>6.1</b> Cups | <b>188</b> | 6  | 36 | 0 |
| Rice, white cooked   | F | <b>0.9</b> Cups | <b>188</b> | 4  | 41 | 0 |
|                      | M | <b>0.9</b> Cups | <b>188</b> | 4  | 41 | 0 |
| Rice, white dry      | F | <b>0.3</b> Cups | <b>188</b> | 4  | 42 | 0 |
|                      | M | <b>0.3</b> Cups | <b>188</b> | 4  | 42 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

625 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 3.9 oz   | 175 | 4 | 8  | 16 | Nuts, walnuts           | F | 0.9 oz   | 175 | 4  | 4  | 18 |
|                               | M | 3.5 oz   | 156 | 3 | 7  | 14 |                         | M | 0.8 oz   | 156 | 3  | 3  | 16 |
| Butter, grass-fed             | F | 1.8 Tbsp | 175 | 0 | 0  | 19 | Oil, avocado            | F | 1.4 Tbsp | 175 | 0  | 0  | 20 |
|                               | M | 1.6 Tbsp | 156 | 0 | 0  | 17 |                         | M | 1.3 Tbsp | 156 | 0  | 0  | 18 |
| Cacao nibs                    | F | 3.2 Tbsp | 175 | 0 | 10 | 13 | Oil, extra virgin olive | F | 1.5 Tbsp | 175 | 0  | 0  | 21 |
|                               | M | 2.9 Tbsp | 156 | 0 | 9  | 12 |                         | M | 1.3 Tbsp | 156 | 0  | 0  | 18 |
| Coconut milk, unsweetened*    | F | 4 Cups   | 175 | 0 | 4  | 16 | Oil, flaxseed           | F | 1.5 Tbsp | 175 | 0  | 0  | 20 |
|                               | M | 3.5 Cups | 156 | 0 | 4  | 14 |                         | M | 1.3 Tbsp | 156 | 0  | 0  | 18 |
| Guacamole                     | F | 7 Tbsp   | 175 | 7 | 7  | 14 | Oil, grapeseed          | F | 1.4 Tbsp | 175 | 0  | 0  | 20 |
|                               | M | 6.2 Tbsp | 156 | 6 | 6  | 12 |                         | M | 1.3 Tbsp | 156 | 0  | 0  | 18 |
| Hummus                        | F | 5 Tbsp   | 175 | 5 | 10 | 15 | Oil, sesame             | F | 1.5 Tbsp | 175 | 0  | 0  | 20 |
|                               | M | 4.5 Tbsp | 156 | 4 | 9  | 13 |                         | M | 1.3 Tbsp | 156 | 0  | 0  | 18 |
| Nut butter, almond            | F | 1.8 Tbsp | 175 | 7 | 6  | 17 | Olives, black           | F | 3.5 oz   | 175 | 0  | 7  | 18 |
|                               | M | 1.6 Tbsp | 156 | 7 | 5  | 15 |                         | M | 3.1 oz   | 156 | 0  | 6  | 16 |
| Nut butter, cashew            | F | 1.8 Tbsp | 175 | 4 | 9  | 15 | Olives, green           | F | 3.5 oz   | 175 | 4  | 4  | 18 |
|                               | M | 1.6 Tbsp | 156 | 3 | 8  | 13 |                         | M | 3.1 oz   | 156 | 3  | 3  | 16 |
| Nut milk, almond unsweetened* | F | 5.8 Cups | 175 | 6 | 6  | 18 | Olives, kalamata        | F | 2.1 oz   | 175 | 0  | 8  | 16 |
|                               | M | 5.2 Cups | 156 | 5 | 5  | 16 |                         | M | 1.8 oz   | 156 | 0  | 7  | 15 |
| Nut milk, cashew unsweetened* | F | 7 Cups   | 175 | 7 | 7  | 14 | Pea milk, unsweetened   | F | 1.8 Cups | 175 | 14 | 11 | 7  |
|                               | M | 6.2 Cups | 156 | 6 | 6  | 12 |                         | M | 1.6 Cups | 156 | 13 | 9  | 6  |
| Nuts, almonds                 | F | 1.1 oz   | 175 | 6 | 6  | 15 | Seed butter, sunflower  | F | 1.8 Tbsp | 175 | 7  | 7  | 14 |
|                               | M | 1 oz     | 156 | 6 | 6  | 13 |                         | M | 1.6 Tbsp | 156 | 6  | 6  | 12 |
| Nuts, brazil nuts             | F | 0.9 oz   | 175 | 4 | 1  | 17 | Seeds, chia             | F | 2.6 Tbsp | 175 | 5  | 15 | 10 |
|                               | M | 0.8 oz   | 156 | 3 | 1  | 15 |                         | M | 2.3 Tbsp | 156 | 5  | 14 | 9  |
| Nuts, cashews                 | F | 1.1 oz   | 175 | 6 | 10 | 13 | Seeds, flax             | F | 3.4 Tbsp | 175 | 7  | 10 | 13 |
|                               | M | 1 oz     | 156 | 5 | 9  | 12 |                         | M | 3 Tbsp   | 156 | 6  | 9  | 12 |
| Nuts, hazelnuts               | F | 1 oz     | 175 | 4 | 5  | 16 | Seeds, hemp             | F | 2.9 Tbsp | 175 | 9  | 0  | 15 |
|                               | M | 0.9 oz   | 156 | 3 | 4  | 14 |                         | M | 2.6 Tbsp | 156 | 8  | 0  | 13 |
| Nuts, pecans                  | F | 0.9 oz   | 175 | 3 | 4  | 18 | Seeds, pumpkin          | F | 1 oz     | 175 | 9  | 3  | 15 |
|                               | M | 0.8 oz   | 156 | 2 | 3  | 16 |                         | M | 0.9 oz   | 156 | 8  | 3  | 14 |
| Nuts, pistachios shelled      | F | 1 oz     | 175 | 7 | 3  | 14 | Seeds, sunflower        | F | 1.3 oz   | 175 | 11 | 4  | 10 |
|                               | M | 0.9 oz   | 156 | 6 | 3  | 13 |                         | M | 1.1 oz   | 156 | 10 | 3  | 9  |



**625** CALORIES PER MEAL

## EAT SOME

| EAT SOME           |   | SERVING |      | CAL | P  | C | F  |                             |   | SERVING |      | CAL | P  | C  | F  |
|--------------------|---|---------|------|-----|----|---|----|-----------------------------|---|---------|------|-----|----|----|----|
| Butter             | F | 1.8     | Tbsp | 175 | 0  | 0 | 19 | Cheese, ricotta             | F | 4       | oz   | 175 | 12 | 4  | 12 |
|                    | M | 1.6     | Tbsp | 156 | 0  | 0 | 17 |                             | M | 3.5     | oz   | 156 | 11 | 4  | 11 |
| Cheese, asiago     | F | 1.6     | oz   | 175 | 13 | 2 | 13 | Cheese, swiss               | F | 1.6     | oz   | 175 | 13 | 0  | 14 |
|                    | M | 1.4     | oz   | 156 | 12 | 1 | 12 |                             | M | 1.4     | oz   | 156 | 11 | 0  | 13 |
| Cheese, blue       | F | 1.8     | oz   | 175 | 12 | 0 | 14 | Chocolate, dark >70% cacao* | F | 1       | oz   | 175 | 2  | 13 | 13 |
|                    | M | 1.6     | oz   | 156 | 11 | 0 | 12 |                             | M | 0.9     | oz   | 156 | 2  | 12 | 12 |
| Cheese, brie       | F | 1.9     | oz   | 175 | 10 | 0 | 15 | Coconut flakes unsweetened  | F | 3.2     | Tbsp | 175 | 0  | 0  | 16 |
|                    | M | 1.7     | oz   | 156 | 9  | 0 | 14 |                             | M | 2.8     | Tbsp | 156 | 0  | 0  | 14 |
| Cheese, cheddar    | F | 1.5     | oz   | 175 | 9  | 2 | 14 | Coconut milk, full fat      | F | 0.4     | Cups | 175 | 1  | 2  | 18 |
|                    | M | 1.4     | oz   | 156 | 8  | 1 | 12 |                             | M | 0.4     | Cups | 156 | 1  | 2  | 16 |
| Cheese, feta       | F | 2.5     | oz   | 175 | 15 | 5 | 10 | Ghee                        | F | 1.3     | Tbsp | 175 | 0  | 0  | 19 |
|                    | M | 2.2     | oz   | 156 | 13 | 4 | 9  |                             | M | 1.2     | Tbsp | 156 | 0  | 0  | 17 |
| Cheese, goat       | F | 2.2     | oz   | 175 | 9  | 4 | 13 | Heavy cream                 | F | 3.5     | Tbsp | 175 | 0  | 0  | 21 |
|                    | M | 2       | oz   | 156 | 8  | 4 | 12 |                             | M | 3.1     | Tbsp | 156 | 0  | 0  | 19 |
| Cheese, gouda      | F | 1.7     | oz   | 175 | 12 | 2 | 14 | Nut butter, peanut          | F | 1.8     | Tbsp | 175 | 7  | 5  | 14 |
|                    | M | 1.5     | oz   | 156 | 11 | 2 | 12 |                             | M | 1.6     | Tbsp | 156 | 6  | 5  | 12 |
| Cheese, mozzarella | F | 2.2     | oz   | 175 | 15 | 2 | 9  | Oil, extra virgin coconut   | F | 1.4     | Tbsp | 175 | 0  | 0  | 19 |
|                    | M | 1.9     | oz   | 156 | 13 | 2 | 8  |                             | M | 1.2     | Tbsp | 156 | 0  | 0  | 17 |
| Cheese, muenster   | F | 1.7     | oz   | 175 | 12 | 0 | 15 | Peanuts                     | F | 1.1     | oz   | 175 | 8  | 5  | 15 |
|                    | M | 1.5     | oz   | 156 | 11 | 0 | 14 |                             | M | 1       | oz   | 156 | 7  | 5  | 14 |
| Cheese, parmesan   | F | 1.5     | oz   | 175 | 17 | 0 | 14 | Salad dressing, oil-based   | F | 2.2     | Tbsp | 175 | 0  | 4  | 18 |
|                    | M | 1.4     | oz   | 156 | 15 | 0 | 12 |                             | M | 2       | Tbsp | 156 | 0  | 4  | 16 |
| Cheese, provolone  | F | 1.8     | oz   | 175 | 12 | 2 | 14 |                             |   |         |      |     |    |    |    |
|                    | M | 1.6     | oz   | 156 | 11 | 2 | 12 |                             |   |         |      |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**650** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 4.5 oz    | 273 | 45 | 0  | 9  | Fish, mahi mahi               | F | 8.8 oz     | 273 | 62 | 0  | 0  |
|                             | M | 4.8 oz    | 293 | 48 | 0  | 10 |                               | M | 9.5 oz     | 293 | 66 | 0  | 0  |
| Beef, eye round             | F | 4.6 oz    | 273 | 37 | 0  | 14 | Fish, salmon                  | F | 4.6 oz     | 273 | 28 | 0  | 19 |
|                             | M | 5 oz      | 293 | 40 | 0  | 15 |                               | M | 5 oz       | 293 | 30 | 0  | 20 |
| Beef, flank                 | F | 4.8 oz    | 273 | 38 | 0  | 14 | Lobster                       | F | 10.9 oz    | 273 | 55 | 0  | 0  |
|                             | M | 5.1 oz    | 293 | 41 | 0  | 15 |                               | M | 11.7 oz    | 293 | 59 | 0  | 0  |
| Beef, ground 96/4           | F | 5.1 oz    | 273 | 46 | 0  | 10 | Nutritional yeast*            | F | 13.7 Tbsp  | 273 | 41 | 27 | 0  |
|                             | M | 5.4 oz    | 293 | 49 | 0  | 11 |                               | M | 14.7 Tbsp  | 293 | 44 | 29 | 0  |
| Beef, ground 90/10          | F | 4.5 oz    | 273 | 36 | 0  | 13 | Pheasant                      | F | 4 oz       | 273 | 36 | 0  | 12 |
|                             | M | 4.8 oz    | 293 | 38 | 0  | 14 |                               | M | 4.3 oz     | 293 | 39 | 0  | 13 |
| Beef, sirloin tip side      | F | 5.8 oz    | 273 | 46 | 0  | 6  | Rabbit                        | F | 5.6 oz     | 273 | 50 | 0  | 6  |
|                             | M | 6.2 oz    | 293 | 50 | 0  | 6  |                               | M | 6 oz       | 293 | 54 | 0  | 6  |
| Beef, top round             | F | 4.6 oz    | 273 | 41 | 0  | 9  | Scallops                      | F | 10.9 oz    | 273 | 55 | 0  | 0  |
|                             | M | 4.9 oz    | 293 | 44 | 0  | 10 |                               | M | 11.7 oz    | 293 | 59 | 0  | 0  |
| Bison                       | F | 5.4 oz    | 273 | 37 | 0  | 11 | Shrimp                        | F | 9.8 oz     | 273 | 68 | 0  | 0  |
|                             | M | 5.7 oz    | 293 | 40 | 0  | 11 |                               | M | 10.5 oz    | 293 | 73 | 0  | 0  |
| Broth, bone                 | F | 13.7 oz   | 273 | 55 | 0  | 14 | TruLean protein powder, vegan | F | 2.5 Scoops | 273 | 55 | 5  | 5  |
|                             | M | 14.7 oz   | 293 | 59 | 0  | 15 |                               | M | 2.7 Scoops | 293 | 59 | 5  | 5  |
| Chicken, breast             | F | 5.8 oz    | 273 | 52 | 0  | 6  | TruLean protein powder, whey  | F | 2.7 Scoops | 273 | 66 | 3  | 0  |
|                             | M | 6.2 oz    | 293 | 56 | 0  | 6  |                               | M | 2.9 Scoops | 293 | 70 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.7 Cups  | 273 | 38 | 27 | 0  | Turkey, breast                | F | 6.3 oz     | 273 | 57 | 0  | 6  |
|                             | M | 1.8 Cups  | 293 | 40 | 29 | 0  |                               | M | 6.8 oz     | 293 | 61 | 0  | 7  |
| Cottage cheese, 2% fat      | F | 1.7 Cups  | 273 | 38 | 10 | 9  | Turkey, ground 99/1           | F | 7 oz       | 273 | 56 | 0  | 7  |
|                             | M | 1.8 Cups  | 293 | 40 | 11 | 9  |                               | M | 7.5 oz     | 293 | 60 | 0  | 8  |
| Crab                        | F | 9.4 oz    | 273 | 56 | 0  | 0  | Turkey, ground 93/7           | F | 4.6 oz     | 273 | 36 | 0  | 14 |
|                             | M | 10.1 oz   | 293 | 61 | 0  | 0  |                               | M | 4.9 oz     | 293 | 39 | 0  | 15 |
| Egg whites, pourable*       | F | 21 oz     | 273 | 63 | 0  | 0  | Turkey, ground 90/10          | F | 4.6 oz     | 273 | 32 | 0  | 14 |
|                             | M | 22.5 oz   | 293 | 68 | 0  | 0  |                               | M | 5 oz       | 293 | 35 | 0  | 15 |
| Egg whites, from whole egg* | F | 16.1 Eggs | 273 | 64 | 0  | 0  | Venison                       | F | 5.2 oz     | 273 | 41 | 0  | 10 |
|                             | M | 17.2 Eggs | 293 | 69 | 0  | 0  |                               | M | 5.5 oz     | 293 | 44 | 0  | 11 |
| Fish, ahi tuna steak        | F | 7 oz      | 273 | 56 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.3 Cups   | 273 | 48 | 18 | 0  |
|                             | M | 7.5 oz    | 293 | 60 | 0  | 0  |                               | M | 2.4 Cups   | 293 | 51 | 20 | 0  |
| Fish, cod                   | F | 7.8 oz    | 273 | 47 | 0  | 8  | Yogurt, Greek plain low-fat   | F | 1.6 Cups   | 273 | 39 | 14 | 8  |
|                             | M | 8.4 oz    | 293 | 50 | 0  | 8  |                               | M | 1.7 Cups   | 293 | 41 | 16 | 9  |



## PROTEIN

**650** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 4.1 oz   | 273 | 29 | 0  | 17 |
|                        | M | 4.4 oz   | 293 | 31 | 0  | 18 |
| Beef, skirt            | F | 4.4 oz   | 273 | 31 | 0  | 13 |
|                        | M | 4.7 oz   | 293 | 33 | 0  | 14 |
| Chicken, ground        | F | 5.1 oz   | 273 | 35 | 0  | 15 |
|                        | M | 5.4 oz   | 293 | 38 | 0  | 16 |
| Chicken, thighs        | F | 5 oz     | 273 | 35 | 0  | 15 |
|                        | M | 5.3 oz   | 293 | 37 | 0  | 16 |
| Cottage cheese, 4% fat | F | 1.1 Cups | 273 | 27 | 14 | 11 |
|                        | M | 1.2 Cups | 293 | 29 | 15 | 12 |
| Dairy milk, skim*      | F | 3 Cups   | 273 | 24 | 39 | 0  |
|                        | M | 3.3 Cups | 293 | 26 | 42 | 0  |
| Dairy milk, 1%*        | F | 2.5 Cups | 273 | 20 | 32 | 7  |
|                        | M | 2.7 Cups | 293 | 21 | 35 | 8  |
| Dairy milk, 2%*        | F | 2.1 Cups | 273 | 17 | 27 | 11 |
|                        | M | 2.3 Cups | 293 | 18 | 29 | 11 |
| Deli meat, chicken     | F | 9.1 oz   | 273 | 55 | 9  | 0  |
|                        | M | 9.8 oz   | 293 | 59 | 10 | 0  |
| Deli meat, ham         | F | 7.8 oz   | 273 | 39 | 0  | 16 |
|                        | M | 8.4 oz   | 293 | 42 | 0  | 17 |
| Deli meat, roast beef  | F | 7.8 oz   | 273 | 55 | 0  | 8  |
|                        | M | 8.4 oz   | 293 | 59 | 0  | 8  |
| Deli meat, turkey      | F | 9.1 oz   | 273 | 55 | 0  | 9  |
|                        | M | 9.8 oz   | 293 | 59 | 0  | 10 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 4.1 oz   | 273 | 24 | 0  | 20 |
|                              | M | 4.4 oz   | 293 | 26 | 0  | 22 |
| Eggs, whole *                | F | 3.9 Eggs | 273 | 23 | 4  | 20 |
|                              | M | 4.2 Eggs | 293 | 25 | 4  | 21 |
| Fish, tuna packaged          | F | 9.1 oz   | 273 | 64 | 0  | 0  |
|                              | M | 9.8 oz   | 293 | 68 | 0  | 0  |
| Lamb, ground                 | F | 3.4 oz   | 273 | 24 | 0  | 20 |
|                              | M | 3.7 oz   | 293 | 26 | 0  | 22 |
| Lamb, shank                  | F | 6.8 oz   | 273 | 34 | 7  | 14 |
|                              | M | 7.3 oz   | 293 | 37 | 7  | 15 |
| Pork, tenderloin             | F | 6.7 oz   | 273 | 47 | 0  | 7  |
|                              | M | 7.1 oz   | 293 | 50 | 0  | 7  |
| Tempeh                       | F | 4.9 oz   | 273 | 24 | 15 | 15 |
|                              | M | 5.2 oz   | 293 | 26 | 16 | 16 |
| Tofu                         | F | 11.9 oz  | 273 | 24 | 12 | 12 |
|                              | M | 12.7 oz  | 293 | 25 | 13 | 13 |
| Turkey, bacon*               | F | 3.5 oz   | 273 | 28 | 0  | 18 |
|                              | M | 3.8 oz   | 293 | 30 | 0  | 19 |
| Turkey, ground 85/15         | F | 4.3 oz   | 273 | 30 | 0  | 21 |
|                              | M | 4.6 oz   | 293 | 32 | 0  | 23 |
| Yogurt, Greek plain full fat | F | 1.2 Cups | 273 | 26 | 11 | 13 |
|                              | M | 1.3 Cups | 293 | 28 | 11 | 14 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**650** CALORIES PER MEAL

## EAT MORE

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.8 Cups | 195 | 7  | 36 | 3 | Edamame                     | F | 1 Cups   | 195 | 16 | 18 | 6 |
|                              | M | 0.8 Cups | 195 | 7  | 36 | 3 |                             | M | 1 Cups   | 195 | 16 | 18 | 6 |
| Amaranth, dry                | F | 0.3 Cups | 195 | 8  | 35 | 4 | Farro, cooked               | F | 1 Cups   | 195 | 7  | 36 | 2 |
|                              | M | 0.3 Cups | 195 | 8  | 35 | 4 |                             | M | 1 Cups   | 195 | 7  | 36 | 2 |
| Apple                        | F | 13 oz    | 195 | 0  | 52 | 0 | Farro, dry                  | F | 0.3 Cups | 195 | 8  | 37 | 1 |
|                              | M | 13 oz    | 195 | 0  | 52 | 0 |                             | M | 0.3 Cups | 195 | 8  | 37 | 1 |
| Banana                       | F | 7.8 oz   | 195 | 0  | 47 | 0 | Grapefruit                  | F | 21.7 oz  | 195 | 0  | 43 | 0 |
|                              | M | 7.8 oz   | 195 | 0  | 47 | 0 |                             | M | 21.7 oz  | 195 | 0  | 43 | 0 |
| Beans, black canned          | F | 0.9 Cups | 195 | 12 | 34 | 2 | Grapes                      | F | 10.8 oz  | 195 | 0  | 54 | 0 |
|                              | M | 0.9 Cups | 195 | 12 | 34 | 2 |                             | M | 10.8 oz  | 195 | 0  | 54 | 0 |
| Beans, cannellini canned     | F | 1 Cups   | 195 | 14 | 37 | 0 | Kamut, cooked               | F | 0.8 Cups | 195 | 9  | 40 | 2 |
|                              | M | 1 Cups   | 195 | 14 | 37 | 0 |                             | M | 0.8 Cups | 195 | 9  | 40 | 2 |
| Beans, garbanzo canned       | F | 0.8 Cups | 195 | 10 | 31 | 0 | Kamut, dry                  | F | 0.3 Cups | 195 | 8  | 41 | 1 |
|                              | M | 0.8 Cups | 195 | 10 | 31 | 0 |                             | M | 0.3 Cups | 195 | 8  | 41 | 1 |
| Beans, great northern canned | F | 0.9 Cups | 195 | 12 | 35 | 0 | Kiwi                        | F | 11.5 oz  | 195 | 0  | 46 | 0 |
|                              | M | 0.9 Cups | 195 | 12 | 35 | 0 |                             | M | 11.5 oz  | 195 | 0  | 46 | 0 |
| Beans, kidney canned         | F | 0.9 Cups | 195 | 12 | 34 | 2 | Lentils, cooked             | F | 0.8 Cups | 195 | 15 | 34 | 0 |
|                              | M | 0.9 Cups | 195 | 12 | 34 | 2 |                             | M | 0.8 Cups | 195 | 15 | 34 | 0 |
| Beans, lima canned           | F | 1.8 Cups | 195 | 11 | 35 | 0 | Lentils, dry                | F | 0.4 Cups | 195 | 16 | 39 | 0 |
|                              | M | 1.8 Cups | 195 | 11 | 35 | 0 |                             | M | 0.4 Cups | 195 | 16 | 39 | 0 |
| Beans, pinto canned          | F | 1.1 Cups | 195 | 13 | 37 | 0 | Mango                       | F | 11.5 oz  | 195 | 0  | 46 | 0 |
|                              | M | 1.1 Cups | 195 | 13 | 37 | 0 |                             | M | 11.5 oz  | 195 | 0  | 46 | 0 |
| Beets                        | F | 16.3 oz  | 195 | 0  | 49 | 0 | Melon, cantaloupe           | F | 19.5 oz  | 195 | 0  | 39 | 0 |
|                              | M | 16.3 oz  | 195 | 0  | 49 | 0 |                             | M | 19.5 oz  | 195 | 0  | 39 | 0 |
| Blackberries                 | F | 16.3 oz  | 195 | 0  | 49 | 0 | Melon, honeydew             | F | 19.5 oz  | 195 | 0  | 59 | 0 |
|                              | M | 16.3 oz  | 195 | 0  | 49 | 0 |                             | M | 19.5 oz  | 195 | 0  | 59 | 0 |
| Blueberries                  | F | 12.2 oz  | 195 | 0  | 49 | 0 | Melon, watermelon           | F | 21.7 oz  | 195 | 0  | 43 | 0 |
|                              | M | 12.2 oz  | 195 | 0  | 49 | 0 |                             | M | 21.7 oz  | 195 | 0  | 43 | 0 |
| Buckwheat, cooked            | F | 1.3 Cups | 195 | 8  | 42 | 1 | Millet, cooked              | F | 0.9 Cups | 195 | 6  | 39 | 2 |
|                              | M | 1.3 Cups | 195 | 8  | 42 | 1 |                             | M | 0.9 Cups | 195 | 6  | 39 | 2 |
| Buckwheat, dry               | F | 0.3 Cups | 195 | 7  | 42 | 1 | Millet, dry                 | F | 0.2 Cups | 195 | 6  | 39 | 2 |
|                              | M | 0.3 Cups | 195 | 7  | 42 | 1 |                             | M | 0.2 Cups | 195 | 6  | 39 | 2 |
| Clementine                   | F | 15 oz    | 195 | 0  | 45 | 0 | Oat milk                    | F | 2.4 Cups | 195 | 5  | 27 | 7 |
|                              | M | 15 oz    | 195 | 0  | 45 | 0 |                             | M | 2.4 Cups | 195 | 5  | 27 | 7 |
| Corn                         | F | 1.4 Cups | 195 | 3  | 36 | 3 | Oats, old fashioned, cooked | F | 1.2 Cups | 195 | 7  | 33 | 5 |
|                              | M | 1.4 Cups | 195 | 3  | 36 | 3 |                             | M | 1.2 Cups | 195 | 7  | 33 | 5 |



## CARB

**650** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.7     | Cups | 195 | 7  | 35 | 4 | Raspberries        | F | 13      | oz   | 195 | 0 | 39 | 0 |
|                          | M | 0.7     | Cups | 195 | 7  | 35 | 4 |                    | M | 13      | oz   | 195 | 0 | 39 | 0 |
| Oats, steel cut, cooked  | F | 1.3     | Cups | 195 | 10 | 68 | 3 | Rice, brown cooked | F | 0.9     | Cups | 195 | 5 | 40 | 2 |
|                          | M | 1.3     | Cups | 195 | 10 | 68 | 3 |                    | M | 0.9     | Cups | 195 | 5 | 40 | 2 |
| Oats, steel cut, dry     | F | 0.3     | Cups | 195 | 7  | 35 | 3 | Rice, brown dry    | F | 0.3     | Cups | 195 | 4 | 43 | 2 |
|                          | M | 0.3     | Cups | 195 | 7  | 35 | 3 |                    | M | 0.3     | Cups | 195 | 4 | 43 | 2 |
| Orange                   | F | 15      | oz   | 195 | 0  | 45 | 0 | Rice, wild cooked  | F | 1.2     | Cups | 195 | 8 | 41 | 1 |
|                          | M | 15      | oz   | 195 | 0  | 45 | 0 |                    | M | 1.2     | Cups | 195 | 8 | 41 | 1 |
| Papaya                   | F | 16.3    | oz   | 195 | 0  | 33 | 0 | Rice, wild dry     | F | 0.3     | Cups | 195 | 8 | 41 | 1 |
|                          | M | 16.3    | oz   | 195 | 0  | 33 | 0 |                    | M | 0.3     | Cups | 195 | 8 | 41 | 1 |
| Parsnips                 | F | 9.3     | oz   | 195 | 0  | 46 | 0 | Spelt, cooked      | F | 0.8     | Cups | 195 | 9 | 40 | 2 |
|                          | M | 9.3     | oz   | 195 | 0  | 46 | 0 |                    | M | 0.8     | Cups | 195 | 9 | 40 | 2 |
| Peach                    | F | 17.7    | oz   | 195 | 0  | 53 | 0 | Spelt, dry         | F | 0.3     | Cups | 195 | 8 | 43 | 1 |
|                          | M | 17.7    | oz   | 195 | 0  | 53 | 0 |                    | M | 0.3     | Cups | 195 | 8 | 43 | 1 |
| Pear                     | F | 12.2    | oz   | 195 | 0  | 49 | 0 | Squash, acorn      | F | 16.3    | oz   | 195 | 0 | 49 | 0 |
|                          | M | 12.2    | oz   | 195 | 0  | 49 | 0 |                    | M | 16.3    | oz   | 195 | 0 | 49 | 0 |
| Pineapple                | F | 13.9    | oz   | 195 | 0  | 56 | 0 | Squash, butternut  | F | 8.5     | oz   | 195 | 8 | 51 | 0 |
|                          | M | 13.9    | oz   | 195 | 0  | 56 | 0 |                    | M | 8.5     | oz   | 195 | 8 | 51 | 0 |
| Peas, green or yellow    | F | 1.7     | Cups | 195 | 13 | 35 | 0 | Squash, kabocha    | F | 19.5    | oz   | 195 | 0 | 39 | 0 |
|                          | M | 1.7     | Cups | 195 | 13 | 35 | 0 |                    | M | 19.5    | oz   | 195 | 0 | 39 | 0 |
| Potato, sweet            | F | 8.1     | oz   | 195 | 0  | 49 | 0 | Strawberries       | F | 21.7    | oz   | 195 | 0 | 43 | 0 |
|                          | M | 8.1     | oz   | 195 | 0  | 49 | 0 |                    | M | 21.7    | oz   | 195 | 0 | 43 | 0 |
| Potato, white            | F | 9.8     | oz   | 195 | 0  | 49 | 0 | Sweet cherries     | F | 10.8    | oz   | 195 | 0 | 43 | 0 |
|                          | M | 9.8     | oz   | 195 | 0  | 49 | 0 |                    | M | 10.8    | oz   | 195 | 0 | 43 | 0 |
| Potato, yellow           | F | 9.3     | oz   | 195 | 9  | 46 | 0 | Teff, cooked       | F | 0.8     | Cups | 195 | 8 | 38 | 2 |
|                          | M | 9.3     | oz   | 195 | 9  | 46 | 0 |                    | M | 0.8     | Cups | 195 | 8 | 38 | 2 |
| Pumpkin                  | F | 27.9    | oz   | 195 | 0  | 56 | 0 | Teff, dry          | F | 0.3     | Cups | 195 | 7 | 39 | 1 |
|                          | M | 27.9    | oz   | 195 | 0  | 56 | 0 |                    | M | 0.3     | Cups | 195 | 7 | 39 | 1 |
| Quinoa, cooked           | F | 0.9     | Cups | 195 | 7  | 34 | 4 | Water chestnuts    | F | 4.9     | Cups | 195 | 5 | 44 | 0 |
|                          | M | 0.9     | Cups | 195 | 7  | 34 | 4 |                    | M | 4.9     | Cups | 195 | 5 | 44 | 0 |
| Quinoa, dry              | F | 0.3     | Cups | 195 | 6  | 37 | 3 |                    |   |         |      |     |   |    |   |
|                          | M | 0.3     | Cups | 195 | 6  | 37 | 3 |                    |   |         |      |     |   |    |   |



## CARB

**650** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 2 Cups        | 195 | 0  | 51 | 0 |
|                                | M | 2 Cups        | 195 | 0  | 51 | 0 |
| Bread, sprouted or whole wheat | F | 2.4 Slices    | 195 | 12 | 37 | 2 |
|                                | M | 2.4 Slices    | 195 | 12 | 37 | 2 |
| Corn tortillas                 | F | 3.5 Tortillas | 195 | 4  | 39 | 4 |
|                                | M | 3.5 Tortillas | 195 | 4  | 39 | 4 |
| Dried fruit                    | F | 2.5 oz        | 195 | 2  | 49 | 0 |
|                                | M | 2.5 oz        | 195 | 2  | 49 | 0 |
| Honey, raw*                    | F | 3 Tbsp        | 195 | 0  | 52 | 0 |
|                                | M | 3 Tbsp        | 195 | 0  | 52 | 0 |
| Maple syrup, pure*             | F | 3.5 Tbsp      | 195 | 0  | 50 | 0 |
|                                | M | 3.5 Tbsp      | 195 | 0  | 50 | 0 |
| Pasta, bean cooked             | F | 4.9 oz        | 195 | 15 | 34 | 5 |
|                                | M | 4.9 oz        | 195 | 15 | 34 | 5 |

|                      |   | SERVING  | CAL | P  | C  | F |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 2.1 oz   | 195 | 12 | 33 | 4 |
|                      | M | 2.1 oz   | 195 | 12 | 33 | 4 |
| Pasta, lentil cooked | F | 2.3 oz   | 195 | 16 | 25 | 2 |
|                      | M | 2.3 oz   | 195 | 16 | 25 | 2 |
| Pasta, lentil dry    | F | 2 oz     | 195 | 8  | 41 | 2 |
|                      | M | 2 oz     | 195 | 8  | 41 | 2 |
| Popcorn, air-popped  | F | 6.3 Cups | 195 | 6  | 38 | 0 |
|                      | M | 6.3 Cups | 195 | 6  | 38 | 0 |
| Rice, white cooked   | F | 0.9 Cups | 195 | 4  | 43 | 0 |
|                      | M | 0.9 Cups | 195 | 4  | 43 | 0 |
| Rice, white dry      | F | 0.3 Cups | 195 | 4  | 44 | 0 |
|                      | M | 0.3 Cups | 195 | 4  | 44 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**650** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING         | CAL        | P | C  | F  |                         |   | SERVING         | CAL        | P  | C  | F  |
|-------------------------------|---|-----------------|------------|---|----|----|-------------------------|---|-----------------|------------|----|----|----|
| Avocado                       | F | <b>4 oz</b>     | <b>182</b> | 4 | 8  | 16 | Nuts, walnuts           | F | <b>1 oz</b>     | <b>182</b> | 4  | 4  | 19 |
|                               | M | <b>3.6 oz</b>   | <b>163</b> | 4 | 7  | 14 |                         | M | <b>0.9 oz</b>   | <b>163</b> | 4  | 4  | 17 |
| Butter, grass-fed             | F | <b>1.8 Tbsp</b> | <b>182</b> | 0 | 0  | 20 | Oil, avocado            | F | <b>1.5 Tbsp</b> | <b>182</b> | 0  | 0  | 21 |
|                               | M | <b>1.6 Tbsp</b> | <b>163</b> | 0 | 0  | 18 |                         | M | <b>1.3 Tbsp</b> | <b>163</b> | 0  | 0  | 18 |
| Cacao nibs                    | F | <b>3.4 Tbsp</b> | <b>182</b> | 0 | 10 | 13 | Oil, extra virgin olive | F | <b>1.5 Tbsp</b> | <b>182</b> | 0  | 0  | 21 |
|                               | M | <b>3 Tbsp</b>   | <b>163</b> | 0 | 9  | 12 |                         | M | <b>1.4 Tbsp</b> | <b>163</b> | 0  | 0  | 19 |
| Coconut milk, unsweetened*    | F | <b>4.1 Cups</b> | <b>182</b> | 0 | 4  | 17 | Oil, flaxseed           | F | <b>1.5 Tbsp</b> | <b>182</b> | 0  | 0  | 21 |
|                               | M | <b>3.7 Cups</b> | <b>163</b> | 0 | 4  | 15 |                         | M | <b>1.4 Tbsp</b> | <b>163</b> | 0  | 0  | 19 |
| Guacamole                     | F | <b>7.3 Tbsp</b> | <b>182</b> | 7 | 7  | 15 | Oil, grapeseed          | F | <b>1.5 Tbsp</b> | <b>182</b> | 0  | 0  | 21 |
|                               | M | <b>6.5 Tbsp</b> | <b>163</b> | 7 | 7  | 13 |                         | M | <b>1.3 Tbsp</b> | <b>163</b> | 0  | 0  | 19 |
| Hummus                        | F | <b>5.2 Tbsp</b> | <b>182</b> | 5 | 10 | 16 | Oil, sesame             | F | <b>1.5 Tbsp</b> | <b>182</b> | 0  | 0  | 21 |
|                               | M | <b>4.7 Tbsp</b> | <b>163</b> | 5 | 9  | 14 |                         | M | <b>1.4 Tbsp</b> | <b>163</b> | 0  | 0  | 19 |
| Nut butter, almond            | F | <b>1.9 Tbsp</b> | <b>182</b> | 8 | 6  | 17 | Olives, black           | F | <b>3.6 oz</b>   | <b>182</b> | 0  | 7  | 18 |
|                               | M | <b>1.7 Tbsp</b> | <b>163</b> | 7 | 5  | 15 |                         | M | <b>3.3 oz</b>   | <b>163</b> | 0  | 7  | 16 |
| Nut butter, cashew            | F | <b>1.9 Tbsp</b> | <b>182</b> | 4 | 10 | 15 | Olives, green           | F | <b>3.6 oz</b>   | <b>182</b> | 4  | 4  | 18 |
|                               | M | <b>1.7 Tbsp</b> | <b>163</b> | 3 | 9  | 14 |                         | M | <b>3.3 oz</b>   | <b>163</b> | 3  | 3  | 16 |
| Nut milk, almond unsweetened* | F | <b>6.1 Cups</b> | <b>182</b> | 6 | 6  | 18 | Olives, kalamata        | F | <b>2.1 oz</b>   | <b>182</b> | 0  | 9  | 17 |
|                               | M | <b>5.4 Cups</b> | <b>163</b> | 5 | 5  | 16 |                         | M | <b>1.9 oz</b>   | <b>163</b> | 0  | 8  | 15 |
| Nut milk, cashew unsweetened* | F | <b>7.3 Cups</b> | <b>182</b> | 7 | 7  | 15 | Pea milk, unsweetened   | F | <b>1.8 Cups</b> | <b>182</b> | 15 | 11 | 7  |
|                               | M | <b>6.5 Cups</b> | <b>163</b> | 7 | 7  | 13 |                         | M | <b>1.6 Cups</b> | <b>163</b> | 13 | 10 | 7  |
| Nuts, almonds                 | F | <b>1.1 oz</b>   | <b>182</b> | 7 | 7  | 16 | Seed butter, sunflower  | F | <b>1.8 Tbsp</b> | <b>182</b> | 7  | 7  | 15 |
|                               | M | <b>1 oz</b>     | <b>163</b> | 6 | 6  | 14 |                         | M | <b>1.6 Tbsp</b> | <b>163</b> | 7  | 7  | 13 |
| Nuts, brazil nuts             | F | <b>0.9 oz</b>   | <b>182</b> | 4 | 1  | 18 | Seeds, chia             | F | <b>2.7 Tbsp</b> | <b>182</b> | 5  | 16 | 11 |
|                               | M | <b>0.8 oz</b>   | <b>163</b> | 3 | 1  | 16 |                         | M | <b>2.4 Tbsp</b> | <b>163</b> | 5  | 14 | 10 |
| Nuts, cashews                 | F | <b>1.2 oz</b>   | <b>182</b> | 6 | 10 | 14 | Seeds, flax             | F | <b>3.5 Tbsp</b> | <b>182</b> | 7  | 11 | 14 |
|                               | M | <b>1 oz</b>     | <b>163</b> | 5 | 9  | 12 |                         | M | <b>3.1 Tbsp</b> | <b>163</b> | 6  | 9  | 13 |
| Nuts, hazelnuts               | F | <b>1 oz</b>     | <b>182</b> | 4 | 5  | 17 | Seeds, hemp             | F | <b>3 Tbsp</b>   | <b>182</b> | 9  | 0  | 15 |
|                               | M | <b>0.9 oz</b>   | <b>163</b> | 4 | 4  | 15 |                         | M | <b>2.7 Tbsp</b> | <b>163</b> | 8  | 0  | 14 |
| Nuts, pecans                  | F | <b>0.9 oz</b>   | <b>182</b> | 3 | 4  | 18 | Seeds, pumpkin          | F | <b>1.1 oz</b>   | <b>182</b> | 10 | 3  | 16 |
|                               | M | <b>0.8 oz</b>   | <b>163</b> | 2 | 3  | 16 |                         | M | <b>1 oz</b>     | <b>163</b> | 9  | 3  | 14 |
| Nuts, pistachios shelled      | F | <b>1 oz</b>     | <b>182</b> | 7 | 3  | 15 | Seeds, sunflower        | F | <b>1.3 oz</b>   | <b>182</b> | 12 | 4  | 10 |
|                               | M | <b>0.9 oz</b>   | <b>163</b> | 7 | 3  | 13 |                         | M | <b>1.2 oz</b>   | <b>163</b> | 10 | 3  | 9  |



## FAT

**650** CALORIES PER MEAL

### EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 1.8 Tbsp | 182 | 0  | 0 | 20 | Cheese, ricotta             | F | 4.1 oz   | 182 | 12 | 4  | 12 |
|                    | M | 1.6 Tbsp | 163 | 0  | 0 | 18 |                             | M | 3.7 oz   | 163 | 11 | 4  | 11 |
| Cheese, asiago     | F | 1.7 oz   | 182 | 13 | 2 | 13 | Cheese, swiss               | F | 1.7 oz   | 182 | 13 | 0  | 15 |
|                    | M | 1.5 oz   | 163 | 12 | 2 | 12 |                             | M | 1.5 oz   | 163 | 12 | 0  | 13 |
| Cheese, blue       | F | 1.8 oz   | 182 | 13 | 0 | 15 | Chocolate, dark >70% cacao* | F | 1.1 oz   | 182 | 2  | 14 | 14 |
|                    | M | 1.6 oz   | 163 | 11 | 0 | 13 |                             | M | 1 oz     | 163 | 2  | 13 | 13 |
| Cheese, brie       | F | 2 oz     | 182 | 10 | 0 | 16 | Coconut flakes unsweetened  | F | 3.3 Tbsp | 182 | 0  | 0  | 17 |
|                    | M | 1.8 oz   | 163 | 9  | 0 | 14 |                             | M | 3 Tbsp   | 163 | 0  | 0  | 15 |
| Cheese, cheddar    | F | 1.6 oz   | 182 | 9  | 2 | 14 | Coconut milk, full fat      | F | 0.5 Cups | 182 | 1  | 2  | 19 |
|                    | M | 1.4 oz   | 163 | 9  | 1 | 13 |                             | M | 0.4 Cups | 163 | 1  | 2  | 17 |
| Cheese, feta       | F | 2.6 oz   | 182 | 16 | 5 | 10 | Ghee                        | F | 1.3 Tbsp | 182 | 0  | 0  | 20 |
|                    | M | 2.3 oz   | 163 | 14 | 5 | 9  |                             | M | 1.2 Tbsp | 163 | 0  | 0  | 18 |
| Cheese, goat       | F | 2.3 oz   | 182 | 9  | 5 | 14 | Heavy cream                 | F | 3.6 Tbsp | 182 | 0  | 0  | 22 |
|                    | M | 2 oz     | 163 | 8  | 4 | 12 |                             | M | 3.3 Tbsp | 163 | 0  | 0  | 20 |
| Cheese, gouda      | F | 1.8 oz   | 182 | 13 | 2 | 14 | Nut butter, peanut          | F | 1.8 Tbsp | 182 | 7  | 5  | 15 |
|                    | M | 1.6 oz   | 163 | 11 | 2 | 13 |                             | M | 1.6 Tbsp | 163 | 7  | 5  | 13 |
| Cheese, mozzarella | F | 2.2 oz   | 182 | 16 | 2 | 9  | Oil, extra virgin coconut   | F | 1.4 Tbsp | 182 | 0  | 0  | 20 |
|                    | M | 2 oz     | 163 | 14 | 2 | 8  |                             | M | 1.3 Tbsp | 163 | 0  | 0  | 18 |
| Cheese, muenster   | F | 1.8 oz   | 182 | 12 | 0 | 16 | Peanuts                     | F | 1.1 oz   | 182 | 8  | 6  | 16 |
|                    | M | 1.6 oz   | 163 | 11 | 0 | 14 |                             | M | 1 oz     | 163 | 7  | 5  | 14 |
| Cheese, parmesan   | F | 1.6 oz   | 182 | 18 | 0 | 14 | Salad dressing, oil-based   | F | 2.3 Tbsp | 182 | 0  | 5  | 18 |
|                    | M | 1.4 oz   | 163 | 16 | 0 | 13 |                             | M | 2 Tbsp   | 163 | 0  | 4  | 16 |
| Cheese, provolone  | F | 1.8 oz   | 182 | 13 | 2 | 15 |                             |   |          |     |    |    |    |
|                    | M | 1.6 oz   | 163 | 11 | 2 | 13 |                             |   |          |     |    |    |    |

### EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**675** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 4.7 oz    | 284 | 47 | 0  | 9  | Fish, mahi mahi               | F | 9.2 oz     | 284 | 64 | 0  | 0  |
|                             | M | 5 oz      | 304 | 50 | 0  | 10 |                               | M | 9.8 oz     | 304 | 69 | 0  | 0  |
| Beef, eye round             | F | 4.8 oz    | 284 | 39 | 0  | 14 | Fish, salmon                  | F | 4.8 oz     | 284 | 29 | 0  | 19 |
|                             | M | 5.2 oz    | 304 | 41 | 0  | 15 |                               | M | 5.2 oz     | 304 | 31 | 0  | 21 |
| Beef, flank                 | F | 5 oz      | 284 | 40 | 0  | 15 | Lobster                       | F | 11.4 oz    | 284 | 57 | 0  | 0  |
|                             | M | 5.3 oz    | 304 | 43 | 0  | 16 |                               | M | 12.2 oz    | 304 | 61 | 0  | 0  |
| Beef, ground 96/4           | F | 5.3 oz    | 284 | 47 | 0  | 11 | Nutritional yeast*            | F | 14.2 Tbsp  | 284 | 43 | 28 | 0  |
|                             | M | 5.6 oz    | 304 | 51 | 0  | 11 |                               | M | 15.2 Tbsp  | 304 | 46 | 30 | 0  |
| Beef, ground 90/10          | F | 4.7 oz    | 284 | 37 | 0  | 14 | Pheasant                      | F | 4.2 oz     | 284 | 38 | 0  | 13 |
|                             | M | 5 oz      | 304 | 40 | 0  | 15 |                               | M | 4.5 oz     | 304 | 40 | 0  | 13 |
| Beef, sirloin tip side      | F | 6 oz      | 284 | 48 | 0  | 6  | Rabbit                        | F | 5.8 oz     | 284 | 52 | 0  | 6  |
|                             | M | 6.5 oz    | 304 | 52 | 0  | 6  |                               | M | 6.2 oz     | 304 | 56 | 0  | 6  |
| Beef, top round             | F | 4.7 oz    | 284 | 43 | 0  | 9  | Scallops                      | F | 11.4 oz    | 284 | 57 | 0  | 0  |
|                             | M | 5.1 oz    | 304 | 46 | 0  | 10 |                               | M | 12.2 oz    | 304 | 61 | 0  | 0  |
| Bison                       | F | 5.6 oz    | 284 | 39 | 0  | 11 | Shrimp                        | F | 10.1 oz    | 284 | 71 | 0  | 0  |
|                             | M | 6 oz      | 304 | 42 | 0  | 12 |                               | M | 10.9 oz    | 304 | 76 | 0  | 0  |
| Broth, bone                 | F | 14.2 oz   | 284 | 57 | 0  | 14 | TruLean protein powder, vegan | F | 2.6 Scoops | 284 | 57 | 5  | 5  |
|                             | M | 15.2 oz   | 304 | 61 | 0  | 15 |                               | M | 2.8 Scoops | 304 | 61 | 6  | 6  |
| Chicken, breast             | F | 6 oz      | 284 | 54 | 0  | 6  | TruLean protein powder, whey  | F | 2.8 Scoops | 284 | 68 | 3  | 0  |
|                             | M | 6.5 oz    | 304 | 58 | 0  | 6  |                               | M | 3 Scoops   | 304 | 73 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.8 Cups  | 284 | 39 | 28 | 0  | Turkey, breast                | F | 6.6 oz     | 284 | 59 | 0  | 7  |
|                             | M | 1.9 Cups  | 304 | 42 | 30 | 0  |                               | M | 7.1 oz     | 304 | 64 | 0  | 7  |
| Cottage cheese, 2% fat      | F | 1.8 Cups  | 284 | 39 | 11 | 9  | Turkey, ground 99/1           | F | 7.3 oz     | 284 | 58 | 0  | 7  |
|                             | M | 1.9 Cups  | 304 | 42 | 11 | 10 |                               | M | 7.8 oz     | 304 | 62 | 0  | 8  |
| Crab                        | F | 9.8 oz    | 284 | 59 | 0  | 0  | Turkey, ground 93/7           | F | 4.7 oz     | 284 | 38 | 0  | 14 |
|                             | M | 10.5 oz   | 304 | 63 | 0  | 0  |                               | M | 5.1 oz     | 304 | 41 | 0  | 15 |
| Egg whites, pourable*       | F | 21.8 oz   | 284 | 66 | 0  | 0  | Turkey, ground 90/10          | F | 4.8 oz     | 284 | 34 | 0  | 14 |
|                             | M | 23.4 oz   | 304 | 70 | 0  | 0  |                               | M | 5.2 oz     | 304 | 36 | 0  | 15 |
| Egg whites, from whole egg* | F | 16.7 Eggs | 284 | 67 | 0  | 0  | Venison                       | F | 5.4 oz     | 284 | 43 | 0  | 11 |
|                             | M | 17.9 Eggs | 304 | 72 | 0  | 0  |                               | M | 5.7 oz     | 304 | 46 | 0  | 11 |
| Fish, ahi tuna steak        | F | 7.3 oz    | 284 | 58 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.4 Cups   | 284 | 50 | 19 | 0  |
|                             | M | 7.8 oz    | 304 | 62 | 0  | 0  |                               | M | 2.5 Cups   | 304 | 53 | 20 | 0  |
| Fish, cod                   | F | 8.1 oz    | 284 | 49 | 0  | 8  | Yogurt, Greek plain low-fat   | F | 1.7 Cups   | 284 | 40 | 15 | 8  |
|                             | M | 8.7 oz    | 304 | 52 | 0  | 9  |                               | M | 1.8 Cups   | 304 | 43 | 16 | 9  |



## PROTEIN

**675** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 4.3 oz   | 284 | 30 | 0  | 17 |
|                        | M | 4.6 oz   | 304 | 32 | 0  | 18 |
| Beef, skirt            | F | 4.6 oz   | 284 | 32 | 0  | 14 |
|                        | M | 4.9 oz   | 304 | 34 | 0  | 15 |
| Chicken, ground        | F | 5.3 oz   | 284 | 37 | 0  | 16 |
|                        | M | 5.6 oz   | 304 | 39 | 0  | 17 |
| Chicken, thighs        | F | 5.2 oz   | 284 | 36 | 0  | 15 |
|                        | M | 5.5 oz   | 304 | 39 | 0  | 17 |
| Cottage cheese, 4% fat | F | 1.2 Cups | 284 | 28 | 14 | 12 |
|                        | M | 1.3 Cups | 304 | 30 | 15 | 13 |
| Dairy milk, skim*      | F | 3.2 Cups | 284 | 25 | 41 | 0  |
|                        | M | 3.4 Cups | 304 | 27 | 44 | 0  |
| Dairy milk, 1%*        | F | 2.6 Cups | 284 | 21 | 34 | 8  |
|                        | M | 2.8 Cups | 304 | 22 | 36 | 8  |
| Dairy milk, 2%*        | F | 2.2 Cups | 284 | 17 | 28 | 11 |
|                        | M | 2.3 Cups | 304 | 19 | 30 | 12 |
| Deli meat, chicken     | F | 9.5 oz   | 284 | 57 | 9  | 0  |
|                        | M | 10.1 oz  | 304 | 61 | 10 | 0  |
| Deli meat, ham         | F | 8.1 oz   | 284 | 41 | 0  | 16 |
|                        | M | 8.7 oz   | 304 | 43 | 0  | 17 |
| Deli meat, roast beef  | F | 8.1 oz   | 284 | 57 | 0  | 8  |
|                        | M | 8.7 oz   | 304 | 61 | 0  | 9  |
| Deli meat, turkey      | F | 9.5 oz   | 284 | 57 | 0  | 9  |
|                        | M | 10.1 oz  | 304 | 61 | 0  | 10 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 4.2 oz   | 284 | 25 | 0  | 21 |
|                              | M | 4.5 oz   | 304 | 27 | 0  | 23 |
| Eggs, whole *                | F | 4.1 Eggs | 284 | 24 | 4  | 20 |
|                              | M | 4.3 Eggs | 304 | 26 | 4  | 22 |
| Fish, tuna packaged          | F | 9.5 oz   | 284 | 66 | 0  | 0  |
|                              | M | 10.1 oz  | 304 | 71 | 0  | 0  |
| Lamb, ground                 | F | 3.6 oz   | 284 | 25 | 0  | 21 |
|                              | M | 3.8 oz   | 304 | 27 | 0  | 23 |
| Lamb, shank                  | F | 7.1 oz   | 284 | 36 | 7  | 14 |
|                              | M | 7.6 oz   | 304 | 38 | 8  | 15 |
| Pork, tenderloin             | F | 6.9 oz   | 284 | 48 | 0  | 7  |
|                              | M | 7.4 oz   | 304 | 52 | 0  | 7  |
| Tempeh                       | F | 5.1 oz   | 284 | 25 | 15 | 15 |
|                              | M | 5.4 oz   | 304 | 27 | 16 | 16 |
| Tofu                         | F | 12.3 oz  | 284 | 25 | 12 | 12 |
|                              | M | 13.2 oz  | 304 | 26 | 13 | 13 |
| Turkey, bacon*               | F | 3.7 oz   | 284 | 30 | 0  | 18 |
|                              | M | 3.9 oz   | 304 | 32 | 0  | 20 |
| Turkey, ground 85/15         | F | 4.4 oz   | 284 | 31 | 0  | 22 |
|                              | M | 4.8 oz   | 304 | 33 | 0  | 24 |
| Yogurt, Greek plain full fat | F | 1.2 Cups | 284 | 27 | 11 | 14 |
|                              | M | 1.3 Cups | 304 | 29 | 12 | 15 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**675** CALORIES PER MEAL

## EAT MORE

|                              |   | SERVING  | CAL | P  | C  | F |                             |   | SERVING  | CAL | P  | C  | F |
|------------------------------|---|----------|-----|----|----|---|-----------------------------|---|----------|-----|----|----|---|
| Amaranth, cooked             | F | 0.8 Cups | 203 | 7  | 37 | 3 | Edamame                     | F | 1 Cups   | 203 | 16 | 18 | 6 |
|                              | M | 0.8 Cups | 203 | 7  | 37 | 3 |                             | M | 1 Cups   | 203 | 16 | 18 | 6 |
| Amaranth, dry                | F | 0.3 Cups | 203 | 9  | 36 | 4 | Farro, cooked               | F | 1 Cups   | 203 | 7  | 38 | 2 |
|                              | M | 0.3 Cups | 203 | 9  | 36 | 4 |                             | M | 1 Cups   | 203 | 7  | 38 | 2 |
| Apple                        | F | 13.5 oz  | 203 | 0  | 54 | 0 | Farro, dry                  | F | 0.3 Cups | 203 | 8  | 38 | 1 |
|                              | M | 13.5 oz  | 203 | 0  | 54 | 0 |                             | M | 0.3 Cups | 203 | 8  | 38 | 1 |
| Banana                       | F | 8.1 oz   | 203 | 0  | 49 | 0 | Grapefruit                  | F | 22.6 oz  | 203 | 0  | 45 | 0 |
|                              | M | 8.1 oz   | 203 | 0  | 49 | 0 |                             | M | 22.6 oz  | 203 | 0  | 45 | 0 |
| Beans, black canned          | F | 0.9 Cups | 203 | 13 | 35 | 2 | Grapes                      | F | 11.3 oz  | 203 | 0  | 56 | 0 |
|                              | M | 0.9 Cups | 203 | 13 | 35 | 2 |                             | M | 11.3 oz  | 203 | 0  | 56 | 0 |
| Beans, cannellini canned     | F | 1 Cups   | 203 | 14 | 39 | 0 | Kamut, cooked               | F | 0.8 Cups | 203 | 9  | 42 | 2 |
|                              | M | 1 Cups   | 203 | 14 | 39 | 0 |                             | M | 0.8 Cups | 203 | 9  | 42 | 2 |
| Beans, garbanzo canned       | F | 0.8 Cups | 203 | 10 | 32 | 0 | Kamut, dry                  | F | 0.3 Cups | 203 | 9  | 42 | 1 |
|                              | M | 0.8 Cups | 203 | 10 | 32 | 0 |                             | M | 0.3 Cups | 203 | 9  | 42 | 1 |
| Beans, great northern canned | F | 0.9 Cups | 203 | 13 | 37 | 0 | Kiwi                        | F | 11.9 oz  | 203 | 0  | 48 | 0 |
|                              | M | 0.9 Cups | 203 | 13 | 37 | 0 |                             | M | 11.9 oz  | 203 | 0  | 48 | 0 |
| Beans, kidney canned         | F | 1 Cups   | 203 | 13 | 36 | 2 | Lentils, cooked             | F | 0.9 Cups | 203 | 16 | 35 | 0 |
|                              | M | 1 Cups   | 203 | 13 | 36 | 2 |                             | M | 0.9 Cups | 203 | 16 | 35 | 0 |
| Beans, lima canned           | F | 1.8 Cups | 203 | 11 | 37 | 0 | Lentils, dry                | F | 0.5 Cups | 203 | 17 | 41 | 0 |
|                              | M | 1.8 Cups | 203 | 11 | 37 | 0 |                             | M | 0.5 Cups | 203 | 17 | 41 | 0 |
| Beans, pinto canned          | F | 1.1 Cups | 203 | 14 | 38 | 0 | Mango                       | F | 11.9 oz  | 203 | 0  | 48 | 0 |
|                              | M | 1.1 Cups | 203 | 14 | 38 | 0 |                             | M | 11.9 oz  | 203 | 0  | 48 | 0 |
| Beets                        | F | 16.9 oz  | 203 | 0  | 51 | 0 | Melon, cantaloupe           | F | 20.3 oz  | 203 | 0  | 41 | 0 |
|                              | M | 16.9 oz  | 203 | 0  | 51 | 0 |                             | M | 20.3 oz  | 203 | 0  | 41 | 0 |
| Blackberries                 | F | 16.9 oz  | 203 | 0  | 51 | 0 | Melon, honeydew             | F | 20.3 oz  | 203 | 0  | 61 | 0 |
|                              | M | 16.9 oz  | 203 | 0  | 51 | 0 |                             | M | 20.3 oz  | 203 | 0  | 61 | 0 |
| Blueberries                  | F | 12.7 oz  | 203 | 0  | 51 | 0 | Melon, watermelon           | F | 22.6 oz  | 203 | 0  | 45 | 0 |
|                              | M | 12.7 oz  | 203 | 0  | 51 | 0 |                             | M | 22.6 oz  | 203 | 0  | 45 | 0 |
| Buckwheat, cooked            | F | 1.3 Cups | 203 | 8  | 44 | 1 | Millet, cooked              | F | 1 Cups   | 203 | 6  | 40 | 2 |
|                              | M | 1.3 Cups | 203 | 8  | 44 | 1 |                             | M | 1 Cups   | 203 | 6  | 40 | 2 |
| Buckwheat, dry               | F | 0.4 Cups | 203 | 7  | 44 | 1 | Millet, dry                 | F | 0.2 Cups | 203 | 6  | 40 | 2 |
|                              | M | 0.4 Cups | 203 | 7  | 44 | 1 |                             | M | 0.2 Cups | 203 | 6  | 40 | 2 |
| Clementine                   | F | 15.6 oz  | 203 | 0  | 47 | 0 | Oat milk                    | F | 2.5 Cups | 203 | 5  | 28 | 8 |
|                              | M | 15.6 oz  | 203 | 0  | 47 | 0 |                             | M | 2.5 Cups | 203 | 5  | 28 | 8 |
| Corn                         | F | 1.5 Cups | 203 | 3  | 38 | 3 | Oats, old fashioned, cooked | F | 1.2 Cups | 203 | 7  | 34 | 5 |
|                              | M | 1.5 Cups | 203 | 3  | 38 | 3 |                             | M | 1.2 Cups | 203 | 7  | 34 | 5 |



## CARB

675 CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING  | CAL | P  | C  | F |                    | SERVING    | CAL | P | C  | F |
|--------------------------|---|----------|-----|----|----|---|--------------------|------------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.7 Cups | 203 | 7  | 37 | 4 | Raspberries        | F 13.5 oz  | 203 | 0 | 41 | 0 |
|                          | M | 0.7 Cups | 203 | 7  | 37 | 4 |                    | M 13.5 oz  | 203 | 0 | 41 | 0 |
| Oats, steel cut, cooked  | F | 1.4 Cups | 203 | 11 | 70 | 3 | Rice, brown cooked | F 0.9 Cups | 203 | 5 | 41 | 2 |
|                          | M | 1.4 Cups | 203 | 11 | 70 | 3 |                    | M 0.9 Cups | 203 | 5 | 41 | 2 |
| Oats, steel cut, dry     | F | 0.3 Cups | 203 | 7  | 37 | 3 | Rice, brown dry    | F 0.3 Cups | 203 | 4 | 44 | 2 |
|                          | M | 0.3 Cups | 203 | 7  | 37 | 3 |                    | M 0.3 Cups | 203 | 4 | 44 | 2 |
| Orange                   | F | 15.6 oz  | 203 | 0  | 47 | 0 | Rice, wild cooked  | F 1.2 Cups | 203 | 9 | 43 | 1 |
|                          | M | 15.6 oz  | 203 | 0  | 47 | 0 |                    | M 1.2 Cups | 203 | 9 | 43 | 1 |
| Papaya                   | F | 16.9 oz  | 203 | 0  | 34 | 0 | Rice, wild dry     | F 0.4 Cups | 203 | 9 | 43 | 1 |
|                          | M | 16.9 oz  | 203 | 0  | 34 | 0 |                    | M 0.4 Cups | 203 | 9 | 43 | 1 |
| Parsnips                 | F | 9.7 oz   | 203 | 0  | 48 | 0 | Spelt, cooked      | F 0.8 Cups | 203 | 9 | 42 | 2 |
|                          | M | 9.7 oz   | 203 | 0  | 48 | 0 |                    | M 0.8 Cups | 203 | 9 | 42 | 2 |
| Peach                    | F | 18.5 oz  | 203 | 0  | 55 | 0 | Spelt, dry         | F 0.4 Cups | 203 | 9 | 45 | 1 |
|                          | M | 18.5 oz  | 203 | 0  | 55 | 0 |                    | M 0.4 Cups | 203 | 9 | 45 | 1 |
| Pear                     | F | 12.7 oz  | 203 | 0  | 51 | 0 | Squash, acorn      | F 16.9 oz  | 203 | 0 | 51 | 0 |
|                          | M | 12.7 oz  | 203 | 0  | 51 | 0 |                    | M 16.9 oz  | 203 | 0 | 51 | 0 |
| Pineapple                | F | 14.5 oz  | 203 | 0  | 58 | 0 | Squash, butternut  | F 8.8 oz   | 203 | 9 | 53 | 0 |
|                          | M | 14.5 oz  | 203 | 0  | 58 | 0 |                    | M 8.8 oz   | 203 | 9 | 53 | 0 |
| Peas, green or yellow    | F | 1.7 Cups | 203 | 14 | 36 | 0 | Squash, kabocha    | F 20.3 oz  | 203 | 0 | 41 | 0 |
|                          | M | 1.7 Cups | 203 | 14 | 36 | 0 |                    | M 20.3 oz  | 203 | 0 | 41 | 0 |
| Potato, sweet            | F | 8.5 oz   | 203 | 0  | 51 | 0 | Strawberries       | F 22.6 oz  | 203 | 0 | 45 | 0 |
|                          | M | 8.5 oz   | 203 | 0  | 51 | 0 |                    | M 22.6 oz  | 203 | 0 | 45 | 0 |
| Potato, white            | F | 10.2 oz  | 203 | 0  | 51 | 0 | Sweet cherries     | F 11.3 oz  | 203 | 0 | 45 | 0 |
|                          | M | 10.2 oz  | 203 | 0  | 51 | 0 |                    | M 11.3 oz  | 203 | 0 | 45 | 0 |
| Potato, yellow           | F | 9.7 oz   | 203 | 10 | 48 | 0 | Teff, cooked       | F 0.8 Cups | 203 | 8 | 40 | 2 |
|                          | M | 9.7 oz   | 203 | 10 | 48 | 0 |                    | M 0.8 Cups | 203 | 8 | 40 | 2 |
| Pumpkin                  | F | 29 oz    | 203 | 0  | 58 | 0 | Teff, dry          | F 0.3 Cups | 203 | 7 | 40 | 1 |
|                          | M | 29 oz    | 203 | 0  | 58 | 0 |                    | M 0.3 Cups | 203 | 7 | 40 | 1 |
| Quinoa, cooked           | F | 0.9 Cups | 203 | 7  | 36 | 4 | Water chestnuts    | F 5.1 Cups | 203 | 5 | 46 | 0 |
|                          | M | 0.9 Cups | 203 | 7  | 36 | 4 |                    | M 5.1 Cups | 203 | 5 | 46 | 0 |
| Quinoa, dry              | F | 0.3 Cups | 203 | 6  | 38 | 3 |                    |            |     |   |    |   |
|                          | M | 0.3 Cups | 203 | 6  | 38 | 3 |                    |            |     |   |    |   |



## CARB

675 CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 2 Cups        | 203 | 0  | 53 | 0 |
|                                | M | 2 Cups        | 203 | 0  | 53 | 0 |
| Bread, sprouted or whole wheat | F | 2.5 Slices    | 203 | 13 | 38 | 3 |
|                                | M | 2.5 Slices    | 203 | 13 | 38 | 3 |
| Corn tortillas                 | F | 3.7 Tortillas | 203 | 4  | 41 | 4 |
|                                | M | 3.7 Tortillas | 203 | 4  | 41 | 4 |
| Dried fruit                    | F | 2.6 oz        | 203 | 3  | 51 | 0 |
|                                | M | 2.6 oz        | 203 | 3  | 51 | 0 |
| Honey, raw*                    | F | 3.2 Tbsp      | 203 | 0  | 54 | 0 |
|                                | M | 3.2 Tbsp      | 203 | 0  | 54 | 0 |
| Maple syrup, pure*             | F | 3.7 Tbsp      | 203 | 0  | 52 | 0 |
|                                | M | 3.7 Tbsp      | 203 | 0  | 52 | 0 |
| Pasta, bean cooked             | F | 5.1 oz        | 203 | 15 | 36 | 5 |
|                                | M | 5.1 oz        | 203 | 15 | 36 | 5 |

### SERVING

CAL P C F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 2.1 oz   | 203 | 13 | 34 | 4 |
|                      | M | 2.1 oz   | 203 | 13 | 34 | 4 |
| Pasta, lentil cooked | F | 2.4 oz   | 203 | 17 | 26 | 2 |
|                      | M | 2.4 oz   | 203 | 17 | 26 | 2 |
| Pasta, lentil dry    | F | 2 oz     | 203 | 8  | 43 | 2 |
|                      | M | 2 oz     | 203 | 8  | 43 | 2 |
| Popcorn, air-popped  | F | 6.5 Cups | 203 | 7  | 39 | 0 |
|                      | M | 6.5 Cups | 203 | 7  | 39 | 0 |
| Rice, white cooked   | F | 1 Cups   | 203 | 4  | 44 | 0 |
|                      | M | 1 Cups   | 203 | 4  | 44 | 0 |
| Rice, white dry      | F | 0.3 Cups | 203 | 4  | 46 | 0 |
|                      | M | 0.3 Cups | 203 | 4  | 46 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

**675** CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 4.2 oz   | 189 | 4 | 8  | 17 | Nuts, walnuts           | F | 1 oz     | 189 | 4  | 4  | 19 |
|                               | M | 3.8 oz   | 169 | 4 | 8  | 15 |                         | M | 0.9 oz   | 169 | 4  | 4  | 17 |
| Butter, grass-fed             | F | 1.9 Tbsp | 189 | 0 | 0  | 21 | Oil, avocado            | F | 1.5 Tbsp | 189 | 0  | 0  | 21 |
|                               | M | 1.7 Tbsp | 169 | 0 | 0  | 19 |                         | M | 1.4 Tbsp | 169 | 0  | 0  | 19 |
| Cacao nibs                    | F | 3.5 Tbsp | 189 | 0 | 11 | 14 | Oil, extra virgin olive | F | 1.6 Tbsp | 189 | 0  | 0  | 22 |
|                               | M | 3.1 Tbsp | 169 | 0 | 9  | 13 |                         | M | 1.4 Tbsp | 169 | 0  | 0  | 20 |
| Coconut milk, unsweetened*    | F | 4.3 Cups | 189 | 0 | 4  | 17 | Oil, flaxseed           | F | 1.6 Tbsp | 189 | 0  | 0  | 22 |
|                               | M | 3.8 Cups | 169 | 0 | 4  | 15 |                         | M | 1.4 Tbsp | 169 | 0  | 0  | 20 |
| Guacamole                     | F | 7.6 Tbsp | 189 | 8 | 8  | 15 | Oil, grapeseed          | F | 1.5 Tbsp | 189 | 0  | 0  | 22 |
|                               | M | 6.8 Tbsp | 169 | 7 | 7  | 14 |                         | M | 1.4 Tbsp | 169 | 0  | 0  | 19 |
| Hummus                        | F | 5.4 Tbsp | 189 | 5 | 11 | 16 | Oil, sesame             | F | 1.6 Tbsp | 189 | 0  | 0  | 22 |
|                               | M | 4.8 Tbsp | 169 | 5 | 10 | 14 |                         | M | 1.4 Tbsp | 169 | 0  | 0  | 20 |
| Nut butter, almond            | F | 2 Tbsp   | 189 | 8 | 6  | 18 | Olives, black           | F | 3.8 oz   | 189 | 0  | 8  | 19 |
|                               | M | 1.8 Tbsp | 169 | 7 | 5  | 16 |                         | M | 3.4 oz   | 169 | 0  | 7  | 17 |
| Nut butter, cashew            | F | 2 Tbsp   | 189 | 4 | 10 | 16 | Olives, green           | F | 3.8 oz   | 189 | 4  | 4  | 19 |
|                               | M | 1.8 Tbsp | 169 | 4 | 9  | 14 |                         | M | 3.4 oz   | 169 | 3  | 3  | 17 |
| Nut milk, almond unsweetened* | F | 6.3 Cups | 189 | 6 | 6  | 19 | Olives, kalamata        | F | 2.2 oz   | 189 | 0  | 9  | 18 |
|                               | M | 5.6 Cups | 169 | 6 | 6  | 17 |                         | M | 2 oz     | 169 | 0  | 8  | 16 |
| Nut milk, cashew unsweetened* | F | 7.6 Cups | 189 | 8 | 8  | 15 | Pea milk, unsweetened   | F | 1.9 Cups | 189 | 15 | 11 | 8  |
|                               | M | 6.8 Cups | 169 | 7 | 7  | 14 |                         | M | 1.7 Cups | 169 | 14 | 10 | 7  |
| Nuts, almonds                 | F | 1.2 oz   | 189 | 7 | 7  | 16 | Seed butter, sunflower  | F | 1.9 Tbsp | 189 | 8  | 8  | 15 |
|                               | M | 1 oz     | 169 | 6 | 6  | 14 |                         | M | 1.7 Tbsp | 169 | 7  | 7  | 14 |
| Nuts, brazil nuts             | F | 1 oz     | 189 | 4 | 1  | 18 | Seeds, chia             | F | 2.8 Tbsp | 189 | 6  | 17 | 11 |
|                               | M | 0.9 oz   | 169 | 3 | 1  | 16 |                         | M | 2.5 Tbsp | 169 | 5  | 15 | 10 |
| Nuts, cashews                 | F | 1.2 oz   | 189 | 6 | 11 | 14 | Seeds, flax             | F | 3.6 Tbsp | 189 | 7  | 11 | 15 |
|                               | M | 1.1 oz   | 169 | 5 | 10 | 13 |                         | M | 3.3 Tbsp | 169 | 7  | 10 | 13 |
| Nuts, hazelnuts               | F | 1 oz     | 189 | 4 | 5  | 18 | Seeds, hemp             | F | 3.2 Tbsp | 189 | 9  | 0  | 16 |
|                               | M | 0.9 oz   | 169 | 4 | 5  | 16 |                         | M | 2.8 Tbsp | 169 | 8  | 0  | 14 |
| Nuts, pecans                  | F | 1 oz     | 189 | 3 | 4  | 19 | Seeds, pumpkin          | F | 1.1 oz   | 189 | 10 | 3  | 17 |
|                               | M | 0.9 oz   | 169 | 3 | 3  | 17 |                         | M | 1 oz     | 169 | 9  | 3  | 15 |
| Nuts, pistachios shelled      | F | 1.1 oz   | 189 | 8 | 3  | 15 | Seeds, sunflower        | F | 1.4 oz   | 189 | 12 | 4  | 11 |
|                               | M | 1 oz     | 169 | 7 | 3  | 14 |                         | M | 1.2 oz   | 169 | 11 | 4  | 10 |



**675** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 1.9 Tbsp | 189 | 0  | 0 | 21 | Cheese, ricotta             | F | 4.3 oz   | 189 | 13 | 4  | 13 |
|                    | M | 1.7 Tbsp | 169 | 0  | 0 | 19 |                             | M | 3.8 oz   | 169 | 12 | 4  | 12 |
| Cheese, asiago     | F | 1.8 oz   | 189 | 14 | 2 | 14 | Cheese, swiss               | F | 1.7 oz   | 189 | 14 | 0  | 15 |
|                    | M | 1.6 oz   | 169 | 13 | 2 | 13 |                             | M | 1.5 oz   | 169 | 12 | 0  | 14 |
| Cheese, blue       | F | 1.9 oz   | 189 | 13 | 0 | 15 | Chocolate, dark >70% cacao* | F | 1.1 oz   | 189 | 2  | 15 | 15 |
|                    | M | 1.7 oz   | 169 | 12 | 0 | 14 |                             | M | 1 oz     | 169 | 2  | 13 | 13 |
| Cheese, brie       | F | 2.1 oz   | 189 | 10 | 0 | 17 | Coconut flakes unsweetened  | F | 3.4 Tbsp | 189 | 0  | 0  | 17 |
|                    | M | 1.9 oz   | 169 | 9  | 0 | 15 |                             | M | 3.1 Tbsp | 169 | 0  | 0  | 15 |
| Cheese, cheddar    | F | 1.6 oz   | 189 | 10 | 2 | 15 | Coconut milk, full fat      | F | 0.5 Cups | 189 | 1  | 2  | 19 |
|                    | M | 1.5 oz   | 169 | 9  | 1 | 13 |                             | M | 0.4 Cups | 169 | 1  | 2  | 17 |
| Cheese, feta       | F | 2.7 oz   | 189 | 16 | 5 | 11 | Ghee                        | F | 1.4 Tbsp | 189 | 0  | 0  | 21 |
|                    | M | 2.4 oz   | 169 | 14 | 5 | 10 |                             | M | 1.3 Tbsp | 169 | 0  | 0  | 19 |
| Cheese, goat       | F | 2.4 oz   | 189 | 9  | 5 | 14 | Heavy cream                 | F | 3.8 Tbsp | 189 | 0  | 0  | 23 |
|                    | M | 2.1 oz   | 169 | 8  | 4 | 13 |                             | M | 3.4 Tbsp | 169 | 0  | 0  | 20 |
| Cheese, gouda      | F | 1.9 oz   | 189 | 13 | 2 | 15 | Nut butter, peanut          | F | 1.9 Tbsp | 189 | 8  | 6  | 15 |
|                    | M | 1.7 oz   | 169 | 12 | 2 | 13 |                             | M | 1.7 Tbsp | 169 | 7  | 5  | 14 |
| Cheese, mozzarella | F | 2.3 oz   | 189 | 16 | 2 | 9  | Oil, extra virgin coconut   | F | 1.5 Tbsp | 189 | 0  | 0  | 21 |
|                    | M | 2.1 oz   | 169 | 15 | 2 | 8  |                             | M | 1.3 Tbsp | 169 | 0  | 0  | 18 |
| Cheese, muenster   | F | 1.8 oz   | 189 | 13 | 0 | 16 | Peanuts                     | F | 1.2 oz   | 189 | 8  | 6  | 16 |
|                    | M | 1.6 oz   | 169 | 11 | 0 | 15 |                             | M | 1 oz     | 169 | 7  | 5  | 15 |
| Cheese, parmesan   | F | 1.7 oz   | 189 | 18 | 0 | 15 | Salad dressing, oil-based   | F | 2.4 Tbsp | 189 | 0  | 5  | 19 |
|                    | M | 1.5 oz   | 169 | 16 | 0 | 13 |                             | M | 2.1 Tbsp | 169 | 0  | 4  | 17 |
| Cheese, provolone  | F | 1.9 oz   | 189 | 13 | 2 | 15 |                             |   |          |     |    |    |    |
|                    | M | 1.7 oz   | 169 | 12 | 2 | 14 |                             |   |          |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**700** CALORIES PER MEAL

### EAT MORE

| EAT MORE                    |   | SERVING |      | CAL | P  | C  | F  |                               |   | SERVING |        | CAL | P  | C  | F  |
|-----------------------------|---|---------|------|-----|----|----|----|-------------------------------|---|---------|--------|-----|----|----|----|
| Beef, bottom round          | F | 4.8     | oz   | 294 | 48 | 0  | 10 | Fish, mahi mahi               | F | 9.5     | oz     | 294 | 66 | 0  | 0  |
|                             | M | 5.2     | oz   | 315 | 52 | 0  | 10 |                               | M | 10.2    | oz     | 315 | 71 | 0  | 0  |
| Beef, eye round             | F | 5       | oz   | 294 | 40 | 0  | 15 | Fish, salmon                  | F | 5       | oz     | 294 | 30 | 0  | 20 |
|                             | M | 5.3     | oz   | 315 | 43 | 0  | 16 |                               | M | 5.3     | oz     | 315 | 32 | 0  | 21 |
| Beef, flank                 | F | 5.2     | oz   | 294 | 41 | 0  | 15 | Lobster                       | F | 11.8    | oz     | 294 | 59 | 0  | 0  |
|                             | M | 5.5     | oz   | 315 | 44 | 0  | 17 |                               | M | 12.6    | oz     | 315 | 63 | 0  | 0  |
| Beef, ground 96/4           | F | 5.4     | oz   | 294 | 49 | 0  | 11 | Nutritional yeast*            | F | 14.7    | Tbsp   | 294 | 44 | 29 | 0  |
|                             | M | 5.8     | oz   | 315 | 53 | 0  | 12 |                               | M | 15.8    | Tbsp   | 315 | 47 | 32 | 0  |
| Beef, ground 90/10          | F | 4.8     | oz   | 294 | 39 | 0  | 14 | Pheasant                      | F | 4.3     | oz     | 294 | 39 | 0  | 13 |
|                             | M | 5.2     | oz   | 315 | 41 | 0  | 15 |                               | M | 4.6     | oz     | 315 | 42 | 0  | 14 |
| Beef, sirloin tip side      | F | 6.3     | oz   | 294 | 50 | 0  | 6  | Rabbit                        | F | 6       | oz     | 294 | 54 | 0  | 6  |
|                             | M | 6.7     | oz   | 315 | 54 | 0  | 7  |                               | M | 6.4     | oz     | 315 | 58 | 0  | 6  |
| Beef, top round             | F | 4.9     | oz   | 294 | 44 | 0  | 10 | Scallops                      | F | 11.8    | oz     | 294 | 59 | 0  | 0  |
|                             | M | 5.3     | oz   | 315 | 47 | 0  | 11 |                               | M | 12.6    | oz     | 315 | 63 | 0  | 0  |
| Bison                       | F | 5.8     | oz   | 294 | 40 | 0  | 12 | Shrimp                        | F | 10.5    | oz     | 294 | 74 | 0  | 0  |
|                             | M | 6.2     | oz   | 315 | 43 | 0  | 12 |                               | M | 11.3    | oz     | 315 | 79 | 0  | 0  |
| Broth, bone                 | F | 14.7    | oz   | 294 | 59 | 0  | 15 | TruLean protein powder, vegan | F | 2.7     | Scoops | 294 | 59 | 5  | 5  |
|                             | M | 15.8    | oz   | 315 | 63 | 0  | 16 |                               | M | 2.9     | Scoops | 315 | 63 | 6  | 6  |
| Chicken, breast             | F | 6.3     | oz   | 294 | 56 | 0  | 6  | TruLean protein powder, whey  | F | 2.9     | Scoops | 294 | 71 | 3  | 0  |
|                             | M | 6.7     | oz   | 315 | 60 | 0  | 7  |                               | M | 3.2     | Scoops | 315 | 76 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.8     | Cups | 294 | 40 | 29 | 0  | Turkey, breast                | F | 6.8     | oz     | 294 | 62 | 0  | 7  |
|                             | M | 2       | Cups | 315 | 43 | 32 | 0  |                               | M | 7.3     | oz     | 315 | 66 | 0  | 7  |
| Cottage cheese, 2% fat      | F | 1.8     | Cups | 294 | 40 | 11 | 9  | Turkey, ground 99/1           | F | 7.5     | oz     | 294 | 60 | 0  | 8  |
|                             | M | 2       | Cups | 315 | 43 | 12 | 10 |                               | M | 8.1     | oz     | 315 | 65 | 0  | 8  |
| Crab                        | F | 10.1    | oz   | 294 | 61 | 0  | 0  | Turkey, ground 93/7           | F | 4.9     | oz     | 294 | 39 | 0  | 15 |
|                             | M | 10.9    | oz   | 315 | 65 | 0  | 0  |                               | M | 5.3     | oz     | 315 | 42 | 0  | 16 |
| Egg whites, pourable*       | F | 22.6    | oz   | 294 | 68 | 0  | 0  | Turkey, ground 90/10          | F | 5       | oz     | 294 | 35 | 0  | 15 |
|                             | M | 24.2    | oz   | 315 | 73 | 0  | 0  |                               | M | 5.3     | oz     | 315 | 37 | 0  | 16 |
| Egg whites, from whole egg* | F | 17.3    | Eggs | 294 | 69 | 0  | 0  | Venison                       | F | 5.5     | oz     | 294 | 44 | 0  | 11 |
|                             | M | 18.5    | Eggs | 315 | 74 | 0  | 0  |                               | M | 5.9     | oz     | 315 | 48 | 0  | 12 |
| Fish, ahi tuna steak        | F | 7.5     | oz   | 294 | 60 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.5     | Cups   | 294 | 51 | 20 | 0  |
|                             | M | 8.1     | oz   | 315 | 65 | 0  | 0  |                               | M | 2.6     | Cups   | 315 | 55 | 21 | 0  |
| Fish, cod                   | F | 8.4     | oz   | 294 | 50 | 0  | 8  | Yogurt, Greek plain low-fat   | F | 1.7     | Cups   | 294 | 42 | 16 | 9  |
|                             | M | 9       | oz   | 315 | 54 | 0  | 9  |                               | M | 1.9     | Cups   | 315 | 44 | 17 | 9  |



## PROTEIN

700 CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 4.5 oz   | 294 | 31 | 0  | 18 |
|                        | M | 4.8 oz   | 315 | 33 | 0  | 19 |
| Beef, skirt            | F | 4.7 oz   | 294 | 33 | 0  | 14 |
|                        | M | 5.1 oz   | 315 | 36 | 0  | 15 |
| Chicken, ground        | F | 5.4 oz   | 294 | 38 | 0  | 16 |
|                        | M | 5.8 oz   | 315 | 41 | 0  | 18 |
| Chicken, thighs        | F | 5.3 oz   | 294 | 37 | 0  | 16 |
|                        | M | 5.7 oz   | 315 | 40 | 0  | 17 |
| Cottage cheese, 4% fat | F | 1.2 Cups | 294 | 29 | 15 | 12 |
|                        | M | 1.3 Cups | 315 | 32 | 16 | 13 |
| Dairy milk, skim*      | F | 3.3 Cups | 294 | 26 | 42 | 0  |
|                        | M | 3.5 Cups | 315 | 28 | 46 | 0  |
| Dairy milk, 1%*        | F | 2.7 Cups | 294 | 21 | 35 | 8  |
|                        | M | 2.9 Cups | 315 | 23 | 37 | 9  |
| Dairy milk, 2%*        | F | 2.3 Cups | 294 | 18 | 29 | 11 |
|                        | M | 2.4 Cups | 315 | 19 | 32 | 12 |
| Deli meat, chicken     | F | 9.8 oz   | 294 | 59 | 10 | 0  |
|                        | M | 10.5 oz  | 315 | 63 | 11 | 0  |
| Deli meat, ham         | F | 8.4 oz   | 294 | 42 | 0  | 17 |
|                        | M | 9 oz     | 315 | 45 | 0  | 18 |
| Deli meat, roast beef  | F | 8.4 oz   | 294 | 59 | 0  | 8  |
|                        | M | 9 oz     | 315 | 63 | 0  | 9  |
| Deli meat, turkey      | F | 9.8 oz   | 294 | 59 | 0  | 10 |
|                        | M | 10.5 oz  | 315 | 63 | 0  | 11 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 4.4 oz   | 294 | 26 | 0  | 22 |
|                              | M | 4.7 oz   | 315 | 28 | 0  | 24 |
| Eggs, whole *                | F | 4.2 Eggs | 294 | 25 | 4  | 21 |
|                              | M | 4.5 Eggs | 315 | 27 | 5  | 23 |
| Fish, tuna packaged          | F | 9.8 oz   | 294 | 69 | 0  | 0  |
|                              | M | 10.5 oz  | 315 | 74 | 0  | 0  |
| Lamb, ground                 | F | 3.7 oz   | 294 | 26 | 0  | 22 |
|                              | M | 3.9 oz   | 315 | 28 | 0  | 24 |
| Lamb, shank                  | F | 7.4 oz   | 294 | 37 | 7  | 15 |
|                              | M | 7.9 oz   | 315 | 39 | 8  | 16 |
| Pork, tenderloin             | F | 7.2 oz   | 294 | 50 | 0  | 7  |
|                              | M | 7.7 oz   | 315 | 54 | 0  | 8  |
| Tempeh                       | F | 5.3 oz   | 294 | 26 | 16 | 16 |
|                              | M | 5.6 oz   | 315 | 28 | 17 | 17 |
| Tofu                         | F | 12.8 oz  | 294 | 26 | 13 | 13 |
|                              | M | 13.7 oz  | 315 | 27 | 14 | 14 |
| Turkey, bacon*               | F | 3.8 oz   | 294 | 31 | 0  | 19 |
|                              | M | 4.1 oz   | 315 | 33 | 0  | 20 |
| Turkey, ground 85/15         | F | 4.6 oz   | 294 | 32 | 0  | 23 |
|                              | M | 4.9 oz   | 315 | 34 | 0  | 25 |
| Yogurt, Greek plain full fat | F | 1.3 Cups | 294 | 28 | 12 | 14 |
|                              | M | 1.4 Cups | 315 | 30 | 12 | 15 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**700** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING         | CAL        | P  | C  | F |                             |   | SERVING         | CAL        | P  | C  | F |
|------------------------------|---|-----------------|------------|----|----|---|-----------------------------|---|-----------------|------------|----|----|---|
| Amaranth, cooked             | F | <b>0.8</b> Cups | <b>210</b> | 8  | 38 | 3 | Edamame                     | F | <b>1.1</b> Cups | <b>210</b> | 17 | 19 | 6 |
|                              | M | <b>0.8</b> Cups | <b>210</b> | 8  | 38 | 3 |                             | M | <b>1.1</b> Cups | <b>210</b> | 17 | 19 | 6 |
| Amaranth, dry                | F | <b>0.3</b> Cups | <b>210</b> | 9  | 38 | 4 | Farro, cooked               | F | <b>1.1</b> Cups | <b>210</b> | 7  | 39 | 2 |
|                              | M | <b>0.3</b> Cups | <b>210</b> | 9  | 38 | 4 |                             | M | <b>1.1</b> Cups | <b>210</b> | 7  | 39 | 2 |
| Apple                        | F | <b>14</b> oz    | <b>210</b> | 0  | 56 | 0 | Farro, dry                  | F | <b>0.3</b> Cups | <b>210</b> | 9  | 40 | 1 |
|                              | M | <b>14</b> oz    | <b>210</b> | 0  | 56 | 0 |                             | M | <b>0.3</b> Cups | <b>210</b> | 9  | 40 | 1 |
| Banana                       | F | <b>8.4</b> oz   | <b>210</b> | 0  | 50 | 0 | Grapefruit                  | F | <b>23.3</b> oz  | <b>210</b> | 0  | 47 | 0 |
|                              | M | <b>8.4</b> oz   | <b>210</b> | 0  | 50 | 0 |                             | M | <b>23.3</b> oz  | <b>210</b> | 0  | 47 | 0 |
| Beans, black canned          | F | <b>1</b> Cups   | <b>210</b> | 13 | 36 | 2 | Grapes                      | F | <b>11.7</b> oz  | <b>210</b> | 0  | 58 | 0 |
|                              | M | <b>1</b> Cups   | <b>210</b> | 13 | 36 | 2 |                             | M | <b>11.7</b> oz  | <b>210</b> | 0  | 58 | 0 |
| Beans, cannellini canned     | F | <b>1.1</b> Cups | <b>210</b> | 15 | 40 | 0 | Kamut, cooked               | F | <b>0.8</b> Cups | <b>210</b> | 9  | 44 | 2 |
|                              | M | <b>1.1</b> Cups | <b>210</b> | 15 | 40 | 0 |                             | M | <b>0.8</b> Cups | <b>210</b> | 9  | 44 | 2 |
| Beans, garbanzo canned       | F | <b>0.9</b> Cups | <b>210</b> | 11 | 33 | 0 | Kamut, dry                  | F | <b>0.3</b> Cups | <b>210</b> | 9  | 44 | 1 |
|                              | M | <b>0.9</b> Cups | <b>210</b> | 11 | 33 | 0 |                             | M | <b>0.3</b> Cups | <b>210</b> | 9  | 44 | 1 |
| Beans, great northern canned | F | <b>1</b> Cups   | <b>210</b> | 13 | 38 | 0 | Kiwi                        | F | <b>12.4</b> oz  | <b>210</b> | 0  | 49 | 0 |
|                              | M | <b>1</b> Cups   | <b>210</b> | 13 | 38 | 0 |                             | M | <b>12.4</b> oz  | <b>210</b> | 0  | 49 | 0 |
| Beans, kidney canned         | F | <b>1</b> Cups   | <b>210</b> | 13 | 37 | 2 | Lentils, cooked             | F | <b>0.9</b> Cups | <b>210</b> | 16 | 37 | 0 |
|                              | M | <b>1</b> Cups   | <b>210</b> | 13 | 37 | 2 |                             | M | <b>0.9</b> Cups | <b>210</b> | 16 | 37 | 0 |
| Beans, lima canned           | F | <b>1.9</b> Cups | <b>210</b> | 11 | 38 | 0 | Lentils, dry                | F | <b>0.5</b> Cups | <b>210</b> | 17 | 42 | 0 |
|                              | M | <b>1.9</b> Cups | <b>210</b> | 11 | 38 | 0 |                             | M | <b>0.5</b> Cups | <b>210</b> | 17 | 42 | 0 |
| Beans, pinto canned          | F | <b>1.2</b> Cups | <b>210</b> | 14 | 40 | 0 | Mango                       | F | <b>12.4</b> oz  | <b>210</b> | 0  | 49 | 0 |
|                              | M | <b>1.2</b> Cups | <b>210</b> | 14 | 40 | 0 |                             | M | <b>12.4</b> oz  | <b>210</b> | 0  | 49 | 0 |
| Beets                        | F | <b>17.5</b> oz  | <b>210</b> | 0  | 53 | 0 | Melon, cantaloupe           | F | <b>21</b> oz    | <b>210</b> | 0  | 42 | 0 |
|                              | M | <b>17.5</b> oz  | <b>210</b> | 0  | 53 | 0 |                             | M | <b>21</b> oz    | <b>210</b> | 0  | 42 | 0 |
| Blackberries                 | F | <b>17.5</b> oz  | <b>210</b> | 0  | 53 | 0 | Melon, honeydew             | F | <b>21</b> oz    | <b>210</b> | 0  | 63 | 0 |
|                              | M | <b>17.5</b> oz  | <b>210</b> | 0  | 53 | 0 |                             | M | <b>21</b> oz    | <b>210</b> | 0  | 63 | 0 |
| Blueberries                  | F | <b>13.1</b> oz  | <b>210</b> | 0  | 53 | 0 | Melon, watermelon           | F | <b>23.3</b> oz  | <b>210</b> | 0  | 47 | 0 |
|                              | M | <b>13.1</b> oz  | <b>210</b> | 0  | 53 | 0 |                             | M | <b>23.3</b> oz  | <b>210</b> | 0  | 47 | 0 |
| Buckwheat, cooked            | F | <b>1.4</b> Cups | <b>210</b> | 8  | 45 | 1 | Millet, cooked              | F | <b>1</b> Cups   | <b>210</b> | 6  | 42 | 2 |
|                              | M | <b>1.4</b> Cups | <b>210</b> | 8  | 45 | 1 |                             | M | <b>1</b> Cups   | <b>210</b> | 6  | 42 | 2 |
| Buckwheat, dry               | F | <b>0.4</b> Cups | <b>210</b> | 7  | 46 | 1 | Millet, dry                 | F | <b>0.2</b> Cups | <b>210</b> | 6  | 42 | 2 |
|                              | M | <b>0.4</b> Cups | <b>210</b> | 7  | 46 | 1 |                             | M | <b>0.2</b> Cups | <b>210</b> | 6  | 42 | 2 |
| Clementine                   | F | <b>16.2</b> oz  | <b>210</b> | 0  | 48 | 0 | Oat milk                    | F | <b>2.6</b> Cups | <b>210</b> | 5  | 29 | 8 |
|                              | M | <b>16.2</b> oz  | <b>210</b> | 0  | 48 | 0 |                             | M | <b>2.6</b> Cups | <b>210</b> | 5  | 29 | 8 |
| Corn                         | F | <b>1.5</b> Cups | <b>210</b> | 3  | 39 | 3 | Oats, old fashioned, cooked | F | <b>1.3</b> Cups | <b>210</b> | 8  | 35 | 5 |
|                              | M | <b>1.5</b> Cups | <b>210</b> | 3  | 39 | 3 |                             | M | <b>1.3</b> Cups | <b>210</b> | 8  | 35 | 5 |



## CARB

700 CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|---|----|---|
| Oats, old fashioned, dry | F | 0.7     | Cups | 210 | 7  | 38 | 4 | Raspberries        | F | 14      | oz   | 210 | 0 | 42 | 0 |
|                          | M | 0.7     | Cups | 210 | 7  | 38 | 4 |                    | M | 14      | oz   | 210 | 0 | 42 | 0 |
| Oats, steel cut, cooked  | F | 1.4     | Cups | 210 | 11 | 73 | 3 | Rice, brown cooked | F | 1       | Cups | 210 | 5 | 43 | 2 |
|                          | M | 1.4     | Cups | 210 | 11 | 73 | 3 |                    | M | 1       | Cups | 210 | 5 | 43 | 2 |
| Oats, steel cut, dry     | F | 0.4     | Cups | 210 | 7  | 38 | 4 | Rice, brown dry    | F | 0.3     | Cups | 210 | 4 | 46 | 2 |
|                          | M | 0.4     | Cups | 210 | 7  | 38 | 4 |                    | M | 0.3     | Cups | 210 | 4 | 46 | 2 |
| Orange                   | F | 16.2    | oz   | 210 | 0  | 48 | 0 | Rice, wild cooked  | F | 1.3     | Cups | 210 | 9 | 44 | 1 |
|                          | M | 16.2    | oz   | 210 | 0  | 48 | 0 |                    | M | 1.3     | Cups | 210 | 9 | 44 | 1 |
| Papaya                   | F | 17.5    | oz   | 210 | 0  | 35 | 0 | Rice, wild dry     | F | 0.4     | Cups | 210 | 9 | 44 | 1 |
|                          | M | 17.5    | oz   | 210 | 0  | 35 | 0 |                    | M | 0.4     | Cups | 210 | 9 | 44 | 1 |
| Parsnips                 | F | 10      | oz   | 210 | 0  | 50 | 0 | Spelt, cooked      | F | 0.9     | Cups | 210 | 9 | 44 | 2 |
|                          | M | 10      | oz   | 210 | 0  | 50 | 0 |                    | M | 0.9     | Cups | 210 | 9 | 44 | 2 |
| Peach                    | F | 19.1    | oz   | 210 | 0  | 57 | 0 | Spelt, dry         | F | 0.4     | Cups | 210 | 9 | 47 | 2 |
|                          | M | 19.1    | oz   | 210 | 0  | 57 | 0 |                    | M | 0.4     | Cups | 210 | 9 | 47 | 2 |
| Pear                     | F | 13.1    | oz   | 210 | 0  | 53 | 0 | Squash, acorn      | F | 17.5    | oz   | 210 | 0 | 53 | 0 |
|                          | M | 13.1    | oz   | 210 | 0  | 53 | 0 |                    | M | 17.5    | oz   | 210 | 0 | 53 | 0 |
| Pineapple                | F | 15      | oz   | 210 | 0  | 60 | 0 | Squash, butternut  | F | 9.1     | oz   | 210 | 9 | 55 | 0 |
|                          | M | 15      | oz   | 210 | 0  | 60 | 0 |                    | M | 9.1     | oz   | 210 | 9 | 55 | 0 |
| Peas, green or yellow    | F | 1.8     | Cups | 210 | 14 | 38 | 0 | Squash, kabocha    | F | 21      | oz   | 210 | 0 | 42 | 0 |
|                          | M | 1.8     | Cups | 210 | 14 | 38 | 0 |                    | M | 21      | oz   | 210 | 0 | 42 | 0 |
| Potato, sweet            | F | 8.8     | oz   | 210 | 0  | 53 | 0 | Strawberries       | F | 23.3    | oz   | 210 | 0 | 47 | 0 |
|                          | M | 8.8     | oz   | 210 | 0  | 53 | 0 |                    | M | 23.3    | oz   | 210 | 0 | 47 | 0 |
| Potato, white            | F | 10.5    | oz   | 210 | 0  | 53 | 0 | Sweet cherries     | F | 11.7    | oz   | 210 | 0 | 47 | 0 |
|                          | M | 10.5    | oz   | 210 | 0  | 53 | 0 |                    | M | 11.7    | oz   | 210 | 0 | 47 | 0 |
| Potato, yellow           | F | 10      | oz   | 210 | 10 | 50 | 0 | Teff, cooked       | F | 0.8     | Cups | 210 | 8 | 41 | 2 |
|                          | M | 10      | oz   | 210 | 10 | 50 | 0 |                    | M | 0.8     | Cups | 210 | 8 | 41 | 2 |
| Pumpkin                  | F | 30      | oz   | 210 | 0  | 60 | 0 | Teff, dry          | F | 0.3     | Cups | 210 | 8 | 42 | 1 |
|                          | M | 30      | oz   | 210 | 0  | 60 | 0 |                    | M | 0.3     | Cups | 210 | 8 | 42 | 1 |
| Quinoa, cooked           | F | 0.9     | Cups | 210 | 8  | 37 | 4 | Water chestnuts    | F | 5.3     | Cups | 210 | 5 | 47 | 0 |
|                          | M | 0.9     | Cups | 210 | 8  | 37 | 4 |                    | M | 5.3     | Cups | 210 | 5 | 47 | 0 |
| Quinoa, dry              | F | 0.3     | Cups | 210 | 7  | 39 | 3 |                    |   |         |      |     |   |    |   |
|                          | M | 0.3     | Cups | 210 | 7  | 39 | 3 |                    |   |         |      |     |   |    |   |



## CARB

700 CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING       | CAL | P  | C  | F |
|--------------------------------|---|---------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 2.1 Cups      | 210 | 0  | 55 | 0 |
|                                | M | 2.1 Cups      | 210 | 0  | 55 | 0 |
| Bread, sprouted or whole wheat | F | 2.6 Slices    | 210 | 13 | 39 | 3 |
|                                | M | 2.6 Slices    | 210 | 13 | 39 | 3 |
| Corn tortillas                 | F | 3.8 Tortillas | 210 | 4  | 42 | 4 |
|                                | M | 3.8 Tortillas | 210 | 4  | 42 | 4 |
| Dried fruit                    | F | 2.7 oz        | 210 | 3  | 53 | 0 |
|                                | M | 2.7 oz        | 210 | 3  | 53 | 0 |
| Honey, raw*                    | F | 3.3 Tbsp      | 210 | 0  | 56 | 0 |
|                                | M | 3.3 Tbsp      | 210 | 0  | 56 | 0 |
| Maple syrup, pure*             | F | 3.8 Tbsp      | 210 | 0  | 53 | 0 |
|                                | M | 3.8 Tbsp      | 210 | 0  | 53 | 0 |
| Pasta, bean cooked             | F | 5.3 oz        | 210 | 16 | 37 | 5 |
|                                | M | 5.3 oz        | 210 | 16 | 37 | 5 |

|                      |   | SERVING  | CAL | P  | C  | F |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 2.2 oz   | 210 | 13 | 35 | 4 |
|                      | M | 2.2 oz   | 210 | 13 | 35 | 4 |
| Pasta, lentil cooked | F | 2.4 oz   | 210 | 17 | 27 | 2 |
|                      | M | 2.4 oz   | 210 | 17 | 27 | 2 |
| Pasta, lentil dry    | F | 2.1 oz   | 210 | 8  | 44 | 2 |
|                      | M | 2.1 oz   | 210 | 8  | 44 | 2 |
| Popcorn, air-popped  | F | 6.8 Cups | 210 | 7  | 41 | 0 |
|                      | M | 6.8 Cups | 210 | 7  | 41 | 0 |
| Rice, white cooked   | F | 1 Cups   | 210 | 4  | 46 | 0 |
|                      | M | 1 Cups   | 210 | 4  | 46 | 0 |
| Rice, white dry      | F | 0.3 Cups | 210 | 4  | 47 | 0 |
|                      | M | 0.3 Cups | 210 | 4  | 47 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

700 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 4.4 oz   | 196 | 4 | 9  | 17 | Nuts, walnuts           | F | 1.1 oz   | 196 | 4  | 4  | 20 |
|                               | M | 3.9 oz   | 175 | 4 | 8  | 16 |                         | M | 0.9 oz   | 175 | 4  | 4  | 18 |
| Butter, grass-fed             | F | 2 Tbsp   | 196 | 0 | 0  | 22 | Oil, avocado            | F | 1.6 Tbsp | 196 | 0  | 0  | 22 |
|                               | M | 1.8 Tbsp | 175 | 0 | 0  | 19 |                         | M | 1.4 Tbsp | 175 | 0  | 0  | 20 |
| Cacao nibs                    | F | 3.6 Tbsp | 196 | 0 | 11 | 15 | Oil, extra virgin olive | F | 1.6 Tbsp | 196 | 0  | 0  | 23 |
|                               | M | 3.2 Tbsp | 175 | 0 | 10 | 13 |                         | M | 1.5 Tbsp | 175 | 0  | 0  | 21 |
| Coconut milk, unsweetened*    | F | 4.5 Cups | 196 | 0 | 4  | 18 | Oil, flaxseed           | F | 1.6 Tbsp | 196 | 0  | 0  | 23 |
|                               | M | 4 Cups   | 175 | 0 | 4  | 16 |                         | M | 1.5 Tbsp | 175 | 0  | 0  | 20 |
| Guacamole                     | F | 7.8 Tbsp | 196 | 8 | 8  | 16 | Oil, grapeseed          | F | 1.6 Tbsp | 196 | 0  | 0  | 22 |
|                               | M | 7 Tbsp   | 175 | 7 | 7  | 14 |                         | M | 1.4 Tbsp | 175 | 0  | 0  | 20 |
| Hummus                        | F | 5.6 Tbsp | 196 | 6 | 11 | 17 | Oil, sesame             | F | 1.6 Tbsp | 196 | 0  | 0  | 23 |
|                               | M | 5 Tbsp   | 175 | 5 | 10 | 15 |                         | M | 1.5 Tbsp | 175 | 0  | 0  | 20 |
| Nut butter, almond            | F | 2.1 Tbsp | 196 | 8 | 6  | 19 | Olives, black           | F | 3.9 oz   | 196 | 0  | 8  | 20 |
|                               | M | 1.8 Tbsp | 175 | 7 | 6  | 17 |                         | M | 3.5 oz   | 175 | 0  | 7  | 18 |
| Nut butter, cashew            | F | 2.1 Tbsp | 196 | 4 | 10 | 17 | Olives, green           | F | 3.9 oz   | 196 | 4  | 4  | 20 |
|                               | M | 1.8 Tbsp | 175 | 4 | 9  | 15 |                         | M | 3.5 oz   | 175 | 4  | 4  | 18 |
| Nut milk, almond unsweetened* | F | 6.5 Cups | 196 | 7 | 7  | 20 | Olives, kalamata        | F | 2.3 oz   | 196 | 0  | 9  | 18 |
|                               | M | 5.8 Cups | 175 | 6 | 6  | 18 |                         | M | 2.1 oz   | 175 | 0  | 8  | 16 |
| Nut milk, cashew unsweetened* | F | 7.8 Cups | 196 | 8 | 8  | 16 | Pea milk, unsweetened   | F | 2 Cups   | 196 | 16 | 12 | 8  |
|                               | M | 7 Cups   | 175 | 7 | 7  | 14 |                         | M | 1.8 Cups | 175 | 14 | 11 | 7  |
| Nuts, almonds                 | F | 1.2 oz   | 196 | 7 | 7  | 17 | Seed butter, sunflower  | F | 2 Tbsp   | 196 | 8  | 8  | 16 |
|                               | M | 1.1 oz   | 175 | 6 | 6  | 15 |                         | M | 1.8 Tbsp | 175 | 7  | 7  | 14 |
| Nuts, brazil nuts             | F | 1 oz     | 196 | 4 | 1  | 19 | Seeds, chia             | F | 2.9 Tbsp | 196 | 6  | 17 | 12 |
|                               | M | 0.9 oz   | 175 | 4 | 1  | 17 |                         | M | 2.6 Tbsp | 175 | 5  | 15 | 10 |
| Nuts, cashews                 | F | 1.2 oz   | 196 | 6 | 11 | 15 | Seeds, flax             | F | 3.8 Tbsp | 196 | 8  | 11 | 15 |
|                               | M | 1.1 oz   | 175 | 6 | 10 | 13 |                         | M | 3.4 Tbsp | 175 | 7  | 10 | 13 |
| Nuts, hazelnuts               | F | 1.1 oz   | 196 | 4 | 5  | 18 | Seeds, hemp             | F | 3.3 Tbsp | 196 | 10 | 0  | 16 |
|                               | M | 1 oz     | 175 | 4 | 5  | 16 |                         | M | 2.9 Tbsp | 175 | 9  | 0  | 15 |
| Nuts, pecans                  | F | 1 oz     | 196 | 3 | 4  | 20 | Seeds, pumpkin          | F | 1.2 oz   | 196 | 10 | 3  | 17 |
|                               | M | 0.9 oz   | 175 | 3 | 4  | 18 |                         | M | 1 oz     | 175 | 9  | 3  | 15 |
| Nuts, pistachios shelled      | F | 1.1 oz   | 196 | 8 | 3  | 16 | Seeds, sunflower        | F | 1.4 oz   | 196 | 13 | 4  | 11 |
|                               | M | 1 oz     | 175 | 7 | 3  | 14 |                         | M | 1.3 oz   | 175 | 11 | 4  | 10 |



**700** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 2 Tbsp   | 196 | 0  | 0 | 22 | Cheese, ricotta             | F | 4.5 oz   | 196 | 13 | 4  | 13 |
|                    | M | 1.8 Tbsp | 175 | 0  | 0 | 19 |                             | M | 4 oz     | 175 | 12 | 4  | 12 |
| Cheese, asiago     | F | 1.8 oz   | 196 | 15 | 2 | 15 | Cheese, swiss               | F | 1.8 oz   | 196 | 14 | 0  | 16 |
|                    | M | 1.6 oz   | 175 | 13 | 2 | 13 |                             | M | 1.6 oz   | 175 | 13 | 0  | 14 |
| Cheese, blue       | F | 2 oz     | 196 | 14 | 0 | 16 | Chocolate, dark >70% cacao* | F | 1.2 oz   | 196 | 2  | 15 | 15 |
|                    | M | 1.8 oz   | 175 | 12 | 0 | 14 |                             | M | 1 oz     | 175 | 2  | 13 | 13 |
| Cheese, brie       | F | 2.2 oz   | 196 | 11 | 0 | 17 | Coconut flakes unsweetened  | F | 3.6 Tbsp | 196 | 0  | 0  | 18 |
|                    | M | 1.9 oz   | 175 | 10 | 0 | 15 |                             | M | 3.2 Tbsp | 175 | 0  | 0  | 16 |
| Cheese, cheddar    | F | 1.7 oz   | 196 | 10 | 2 | 15 | Coconut milk, full fat      | F | 0.5 Cups | 196 | 1  | 3  | 20 |
|                    | M | 1.5 oz   | 175 | 9  | 2 | 14 |                             | M | 0.4 Cups | 175 | 1  | 2  | 18 |
| Cheese, feta       | F | 2.8 oz   | 196 | 17 | 6 | 11 | Ghee                        | F | 1.5 Tbsp | 196 | 0  | 0  | 22 |
|                    | M | 2.5 oz   | 175 | 15 | 5 | 10 |                             | M | 1.3 Tbsp | 175 | 0  | 0  | 19 |
| Cheese, goat       | F | 2.5 oz   | 196 | 10 | 5 | 15 | Heavy cream                 | F | 3.9 Tbsp | 196 | 0  | 0  | 24 |
|                    | M | 2.2 oz   | 175 | 9  | 4 | 13 |                             | M | 3.5 Tbsp | 175 | 0  | 0  | 21 |
| Cheese, gouda      | F | 1.9 oz   | 196 | 14 | 2 | 16 | Nut butter, peanut          | F | 2 Tbsp   | 196 | 8  | 6  | 16 |
|                    | M | 1.7 oz   | 175 | 12 | 2 | 14 |                             | M | 1.8 Tbsp | 175 | 7  | 5  | 14 |
| Cheese, mozzarella | F | 2.4 oz   | 196 | 17 | 2 | 10 | Oil, extra virgin coconut   | F | 1.5 Tbsp | 196 | 0  | 0  | 21 |
|                    | M | 2.2 oz   | 175 | 15 | 2 | 9  |                             | M | 1.4 Tbsp | 175 | 0  | 0  | 19 |
| Cheese, muenster   | F | 1.9 oz   | 196 | 13 | 0 | 17 | Peanuts                     | F | 1.2 oz   | 196 | 9  | 6  | 17 |
|                    | M | 1.7 oz   | 175 | 12 | 0 | 15 |                             | M | 1.1 oz   | 175 | 8  | 5  | 15 |
| Cheese, parmesan   | F | 1.7 oz   | 196 | 19 | 0 | 16 | Salad dressing, oil-based   | F | 2.5 Tbsp | 196 | 0  | 5  | 20 |
|                    | M | 1.5 oz   | 175 | 17 | 0 | 14 |                             | M | 2.2 Tbsp | 175 | 0  | 4  | 18 |
| Cheese, provolone  | F | 2 oz     | 196 | 14 | 2 | 16 |                             |   |          |     |    |    |    |
|                    | M | 1.8 oz   | 175 | 12 | 2 | 14 |                             |   |          |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**725** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               |   | SERVING    | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|---|------------|-----|----|----|----|
| Beef, bottom round          | F | 5 oz      | 305 | 50 | 0  | 10 | Fish, mahi mahi               | F | 9.8 oz     | 305 | 69 | 0  | 0  |
|                             | M | 5.3 oz    | 326 | 53 | 0  | 11 |                               | M | 10.5 oz    | 326 | 74 | 0  | 0  |
| Beef, eye round             | F | 5.2 oz    | 305 | 41 | 0  | 16 | Fish, salmon                  | F | 5.2 oz     | 305 | 31 | 0  | 21 |
|                             | M | 5.5 oz    | 326 | 44 | 0  | 17 |                               | M | 5.5 oz     | 326 | 33 | 0  | 22 |
| Beef, flank                 | F | 5.4 oz    | 305 | 43 | 0  | 16 | Lobster                       | F | 12.2 oz    | 305 | 61 | 0  | 0  |
|                             | M | 5.7 oz    | 326 | 46 | 0  | 17 |                               | M | 13 oz      | 326 | 65 | 0  | 0  |
| Beef, ground 96/4           | F | 5.6 oz    | 305 | 51 | 0  | 11 | Nutritional yeast*            | F | 15.3 Tbsp  | 305 | 46 | 31 | 0  |
|                             | M | 6 oz      | 326 | 54 | 0  | 12 |                               | M | 16.3 Tbsp  | 326 | 49 | 33 | 0  |
| Beef, ground 90/10          | F | 5 oz      | 305 | 40 | 0  | 15 | Pheasant                      | F | 4.5 oz     | 305 | 40 | 0  | 13 |
|                             | M | 5.3 oz    | 326 | 43 | 0  | 16 |                               | M | 4.8 oz     | 326 | 43 | 0  | 14 |
| Beef, sirloin tip side      | F | 6.5 oz    | 305 | 52 | 0  | 6  | Rabbit                        | F | 6.2 oz     | 305 | 56 | 0  | 6  |
|                             | M | 6.9 oz    | 326 | 55 | 0  | 7  |                               | M | 6.7 oz     | 326 | 60 | 0  | 7  |
| Beef, top round             | F | 5.1 oz    | 305 | 46 | 0  | 10 | Scallops                      | F | 12.2 oz    | 305 | 61 | 0  | 0  |
|                             | M | 5.4 oz    | 326 | 49 | 0  | 11 |                               | M | 13 oz      | 326 | 65 | 0  | 0  |
| Bison                       | F | 6 oz      | 305 | 42 | 0  | 12 | Shrimp                        | F | 10.9 oz    | 305 | 76 | 0  | 0  |
|                             | M | 6.4 oz    | 326 | 45 | 0  | 13 |                               | M | 11.6 oz    | 326 | 82 | 0  | 0  |
| Broth, bone                 | F | 15.3 oz   | 305 | 61 | 0  | 15 | TruLean protein powder, vegan | F | 2.8 Scoops | 305 | 61 | 6  | 6  |
|                             | M | 16.3 oz   | 326 | 65 | 0  | 16 |                               | M | 3 Scoops   | 326 | 65 | 6  | 6  |
| Chicken, breast             | F | 6.5 oz    | 305 | 58 | 0  | 6  | TruLean protein powder, whey  | F | 3.1 Scoops | 305 | 73 | 3  | 0  |
|                             | M | 6.9 oz    | 326 | 62 | 0  | 7  |                               | M | 3.3 Scoops | 326 | 78 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 1.9 Cups  | 305 | 42 | 31 | 0  | Turkey, breast                | F | 7.1 oz     | 305 | 64 | 0  | 7  |
|                             | M | 2 Cups    | 326 | 45 | 33 | 0  |                               | M | 7.6 oz     | 326 | 68 | 0  | 8  |
| Cottage cheese, 2% fat      | F | 1.9 Cups  | 305 | 42 | 11 | 10 | Turkey, ground 99/1           | F | 7.8 oz     | 305 | 63 | 0  | 8  |
|                             | M | 2 Cups    | 326 | 45 | 12 | 10 |                               | M | 8.4 oz     | 326 | 67 | 0  | 8  |
| Crab                        | F | 10.5 oz   | 305 | 63 | 0  | 0  | Turkey, ground 93/7           | F | 5.1 oz     | 305 | 41 | 0  | 15 |
|                             | M | 11.2 oz   | 326 | 67 | 0  | 0  |                               | M | 5.4 oz     | 326 | 43 | 0  | 16 |
| Egg whites, pourable*       | F | 23.5 oz   | 305 | 70 | 0  | 0  | Turkey, ground 90/10          | F | 5.2 oz     | 305 | 36 | 0  | 16 |
|                             | M | 25.1 oz   | 326 | 75 | 0  | 0  |                               | M | 5.5 oz     | 326 | 39 | 0  | 17 |
| Egg whites, from whole egg* | F | 17.9 Eggs | 305 | 72 | 0  | 0  | Venison                       | F | 5.8 oz     | 305 | 46 | 0  | 12 |
|                             | M | 19.2 Eggs | 326 | 77 | 0  | 0  |                               | M | 6.2 oz     | 326 | 49 | 0  | 12 |
| Fish, ahi tuna steak        | F | 7.8 oz    | 305 | 63 | 0  | 0  | Yogurt, Greek plain non-fat   | F | 2.5 Cups   | 305 | 53 | 20 | 0  |
|                             | M | 8.4 oz    | 326 | 67 | 0  | 0  |                               | M | 2.7 Cups   | 326 | 57 | 22 | 0  |
| Fish, cod                   | F | 8.7 oz    | 305 | 52 | 0  | 9  | Yogurt, Greek plain low-fat   | F | 1.8 Cups   | 305 | 43 | 16 | 9  |
|                             | M | 9.3 oz    | 326 | 56 | 0  | 9  |                               | M | 1.9 Cups   | 326 | 46 | 17 | 10 |



## PROTEIN

**725** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 4.6 oz   | 305 | 32 | 0  | 18 |
|                        | M | 4.9 oz   | 326 | 35 | 0  | 20 |
| Beef, skirt            | F | 4.9 oz   | 305 | 34 | 0  | 15 |
|                        | M | 5.3 oz   | 326 | 37 | 0  | 16 |
| Chicken, ground        | F | 5.6 oz   | 305 | 40 | 0  | 17 |
|                        | M | 6 oz     | 326 | 42 | 0  | 18 |
| Chicken, thighs        | F | 5.5 oz   | 305 | 39 | 0  | 17 |
|                        | M | 5.9 oz   | 326 | 41 | 0  | 18 |
| Cottage cheese, 4% fat | F | 1.3 Cups | 305 | 31 | 15 | 13 |
|                        | M | 1.4 Cups | 326 | 33 | 16 | 14 |
| Dairy milk, skim*      | F | 3.4 Cups | 305 | 27 | 44 | 0  |
|                        | M | 3.6 Cups | 326 | 29 | 47 | 0  |
| Dairy milk, 1%*        | F | 2.8 Cups | 305 | 22 | 36 | 8  |
|                        | M | 3 Cups   | 326 | 24 | 39 | 9  |
| Dairy milk, 2%*        | F | 2.3 Cups | 305 | 19 | 31 | 12 |
|                        | M | 2.5 Cups | 326 | 20 | 33 | 13 |
| Deli meat, chicken     | F | 10.2 oz  | 305 | 61 | 10 | 0  |
|                        | M | 10.9 oz  | 326 | 65 | 11 | 0  |
| Deli meat, ham         | F | 8.7 oz   | 305 | 44 | 0  | 17 |
|                        | M | 9.3 oz   | 326 | 47 | 0  | 19 |
| Deli meat, roast beef  | F | 8.7 oz   | 305 | 61 | 0  | 9  |
|                        | M | 9.3 oz   | 326 | 65 | 0  | 9  |
| Deli meat, turkey      | F | 10.2 oz  | 305 | 61 | 0  | 10 |
|                        | M | 10.9 oz  | 326 | 65 | 0  | 11 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 4.6 oz   | 305 | 27 | 0  | 23 |
|                              | M | 4.9 oz   | 326 | 29 | 0  | 24 |
| Eggs, whole *                | F | 4.4 Eggs | 305 | 26 | 4  | 22 |
|                              | M | 4.7 Eggs | 326 | 28 | 5  | 23 |
| Fish, tuna packaged          | F | 10.2 oz  | 305 | 71 | 0  | 0  |
|                              | M | 10.9 oz  | 326 | 76 | 0  | 0  |
| Lamb, ground                 | F | 3.8 oz   | 305 | 27 | 0  | 23 |
|                              | M | 4.1 oz   | 326 | 29 | 0  | 24 |
| Lamb, shank                  | F | 7.6 oz   | 305 | 38 | 8  | 15 |
|                              | M | 8.2 oz   | 326 | 41 | 8  | 16 |
| Pork, tenderloin             | F | 7.4 oz   | 305 | 52 | 0  | 7  |
|                              | M | 8 oz     | 326 | 56 | 0  | 8  |
| Tempeh                       | F | 5.4 oz   | 305 | 27 | 16 | 16 |
|                              | M | 5.8 oz   | 326 | 29 | 17 | 17 |
| Tofu                         | F | 13.3 oz  | 305 | 27 | 13 | 13 |
|                              | M | 14.2 oz  | 326 | 28 | 14 | 14 |
| Turkey, bacon*               | F | 4 oz     | 305 | 32 | 0  | 20 |
|                              | M | 4.2 oz   | 326 | 34 | 0  | 21 |
| Turkey, ground 85/15         | F | 4.8 oz   | 305 | 33 | 0  | 24 |
|                              | M | 5.1 oz   | 326 | 36 | 0  | 25 |
| Yogurt, Greek plain full fat | F | 1.3 Cups | 305 | 29 | 12 | 15 |
|                              | M | 1.4 Cups | 326 | 31 | 13 | 16 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**725** CALORIES PER MEAL

## EAT MORE

| EAT MORE                     |   | SERVING |      | CAL | P  | C  | F |                             |   | SERVING |      | CAL | P  | C  | F |
|------------------------------|---|---------|------|-----|----|----|---|-----------------------------|---|---------|------|-----|----|----|---|
| Amaranth, cooked             | F | 0.9     | Cups | 218 | 8  | 40 | 3 | Edamame                     | F | 1.1     | Cups | 218 | 17 | 20 | 7 |
|                              | M | 0.9     | Cups | 218 | 8  | 40 | 3 |                             | M | 1.1     | Cups | 218 | 17 | 20 | 7 |
| Amaranth, dry                | F | 0.3     | Cups | 218 | 9  | 39 | 4 | Farro, cooked               | F | 1.1     | Cups | 218 | 8  | 40 | 2 |
|                              | M | 0.3     | Cups | 218 | 9  | 39 | 4 |                             | M | 1.1     | Cups | 218 | 8  | 40 | 2 |
| Apple                        | F | 14.5    | oz   | 218 | 0  | 58 | 0 | Farro, dry                  | F | 0.3     | Cups | 218 | 9  | 41 | 1 |
|                              | M | 14.5    | oz   | 218 | 0  | 58 | 0 |                             | M | 0.3     | Cups | 218 | 9  | 41 |   |
| Banana                       | F | 8.7     | oz   | 218 | 0  | 52 | 0 | Grapefruit                  | F | 24.2    | oz   | 218 | 0  | 48 | 0 |
|                              | M | 8.7     | oz   | 218 | 0  | 52 | 0 |                             | M | 24.2    | oz   | 218 | 0  | 48 | 0 |
| Beans, black canned          | F | 1       | Cups | 218 | 14 | 38 | 2 | Grapes                      | F | 12.1    | oz   | 218 | 0  | 61 | 0 |
|                              | M | 1       | Cups | 218 | 14 | 38 | 2 |                             | M | 12.1    | oz   | 218 | 0  | 61 | 0 |
| Beans, cannellini canned     | F | 1.1     | Cups | 218 | 15 | 41 | 0 | Kamut, cooked               | F | 0.9     | Cups | 218 | 10 | 45 | 2 |
|                              | M | 1.1     | Cups | 218 | 15 | 41 | 0 |                             | M | 0.9     | Cups | 218 | 10 | 45 | 2 |
| Beans, garbanzo canned       | F | 0.9     | Cups | 218 | 11 | 35 | 0 | Kamut, dry                  | F | 0.3     | Cups | 218 | 9  | 46 | 1 |
|                              | M | 0.9     | Cups | 218 | 11 | 35 | 0 |                             | M | 0.3     | Cups | 218 | 9  | 46 | 1 |
| Beans, great northern canned | F | 1       | Cups | 218 | 14 | 40 | 0 | Kiwi                        | F | 12.8    | oz   | 218 | 0  | 51 | 0 |
|                              | M | 1       | Cups | 218 | 14 | 40 | 0 |                             | M | 12.8    | oz   | 218 | 0  | 51 | 0 |
| Beans, kidney canned         | F | 1       | Cups | 218 | 13 | 38 | 2 | Lentils, cooked             | F | 0.9     | Cups | 218 | 17 | 38 | 0 |
|                              | M | 1       | Cups | 218 | 13 | 38 | 2 |                             | M | 0.9     | Cups | 218 | 17 | 38 | 0 |
| Beans, lima canned           | F | 2       | Cups | 218 | 12 | 40 | 0 | Lentils, dry                | F | 0.5     | Cups | 218 | 18 | 44 | 0 |
|                              | M | 2       | Cups | 218 | 12 | 40 | 0 |                             | M | 0.5     | Cups | 218 | 18 | 44 | 0 |
| Beans, pinto canned          | F | 1.2     | Cups | 218 | 15 | 41 | 0 | Mango                       | F | 12.8    | oz   | 218 | 0  | 51 | 0 |
|                              | M | 1.2     | Cups | 218 | 15 | 41 | 0 |                             | M | 12.8    | oz   | 218 | 0  | 51 | 0 |
| Beets                        | F | 18.2    | oz   | 218 | 0  | 55 | 0 | Melon, cantaloupe           | F | 21.8    | oz   | 218 | 0  | 44 | 0 |
|                              | M | 18.2    | oz   | 218 | 0  | 55 | 0 |                             | M | 21.8    | oz   | 218 | 0  | 44 | 0 |
| Blackberries                 | F | 18.2    | oz   | 218 | 0  | 55 | 0 | Melon, honeydew             | F | 21.8    | oz   | 218 | 0  | 65 | 0 |
|                              | M | 18.2    | oz   | 218 | 0  | 55 | 0 |                             | M | 21.8    | oz   | 218 | 0  | 65 | 0 |
| Blueberries                  | F | 13.6    | oz   | 218 | 0  | 55 | 0 | Melon, watermelon           | F | 24.2    | oz   | 218 | 0  | 48 | 0 |
|                              | M | 13.6    | oz   | 218 | 0  | 55 | 0 |                             | M | 24.2    | oz   | 218 | 0  | 48 | 0 |
| Buckwheat, cooked            | F | 1.4     | Cups | 218 | 8  | 47 | 1 | Millet, cooked              | F | 1.1     | Cups | 218 | 6  | 43 | 2 |
|                              | M | 1.4     | Cups | 218 | 8  | 47 | 1 |                             | M | 1.1     | Cups | 218 | 6  | 43 | 2 |
| Buckwheat, dry               | F | 0.4     | Cups | 218 | 7  | 47 | 2 | Millet, dry                 | F | 0.2     | Cups | 218 | 6  | 43 | 2 |
|                              | M | 0.4     | Cups | 218 | 7  | 47 | 2 |                             | M | 0.2     | Cups | 218 | 6  | 43 | 2 |
| Clementine                   | F | 16.8    | oz   | 218 | 0  | 50 | 0 | Oat milk                    | F | 2.7     | Cups | 218 | 5  | 30 | 8 |
|                              | M | 16.8    | oz   | 218 | 0  | 50 | 0 |                             | M | 2.7     | Cups | 218 | 5  | 30 | 8 |
| Corn                         | F | 1.6     | Cups | 218 | 3  | 40 | 3 | Oats, old fashioned, cooked | F | 1.3     | Cups | 218 | 8  | 37 | 5 |
|                              | M | 1.6     | Cups | 218 | 3  | 40 | 3 |                             | M | 1.3     | Cups | 218 | 8  | 37 | 5 |



## CARB

**725** CALORIES PER MEAL

### EAT MORE

| EAT MORE                 |   | SERVING |      | CAL | P  | C  | F |                    |   | SERVING |      | CAL | P  | C  | F |
|--------------------------|---|---------|------|-----|----|----|---|--------------------|---|---------|------|-----|----|----|---|
| Oats, old fashioned, dry | F | 0.7     | Cups | 218 | 7  | 39 | 4 | Raspberries        | F | 14.5    | oz   | 218 | 0  | 44 | 0 |
|                          | M | 0.7     | Cups | 218 | 7  | 39 | 4 |                    | M | 14.5    | oz   | 218 | 0  | 44 | 0 |
| Oats, steel cut, cooked  | F | 1.5     | Cups | 218 | 12 | 76 | 3 | Rice, brown cooked | F | 1       | Cups | 218 | 5  | 44 | 2 |
|                          | M | 1.5     | Cups | 218 | 12 | 76 | 3 |                    | M | 1       | Cups | 218 | 5  | 44 | 2 |
| Oats, steel cut, dry     | F | 0.4     | Cups | 218 | 7  | 39 | 4 | Rice, brown dry    | F | 0.3     | Cups | 218 | 4  | 48 | 2 |
|                          | M | 0.4     | Cups | 218 | 7  | 39 | 4 |                    | M | 0.3     | Cups | 218 | 4  | 48 | 2 |
| Orange                   | F | 16.8    | oz   | 218 | 0  | 50 | 0 | Rice, wild cooked  | F | 1.3     | Cups | 218 | 9  | 46 | 1 |
|                          | M | 16.8    | oz   | 218 | 0  | 50 | 0 |                    | M | 1.3     | Cups | 218 | 9  | 46 | 1 |
| Papaya                   | F | 18.2    | oz   | 218 | 0  | 36 | 0 | Rice, wild dry     | F | 0.4     | Cups | 218 | 9  | 46 | 1 |
|                          | M | 18.2    | oz   | 218 | 0  | 36 | 0 |                    | M | 0.4     | Cups | 218 | 9  | 46 | 1 |
| Parsnips                 | F | 10.4    | oz   | 218 | 0  | 52 | 0 | Spelt, cooked      | F | 0.9     | Cups | 218 | 10 | 45 | 2 |
|                          | M | 10.4    | oz   | 218 | 0  | 52 | 0 |                    | M | 0.9     | Cups | 218 | 10 | 45 | 2 |
| Peach                    | F | 19.8    | oz   | 218 | 0  | 59 | 0 | Spelt, dry         | F | 0.4     | Cups | 218 | 9  | 48 | 2 |
|                          | M | 19.8    | oz   | 218 | 0  | 59 | 0 |                    | M | 0.4     | Cups | 218 | 9  | 48 | 2 |
| Pear                     | F | 13.6    | oz   | 218 | 0  | 55 | 0 | Squash, acorn      | F | 18.2    | oz   | 218 | 0  | 55 | 0 |
|                          | M | 13.6    | oz   | 218 | 0  | 55 | 0 |                    | M | 18.2    | oz   | 218 | 0  | 55 | 0 |
| Pineapple                | F | 15.6    | oz   | 218 | 0  | 62 | 0 | Squash, butternut  | F | 9.5     | oz   | 218 | 9  | 57 | 0 |
|                          | M | 15.6    | oz   | 218 | 0  | 62 | 0 |                    | M | 9.5     | oz   | 218 | 9  | 57 | 0 |
| Peas, green or yellow    | F | 1.9     | Cups | 218 | 15 | 39 | 0 | Squash, kabocha    | F | 21.8    | oz   | 218 | 0  | 44 | 0 |
|                          | M | 1.9     | Cups | 218 | 15 | 39 | 0 |                    | M | 21.8    | oz   | 218 | 0  | 44 | 0 |
| Potato, sweet            | F | 9.1     | oz   | 218 | 0  | 55 | 0 | Strawberries       | F | 24.2    | oz   | 218 | 0  | 48 | 0 |
|                          | M | 9.1     | oz   | 218 | 0  | 55 | 0 |                    | M | 24.2    | oz   | 218 | 0  | 48 | 0 |
| Potato, white            | F | 10.9    | oz   | 218 | 0  | 55 | 0 | Sweet cherries     | F | 12.1    | oz   | 218 | 0  | 48 | 0 |
|                          | M | 10.9    | oz   | 218 | 0  | 55 | 0 |                    | M | 12.1    | oz   | 218 | 0  | 48 | 0 |
| Potato, yellow           | F | 10.4    | oz   | 218 | 10 | 52 | 0 | Teff, cooked       | F | 0.9     | Cups | 218 | 9  | 43 | 2 |
|                          | M | 10.4    | oz   | 218 | 10 | 52 | 0 |                    | M | 0.9     | Cups | 218 | 9  | 43 | 2 |
| Pumpkin                  | F | 31.1    | oz   | 218 | 0  | 62 | 0 | Teff, dry          | F | 0.3     | Cups | 218 | 8  | 43 | 2 |
|                          | M | 31.1    | oz   | 218 | 0  | 62 | 0 |                    | M | 0.3     | Cups | 218 | 8  | 43 | 2 |
| Quinoa, cooked           | F | 1       | Cups | 218 | 8  | 38 | 4 | Water chestnuts    | F | 5.5     | Cups | 218 | 5  | 49 | 0 |
|                          | M | 1       | Cups | 218 | 8  | 38 | 4 |                    | M | 5.5     | Cups | 218 | 5  | 49 | 0 |
| Quinoa, dry              | F | 0.3     | Cups | 218 | 7  | 41 | 3 |                    |   |         |      |     |    |    |   |
|                          | M | 0.3     | Cups | 218 | 7  | 41 | 3 |                    |   |         |      |     |    |    |   |



## CARB

**725** CALORIES PER MEAL

### EAT SOME

|                                |   | SERVING     | CAL | P  | C  | F |
|--------------------------------|---|-------------|-----|----|----|---|
| Applesauce, unsweetened        | F | 2.2 Cups    | 218 | 0  | 57 | 0 |
|                                | M | 2.2 Cups    | 218 | 0  | 57 | 0 |
| Bread, sprouted or whole wheat | F | 2.7 Slices  | 218 | 14 | 41 | 3 |
|                                | M | 2.7 Slices  | 218 | 14 | 41 | 3 |
| Corn tortillas                 | F | 4 Tortillas | 218 | 4  | 44 | 4 |
|                                | M | 4 Tortillas | 218 | 4  | 44 | 4 |
| Dried fruit                    | F | 2.8 oz      | 218 | 3  | 55 | 0 |
|                                | M | 2.8 oz      | 218 | 3  | 55 | 0 |
| Honey, raw*                    | F | 3.4 Tbsp    | 218 | 0  | 58 | 0 |
|                                | M | 3.4 Tbsp    | 218 | 0  | 58 | 0 |
| Maple syrup, pure*             | F | 4 Tbsp      | 218 | 0  | 55 | 0 |
|                                | M | 4 Tbsp      | 218 | 0  | 55 | 0 |
| Pasta, bean cooked             | F | 5.5 oz      | 218 | 16 | 38 | 5 |
|                                | M | 5.5 oz      | 218 | 16 | 38 | 5 |

### SERVING

CAL

P

C

F

|                      |   |          |     |    |    |   |
|----------------------|---|----------|-----|----|----|---|
| Pasta, bean dry      | F | 2.3 oz   | 218 | 14 | 37 | 5 |
|                      | M | 2.3 oz   | 218 | 14 | 37 | 5 |
| Pasta, lentil cooked | F | 2.5 oz   | 218 | 18 | 28 | 3 |
|                      | M | 2.5 oz   | 218 | 18 | 28 | 3 |
| Pasta, lentil dry    | F | 2.2 oz   | 218 | 9  | 46 | 2 |
|                      | M | 2.2 oz   | 218 | 9  | 46 | 2 |
| Popcorn, air-popped  | F | 7 Cups   | 218 | 7  | 42 | 0 |
|                      | M | 7 Cups   | 218 | 7  | 42 | 0 |
| Rice, white cooked   | F | 1.1 Cups | 218 | 4  | 48 | 0 |
|                      | M | 1.1 Cups | 218 | 4  | 48 | 0 |
| Rice, white dry      | F | 0.3 Cups | 218 | 4  | 49 | 0 |
|                      | M | 0.3 Cups | 218 | 4  | 49 | 0 |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

725 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 4.5 oz   | 203 | 5 | 9  | 18 | Nuts, walnuts           | F | 1.1 oz   | 203 | 4  | 4  | 21 |
|                               | M | 4 oz     | 181 | 4 | 8  | 16 |                         | M | 1 oz     | 181 | 4  | 4  | 18 |
| Butter, grass-fed             | F | 2 Tbsp   | 203 | 0 | 0  | 22 | Oil, avocado            | F | 1.6 Tbsp | 203 | 0  | 0  | 23 |
|                               | M | 1.8 Tbsp | 181 | 0 | 0  | 20 |                         | M | 1.5 Tbsp | 181 | 0  | 0  | 20 |
| Cacao nibs                    | F | 3.8 Tbsp | 203 | 0 | 11 | 15 | Oil, extra virgin olive | F | 1.7 Tbsp | 203 | 0  | 0  | 24 |
|                               | M | 3.4 Tbsp | 181 | 0 | 10 | 13 |                         | M | 1.5 Tbsp | 181 | 0  | 0  | 21 |
| Coconut milk, unsweetened*    | F | 4.6 Cups | 203 | 0 | 5  | 18 | Oil, flaxseed           | F | 1.7 Tbsp | 203 | 0  | 0  | 24 |
|                               | M | 4.1 Cups | 181 | 0 | 4  | 16 |                         | M | 1.5 Tbsp | 181 | 0  | 0  | 21 |
| Guacamole                     | F | 8.1 Tbsp | 203 | 8 | 8  | 16 | Oil, grapeseed          | F | 1.7 Tbsp | 203 | 0  | 0  | 23 |
|                               | M | 7.2 Tbsp | 181 | 7 | 7  | 14 |                         | M | 1.5 Tbsp | 181 | 0  | 0  | 21 |
| Hummus                        | F | 5.8 Tbsp | 203 | 6 | 12 | 17 | Oil, sesame             | F | 1.7 Tbsp | 203 | 0  | 0  | 24 |
|                               | M | 5.2 Tbsp | 181 | 5 | 10 | 16 |                         | M | 1.5 Tbsp | 181 | 0  | 0  | 21 |
| Nut butter, almond            | F | 2.1 Tbsp | 203 | 9 | 6  | 19 | Olives, black           | F | 4.1 oz   | 203 | 0  | 8  | 20 |
|                               | M | 1.9 Tbsp | 181 | 8 | 6  | 17 |                         | M | 3.6 oz   | 181 | 0  | 7  | 18 |
| Nut butter, cashew            | F | 2.1 Tbsp | 203 | 4 | 11 | 17 | Olives, green           | F | 4.1 oz   | 203 | 4  | 4  | 20 |
|                               | M | 1.9 Tbsp | 181 | 4 | 10 | 15 |                         | M | 3.6 oz   | 181 | 4  | 4  | 18 |
| Nut milk, almond unsweetened* | F | 6.8 Cups | 203 | 7 | 7  | 20 | Olives, kalamata        | F | 2.4 oz   | 203 | 0  | 10 | 19 |
|                               | M | 6 Cups   | 181 | 6 | 6  | 18 |                         | M | 2.1 oz   | 181 | 0  | 9  | 17 |
| Nut milk, cashew unsweetened* | F | 8.1 Cups | 203 | 8 | 8  | 16 | Pea milk, unsweetened   | F | 2.1 Cups | 203 | 16 | 12 | 8  |
|                               | M | 7.2 Cups | 181 | 7 | 7  | 14 |                         | M | 1.8 Cups | 181 | 15 | 11 | 7  |
| Nuts, almonds                 | F | 1.2 oz   | 203 | 7 | 7  | 17 | Seed butter, sunflower  | F | 2 Tbsp   | 203 | 8  | 8  | 16 |
|                               | M | 1.1 oz   | 181 | 7 | 7  | 15 |                         | M | 1.8 Tbsp | 181 | 7  | 7  | 14 |
| Nuts, brazil nuts             | F | 1 oz     | 203 | 4 | 1  | 20 | Seeds, chia             | F | 3 Tbsp   | 203 | 6  | 18 | 12 |
|                               | M | 0.9 oz   | 181 | 4 | 1  | 18 |                         | M | 2.7 Tbsp | 181 | 5  | 16 | 11 |
| Nuts, cashews                 | F | 1.3 oz   | 203 | 6 | 12 | 16 | Seeds, flax             | F | 3.9 Tbsp | 203 | 8  | 12 | 16 |
|                               | M | 1.2 oz   | 181 | 6 | 10 | 14 |                         | M | 3.5 Tbsp | 181 | 7  | 10 | 14 |
| Nuts, hazelnuts               | F | 1.1 oz   | 203 | 4 | 6  | 19 | Seeds, hemp             | F | 3.4 Tbsp | 203 | 10 | 0  | 17 |
|                               | M | 1 oz     | 181 | 4 | 5  | 17 |                         | M | 3 Tbsp   | 181 | 9  | 0  | 15 |
| Nuts, pecans                  | F | 1 oz     | 203 | 3 | 4  | 21 | Seeds, pumpkin          | F | 1.2 oz   | 203 | 11 | 4  | 18 |
|                               | M | 0.9 oz   | 181 | 3 | 4  | 18 |                         | M | 1.1 oz   | 181 | 10 | 3  | 16 |
| Nuts, pistachios shelled      | F | 1.2 oz   | 203 | 8 | 4  | 16 | Seeds, sunflower        | F | 1.5 oz   | 203 | 13 | 4  | 12 |
|                               | M | 1 oz     | 181 | 7 | 3  | 15 |                         | M | 1.3 oz   | 181 | 12 | 4  | 10 |



**725** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 2 Tbsp   | 203 | 0  | 0 | 22 | Cheese, ricotta             | F | 4.6 oz   | 203 | 14 | 5  | 14 |
|                    | M | 1.8 Tbsp | 181 | 0  | 0 | 20 |                             | M | 4.1 oz   | 181 | 12 | 4  | 12 |
| Cheese, asiago     | F | 1.9 oz   | 203 | 15 | 2 | 15 | Cheese, swiss               | F | 1.8 oz   | 203 | 15 | 0  | 17 |
|                    | M | 1.7 oz   | 181 | 13 | 2 | 13 |                             | M | 1.6 oz   | 181 | 13 | 0  | 15 |
| Cheese, blue       | F | 2 oz     | 203 | 14 | 0 | 16 | Chocolate, dark >70% cacao* | F | 1.2 oz   | 203 | 2  | 16 | 16 |
|                    | M | 1.8 oz   | 181 | 13 | 0 | 14 |                             | M | 1.1 oz   | 181 | 2  | 14 | 14 |
| Cheese, brie       | F | 2.2 oz   | 203 | 11 | 0 | 18 | Coconut flakes unsweetened  | F | 3.7 Tbsp | 203 | 0  | 0  | 18 |
|                    | M | 2 oz     | 181 | 10 | 0 | 16 |                             | M | 3.3 Tbsp | 181 | 0  | 0  | 16 |
| Cheese, cheddar    | F | 1.8 oz   | 203 | 11 | 2 | 16 | Coconut milk, full fat      | F | 0.5 Cups | 203 | 1  | 3  | 21 |
|                    | M | 1.6 oz   | 181 | 9  | 2 | 14 |                             | M | 0.5 Cups | 181 | 1  | 2  | 19 |
| Cheese, feta       | F | 2.9 oz   | 203 | 17 | 6 | 12 | Ghee                        | F | 1.5 Tbsp | 203 | 0  | 0  | 23 |
|                    | M | 2.6 oz   | 181 | 16 | 5 | 10 |                             | M | 1.3 Tbsp | 181 | 0  | 0  | 20 |
| Cheese, goat       | F | 2.5 oz   | 203 | 10 | 5 | 15 | Heavy cream                 | F | 4.1 Tbsp | 203 | 0  | 0  | 24 |
|                    | M | 2.3 oz   | 181 | 9  | 5 | 14 |                             | M | 3.6 Tbsp | 181 | 0  | 0  | 22 |
| Cheese, gouda      | F | 2 oz     | 203 | 14 | 2 | 16 | Nut butter, peanut          | F | 2 Tbsp   | 203 | 8  | 6  | 16 |
|                    | M | 1.8 oz   | 181 | 13 | 2 | 14 |                             | M | 1.8 Tbsp | 181 | 7  | 5  | 14 |
| Cheese, mozzarella | F | 2.5 oz   | 203 | 18 | 3 | 10 | Oil, extra virgin coconut   | F | 1.6 Tbsp | 203 | 0  | 0  | 22 |
|                    | M | 2.2 oz   | 181 | 16 | 2 | 9  |                             | M | 1.4 Tbsp | 181 | 0  | 0  | 20 |
| Cheese, muenster   | F | 2 oz     | 203 | 14 | 0 | 18 | Peanuts                     | F | 1.3 oz   | 203 | 9  | 6  | 18 |
|                    | M | 1.7 oz   | 181 | 12 | 0 | 16 |                             | M | 1.1 oz   | 181 | 8  | 6  | 16 |
| Cheese, parmesan   | F | 1.8 oz   | 203 | 20 | 0 | 16 | Salad dressing, oil-based   | F | 2.5 Tbsp | 203 | 0  | 5  | 20 |
|                    | M | 1.6 oz   | 181 | 18 | 0 | 14 |                             | M | 2.3 Tbsp | 181 | 0  | 5  | 18 |
| Cheese, provolone  | F | 2 oz     | 203 | 14 | 2 | 16 |                             |   |          |     |    |    |    |
|                    | M | 1.8 oz   | 181 | 13 | 2 | 14 |                             |   |          |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |



## PROTEIN

**750** CALORIES PER MEAL

### EAT MORE

|                             |   | SERVING   | CAL | P  | C  | F  |                               | SERVING      | CAL | P  | C  | F  |
|-----------------------------|---|-----------|-----|----|----|----|-------------------------------|--------------|-----|----|----|----|
| Beef, bottom round          | F | 5.2 oz    | 315 | 52 | 0  | 10 | Fish, mahi mahi               | F 10.2 oz    | 315 | 71 | 0  | 0  |
|                             | M | 5.5 oz    | 338 | 55 | 0  | 11 |                               | M 10.9 oz    | 338 | 76 | 0  | 0  |
| Beef, eye round             | F | 5.3 oz    | 315 | 43 | 0  | 16 | Fish, salmon                  | F 5.3 oz     | 315 | 32 | 0  | 21 |
|                             | M | 5.7 oz    | 338 | 46 | 0  | 17 |                               | M 5.7 oz     | 338 | 34 | 0  | 23 |
| Beef, flank                 | F | 5.5 oz    | 315 | 44 | 0  | 17 | Lobster                       | F 12.6 oz    | 315 | 63 | 0  | 0  |
|                             | M | 5.9 oz    | 338 | 47 | 0  | 18 |                               | M 13.5 oz    | 338 | 68 | 0  | 0  |
| Beef, ground 96/4           | F | 5.8 oz    | 315 | 53 | 0  | 12 | Nutritional yeast*            | F 15.8 Tbsp  | 315 | 47 | 32 | 0  |
|                             | M | 6.3 oz    | 338 | 56 | 0  | 13 |                               | M 16.9 Tbsp  | 338 | 51 | 34 | 0  |
| Beef, ground 90/10          | F | 5.2 oz    | 315 | 41 | 0  | 15 | Pheasant                      | F 4.6 oz     | 315 | 42 | 0  | 14 |
|                             | M | 5.5 oz    | 338 | 44 | 0  | 17 |                               | M 5 oz       | 338 | 45 | 0  | 15 |
| Beef, sirloin tip side      | F | 6.7 oz    | 315 | 54 | 0  | 7  | Rabbit                        | F 6.4 oz     | 315 | 58 | 0  | 6  |
|                             | M | 7.2 oz    | 338 | 58 | 0  | 7  |                               | M 6.9 oz     | 338 | 62 | 0  | 7  |
| Beef, top round             | F | 5.3 oz    | 315 | 47 | 0  | 11 | Scallops                      | F 12.6 oz    | 315 | 63 | 0  | 0  |
|                             | M | 5.6 oz    | 338 | 51 | 0  | 11 |                               | M 13.5 oz    | 338 | 68 | 0  | 0  |
| Bison                       | F | 6.2 oz    | 315 | 43 | 0  | 12 | Shrimp                        | F 11.3 oz    | 315 | 79 | 0  | 0  |
|                             | M | 6.6 oz    | 338 | 46 | 0  | 13 |                               | M 12.1 oz    | 338 | 85 | 0  | 0  |
| Broth, bone                 | F | 15.8 oz   | 315 | 63 | 0  | 16 | TruLean protein powder, vegan | F 2.9 Scoops | 315 | 63 | 6  | 6  |
|                             | M | 16.9 oz   | 338 | 68 | 0  | 17 |                               | M 3.1 Scoops | 338 | 68 | 6  | 6  |
| Chicken, breast             | F | 6.7 oz    | 315 | 60 | 0  | 7  | TruLean protein powder, whey  | F 3.2 Scoops | 315 | 76 | 3  | 0  |
|                             | M | 7.2 oz    | 338 | 65 | 0  | 7  |                               | M 3.4 Scoops | 338 | 81 | 3  | 0  |
| Cottage cheese, 0% fat      | F | 2 Cups    | 315 | 43 | 32 | 0  | Turkey, breast                | F 7.3 oz     | 315 | 66 | 0  | 7  |
|                             | M | 2.1 Cups  | 338 | 46 | 34 | 0  |                               | M 7.9 oz     | 338 | 71 | 0  | 8  |
| Cottage cheese, 2% fat      | F | 2 Cups    | 315 | 43 | 12 | 10 | Turkey, ground 99/1           | F 8.1 oz     | 315 | 65 | 0  | 8  |
|                             | M | 2.1 Cups  | 338 | 46 | 13 | 11 |                               | M 8.7 oz     | 338 | 69 | 0  | 9  |
| Crab                        | F | 10.9 oz   | 315 | 65 | 0  | 0  | Turkey, ground 93/7           | F 5.3 oz     | 315 | 42 | 0  | 16 |
|                             | M | 11.7 oz   | 338 | 70 | 0  | 0  |                               | M 5.6 oz     | 338 | 45 | 0  | 17 |
| Egg whites, pourable*       | F | 24.2 oz   | 315 | 73 | 0  | 0  | Turkey, ground 90/10          | F 5.3 oz     | 315 | 37 | 0  | 16 |
|                             | M | 26 oz     | 338 | 78 | 0  | 0  |                               | M 5.7 oz     | 338 | 40 | 0  | 17 |
| Egg whites, from whole egg* | F | 18.5 Eggs | 315 | 74 | 0  | 0  | Venison                       | F 5.9 oz     | 315 | 48 | 0  | 12 |
|                             | M | 19.9 Eggs | 338 | 80 | 0  | 0  |                               | M 6.4 oz     | 338 | 51 | 0  | 13 |
| Fish, ahi tuna steak        | F | 8.1 oz    | 315 | 65 | 0  | 0  | Yogurt, Greek plain non-fat   | F 2.6 Cups   | 315 | 55 | 21 | 0  |
|                             | M | 8.7 oz    | 338 | 69 | 0  | 0  |                               | M 2.8 Cups   | 338 | 59 | 23 | 0  |
| Fish, cod                   | F | 9 oz      | 315 | 54 | 0  | 9  | Yogurt, Greek plain low-fat   | F 1.9 Cups   | 315 | 44 | 17 | 9  |
|                             | M | 9.7 oz    | 338 | 58 | 0  | 10 |                               | M 2 Cups     | 338 | 48 | 18 | 10 |



## PROTEIN

**750** CALORIES PER MEAL

### EAT SOME

|                        |   | SERVING  | CAL | P  | C  | F  |
|------------------------|---|----------|-----|----|----|----|
| Beef, ground 85/15     | F | 4.8 oz   | 315 | 33 | 0  | 19 |
|                        | M | 5.1 oz   | 338 | 36 | 0  | 20 |
| Beef, skirt            | F | 5.1 oz   | 315 | 36 | 0  | 15 |
|                        | M | 5.5 oz   | 338 | 38 | 0  | 16 |
| Chicken, ground        | F | 5.8 oz   | 315 | 41 | 0  | 18 |
|                        | M | 6.3 oz   | 338 | 44 | 0  | 19 |
| Chicken, thighs        | F | 5.7 oz   | 315 | 40 | 0  | 17 |
|                        | M | 6.1 oz   | 338 | 43 | 0  | 18 |
| Cottage cheese, 4% fat | F | 1.3 Cups | 315 | 32 | 16 | 13 |
|                        | M | 1.4 Cups | 338 | 34 | 17 | 14 |
| Dairy milk, skim*      | F | 3.5 Cups | 315 | 28 | 46 | 0  |
|                        | M | 3.8 Cups | 338 | 30 | 49 | 0  |
| Dairy milk, 1%*        | F | 2.9 Cups | 315 | 23 | 37 | 9  |
|                        | M | 3.1 Cups | 338 | 25 | 40 | 9  |
| Dairy milk, 2%*        | F | 2.4 Cups | 315 | 19 | 32 | 12 |
|                        | M | 2.6 Cups | 338 | 21 | 34 | 13 |
| Deli meat, chicken     | F | 10.5 oz  | 315 | 63 | 11 | 0  |
|                        | M | 11.3 oz  | 338 | 68 | 11 | 0  |
| Deli meat, ham         | F | 9 oz     | 315 | 45 | 0  | 18 |
|                        | M | 9.7 oz   | 338 | 48 | 0  | 19 |
| Deli meat, roast beef  | F | 9 oz     | 315 | 63 | 0  | 9  |
|                        | M | 9.7 oz   | 338 | 68 | 0  | 10 |
| Deli meat, turkey      | F | 10.5 oz  | 315 | 63 | 0  | 11 |
|                        | M | 11.3 oz  | 338 | 68 | 0  | 11 |

### EAT LESS

|                            |
|----------------------------|
| Beef, brisket              |
| Beef, chuck roast          |
| Beef, ground 80/20         |
| Beef, ribeye               |
| Beef, strip                |
| Beef, T-bone               |
| Beef, top sirloin          |
| Chicken sausage, breakfast |

|                              |   | SERVING  | CAL | P  | C  | F  |
|------------------------------|---|----------|-----|----|----|----|
| Duck                         | F | 4.7 oz   | 315 | 28 | 0  | 24 |
|                              | M | 5 oz     | 338 | 30 | 0  | 25 |
| Eggs, whole *                | F | 4.5 Eggs | 315 | 27 | 5  | 23 |
|                              | M | 4.8 Eggs | 338 | 29 | 5  | 24 |
| Fish, tuna packaged          | F | 10.5 oz  | 315 | 74 | 0  | 0  |
|                              | M | 11.3 oz  | 338 | 79 | 0  | 0  |
| Lamb, ground                 | F | 3.9 oz   | 315 | 28 | 0  | 24 |
|                              | M | 4.2 oz   | 338 | 30 | 0  | 25 |
| Lamb, shank                  | F | 7.9 oz   | 315 | 39 | 8  | 16 |
|                              | M | 8.5 oz   | 338 | 42 | 8  | 17 |
| Pork, tenderloin             | F | 7.7 oz   | 315 | 54 | 0  | 8  |
|                              | M | 8.2 oz   | 338 | 58 | 0  | 8  |
| Tempeh                       | F | 5.6 oz   | 315 | 28 | 17 | 17 |
|                              | M | 6 oz     | 338 | 30 | 18 | 18 |
| Tofu                         | F | 13.7 oz  | 315 | 27 | 14 | 14 |
|                              | M | 14.7 oz  | 338 | 29 | 15 | 15 |
| Turkey, bacon*               | F | 4.1 oz   | 315 | 33 | 0  | 20 |
|                              | M | 4.4 oz   | 338 | 35 | 0  | 22 |
| Turkey, ground 85/15         | F | 4.9 oz   | 315 | 34 | 0  | 25 |
|                              | M | 5.3 oz   | 338 | 37 | 0  | 26 |
| Yogurt, Greek plain full fat | F | 1.4 Cups | 315 | 30 | 12 | 15 |
|                              | M | 1.5 Cups | 338 | 32 | 13 | 16 |

|                             |
|-----------------------------|
| Chicken sausage, dinner     |
| Dairy milk, whole           |
| Fried meats                 |
| Jerky, processed            |
| Meat substitutes, processed |
| Pork, bacon                 |
| Pork, chop                  |
| Yogurt, sweetened           |



**750** CALORIES PER MEAL

**EAT MORE**

|                              |   | SERVING         | CAL        | P  | C  | F |                             |   | SERVING         | CAL        | P  | C  | F |
|------------------------------|---|-----------------|------------|----|----|---|-----------------------------|---|-----------------|------------|----|----|---|
| Amaranth, cooked             | F | <b>0.9</b> Cups | <b>225</b> | 8  | 41 | 4 | Edamame                     | F | <b>1.1</b> Cups | <b>225</b> | 18 | 20 | 7 |
|                              | M | <b>0.9</b> Cups | <b>225</b> | 8  | 41 | 4 |                             | M | <b>1.1</b> Cups | <b>225</b> | 18 | 20 | 7 |
| Amaranth, dry                | F | <b>0.3</b> Cups | <b>225</b> | 9  | 40 | 4 | Farro, cooked               | F | <b>1.1</b> Cups | <b>225</b> | 8  | 42 | 2 |
|                              | M | <b>0.3</b> Cups | <b>225</b> | 9  | 40 | 4 |                             | M | <b>1.1</b> Cups | <b>225</b> | 8  | 42 | 2 |
| Apple                        | F | <b>15</b> oz    | <b>225</b> | 0  | 60 | 0 | Farro, dry                  | F | <b>0.3</b> Cups | <b>225</b> | 9  | 42 | 1 |
|                              | M | <b>15</b> oz    | <b>225</b> | 0  | 60 | 0 |                             | M | <b>0.3</b> Cups | <b>225</b> | 9  | 42 | 1 |
| Banana                       | F | <b>9</b> oz     | <b>225</b> | 0  | 54 | 0 | Grapefruit                  | F | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
|                              | M | <b>9</b> oz     | <b>225</b> | 0  | 54 | 0 |                             | M | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
| Beans, black canned          | F | <b>1</b> Cups   | <b>225</b> | 14 | 39 | 2 | Grapes                      | F | <b>12.5</b> oz  | <b>225</b> | 0  | 63 | 0 |
|                              | M | <b>1</b> Cups   | <b>225</b> | 14 | 39 | 2 |                             | M | <b>12.5</b> oz  | <b>225</b> | 0  | 63 | 0 |
| Beans, cannellini canned     | F | <b>1.1</b> Cups | <b>225</b> | 16 | 43 | 0 | Kamut, cooked               | F | <b>0.9</b> Cups | <b>225</b> | 10 | 47 | 2 |
|                              | M | <b>1.1</b> Cups | <b>225</b> | 16 | 43 | 0 |                             | M | <b>0.9</b> Cups | <b>225</b> | 10 | 47 | 2 |
| Beans, garbanzo canned       | F | <b>0.9</b> Cups | <b>225</b> | 11 | 36 | 0 | Kamut, dry                  | F | <b>0.4</b> Cups | <b>225</b> | 10 | 47 | 1 |
|                              | M | <b>0.9</b> Cups | <b>225</b> | 11 | 36 | 0 |                             | M | <b>0.4</b> Cups | <b>225</b> | 10 | 47 | 1 |
| Beans, great northern canned | F | <b>1</b> Cups   | <b>225</b> | 14 | 41 | 0 | Kiwi                        | F | <b>13.2</b> oz  | <b>225</b> | 0  | 53 | 0 |
|                              | M | <b>1</b> Cups   | <b>225</b> | 14 | 41 | 0 |                             | M | <b>13.2</b> oz  | <b>225</b> | 0  | 53 | 0 |
| Beans, kidney canned         | F | <b>1.1</b> Cups | <b>225</b> | 14 | 40 | 2 | Lentils, cooked             | F | <b>1</b> Cups   | <b>225</b> | 18 | 39 | 0 |
|                              | M | <b>1.1</b> Cups | <b>225</b> | 14 | 40 | 2 |                             | M | <b>1</b> Cups   | <b>225</b> | 18 | 39 | 0 |
| Beans, lima canned           | F | <b>2</b> Cups   | <b>225</b> | 12 | 41 | 0 | Lentils, dry                | F | <b>0.5</b> Cups | <b>225</b> | 18 | 45 | 0 |
|                              | M | <b>2</b> Cups   | <b>225</b> | 12 | 41 | 0 |                             | M | <b>0.5</b> Cups | <b>225</b> | 18 | 45 | 0 |
| Beans, pinto canned          | F | <b>1.3</b> Cups | <b>225</b> | 15 | 43 | 0 | Mango                       | F | <b>13.2</b> oz  | <b>225</b> | 0  | 53 | 0 |
|                              | M | <b>1.3</b> Cups | <b>225</b> | 15 | 43 | 0 |                             | M | <b>13.2</b> oz  | <b>225</b> | 0  | 53 | 0 |
| Beets                        | F | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 | Melon, cantaloupe           | F | <b>22.5</b> oz  | <b>225</b> | 0  | 45 | 0 |
|                              | M | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 |                             | M | <b>22.5</b> oz  | <b>225</b> | 0  | 45 | 0 |
| Blackberries                 | F | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 | Melon, honeydew             | F | <b>22.5</b> oz  | <b>225</b> | 0  | 68 | 0 |
|                              | M | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 |                             | M | <b>22.5</b> oz  | <b>225</b> | 0  | 68 | 0 |
| Blueberries                  | F | <b>14.1</b> oz  | <b>225</b> | 0  | 56 | 0 | Melon, watermelon           | F | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
|                              | M | <b>14.1</b> oz  | <b>225</b> | 0  | 56 | 0 |                             | M | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
| Buckwheat, cooked            | F | <b>1.5</b> Cups | <b>225</b> | 9  | 48 | 1 | Millet, cooked              | F | <b>1.1</b> Cups | <b>225</b> | 7  | 45 | 2 |
|                              | M | <b>1.5</b> Cups | <b>225</b> | 9  | 48 | 1 |                             | M | <b>1.1</b> Cups | <b>225</b> | 7  | 45 | 2 |
| Buckwheat, dry               | F | <b>0.4</b> Cups | <b>225</b> | 8  | 49 | 2 | Millet, dry                 | F | <b>0.3</b> Cups | <b>225</b> | 7  | 45 | 2 |
|                              | M | <b>0.4</b> Cups | <b>225</b> | 8  | 49 | 2 |                             | M | <b>0.3</b> Cups | <b>225</b> | 7  | 45 | 2 |
| Clementine                   | F | <b>17.3</b> oz  | <b>225</b> | 0  | 52 | 0 | Oat milk                    | F | <b>2.8</b> Cups | <b>225</b> | 6  | 31 | 8 |
|                              | M | <b>17.3</b> oz  | <b>225</b> | 0  | 52 | 0 |                             | M | <b>2.8</b> Cups | <b>225</b> | 6  | 31 | 8 |
| Corn                         | F | <b>1.6</b> Cups | <b>225</b> | 3  | 42 | 3 | Oats, old fashioned, cooked | F | <b>1.4</b> Cups | <b>225</b> | 8  | 38 | 5 |
|                              | M | <b>1.6</b> Cups | <b>225</b> | 3  | 42 | 3 |                             | M | <b>1.4</b> Cups | <b>225</b> | 8  | 38 | 5 |



## CARB

**750** CALORIES PER MEAL

### EAT MORE

|                          |   | SERVING         | CAL        | P  | C  | F |                    |   | SERVING         | CAL        | P  | C  | F |
|--------------------------|---|-----------------|------------|----|----|---|--------------------|---|-----------------|------------|----|----|---|
| Oats, old fashioned, dry | F | <b>0.8</b> Cups | <b>225</b> | 8  | 41 | 5 | Raspberries        | F | <b>15</b> oz    | <b>225</b> | 0  | 45 | 0 |
|                          | M | <b>0.8</b> Cups | <b>225</b> | 8  | 41 | 5 |                    | M | <b>15</b> oz    | <b>225</b> | 0  | 45 | 0 |
| Oats, steel cut, cooked  | F | <b>1.5</b> Cups | <b>225</b> | 12 | 78 | 3 | Rice, brown cooked | F | <b>1</b> Cups   | <b>225</b> | 5  | 46 | 2 |
|                          | M | <b>1.5</b> Cups | <b>225</b> | 12 | 78 | 3 |                    | M | <b>1</b> Cups   | <b>225</b> | 5  | 46 | 2 |
| Oats, steel cut, dry     | F | <b>0.4</b> Cups | <b>225</b> | 8  | 41 | 4 | Rice, brown dry    | F | <b>0.4</b> Cups | <b>225</b> | 4  | 49 | 2 |
|                          | M | <b>0.4</b> Cups | <b>225</b> | 8  | 41 | 4 |                    | M | <b>0.4</b> Cups | <b>225</b> | 4  | 49 | 2 |
| Orange                   | F | <b>17.3</b> oz  | <b>225</b> | 0  | 52 | 0 | Rice, wild cooked  | F | <b>1.4</b> Cups | <b>225</b> | 9  | 47 | 1 |
|                          | M | <b>17.3</b> oz  | <b>225</b> | 0  | 52 | 0 |                    | M | <b>1.4</b> Cups | <b>225</b> | 9  | 47 | 1 |
| Papaya                   | F | <b>18.8</b> oz  | <b>225</b> | 0  | 38 | 0 | Rice, wild dry     | F | <b>0.4</b> Cups | <b>225</b> | 9  | 47 | 1 |
|                          | M | <b>18.8</b> oz  | <b>225</b> | 0  | 38 | 0 |                    | M | <b>0.4</b> Cups | <b>225</b> | 9  | 47 | 1 |
| Parsnips                 | F | <b>10.7</b> oz  | <b>225</b> | 0  | 54 | 0 | Spelt, cooked      | F | <b>0.9</b> Cups | <b>225</b> | 10 | 47 | 2 |
|                          | M | <b>10.7</b> oz  | <b>225</b> | 0  | 54 | 0 |                    | M | <b>0.9</b> Cups | <b>225</b> | 10 | 47 | 2 |
| Peach                    | F | <b>20.5</b> oz  | <b>225</b> | 0  | 61 | 0 | Spelt, dry         | F | <b>0.4</b> Cups | <b>225</b> | 10 | 50 | 2 |
|                          | M | <b>20.5</b> oz  | <b>225</b> | 0  | 61 | 0 |                    | M | <b>0.4</b> Cups | <b>225</b> | 10 | 50 | 2 |
| Pear                     | F | <b>14.1</b> oz  | <b>225</b> | 0  | 56 | 0 | Squash, acorn      | F | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 |
|                          | M | <b>14.1</b> oz  | <b>225</b> | 0  | 56 | 0 |                    | M | <b>18.8</b> oz  | <b>225</b> | 0  | 56 | 0 |
| Pineapple                | F | <b>16.1</b> oz  | <b>225</b> | 0  | 64 | 0 | Squash, butternut  | F | <b>9.8</b> oz   | <b>225</b> | 10 | 59 | 0 |
|                          | M | <b>16.1</b> oz  | <b>225</b> | 0  | 64 | 0 |                    | M | <b>9.8</b> oz   | <b>225</b> | 10 | 59 | 0 |
| Peas, green or yellow    | F | <b>1.9</b> Cups | <b>225</b> | 15 | 40 | 0 | Squash, kabocha    | F | <b>22.5</b> oz  | <b>225</b> | 0  | 45 | 0 |
|                          | M | <b>1.9</b> Cups | <b>225</b> | 15 | 40 | 0 |                    | M | <b>22.5</b> oz  | <b>225</b> | 0  | 45 | 0 |
| Potato, sweet            | F | <b>9.4</b> oz   | <b>225</b> | 0  | 56 | 0 | Strawberries       | F | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
|                          | M | <b>9.4</b> oz   | <b>225</b> | 0  | 56 | 0 |                    | M | <b>25</b> oz    | <b>225</b> | 0  | 50 | 0 |
| Potato, white            | F | <b>11.3</b> oz  | <b>225</b> | 0  | 56 | 0 | Sweet cherries     | F | <b>12.5</b> oz  | <b>225</b> | 0  | 50 | 0 |
|                          | M | <b>11.3</b> oz  | <b>225</b> | 0  | 56 | 0 |                    | M | <b>12.5</b> oz  | <b>225</b> | 0  | 50 | 0 |
| Potato, yellow           | F | <b>10.7</b> oz  | <b>225</b> | 11 | 54 | 0 | Teff, cooked       | F | <b>0.9</b> Cups | <b>225</b> | 9  | 44 | 2 |
|                          | M | <b>10.7</b> oz  | <b>225</b> | 11 | 54 | 0 |                    | M | <b>0.9</b> Cups | <b>225</b> | 9  | 44 | 2 |
| Pumpkin                  | F | <b>32.1</b> oz  | <b>225</b> | 0  | 64 | 0 | Teff, dry          | F | <b>0.3</b> Cups | <b>225</b> | 8  | 45 | 2 |
|                          | M | <b>32.1</b> oz  | <b>225</b> | 0  | 64 | 0 |                    | M | <b>0.3</b> Cups | <b>225</b> | 8  | 45 | 2 |
| Quinoa, cooked           | F | <b>1</b> Cups   | <b>225</b> | 8  | 40 | 4 | Water chestnuts    | F | <b>5.6</b> Cups | <b>225</b> | 6  | 51 | 0 |
|                          | M | <b>1</b> Cups   | <b>225</b> | 8  | 40 | 4 |                    | M | <b>5.6</b> Cups | <b>225</b> | 6  | 51 | 0 |
| Quinoa, dry              | F | <b>0.4</b> Cups | <b>225</b> | 7  | 42 | 4 |                    |   |                 |            |    |    |   |
|                          | M | <b>0.4</b> Cups | <b>225</b> | 7  | 42 | 4 |                    |   |                 |            |    |    |   |



## CARB

**750** CALORIES PER MEAL

### EAT SOME

| EAT SOME                       |   | SERVING |           | CAL | P  | C  | F |                      |   | SERVING |      | CAL | P  | C  | F |
|--------------------------------|---|---------|-----------|-----|----|----|---|----------------------|---|---------|------|-----|----|----|---|
| Applesauce, unsweetened        | F | 2.3     | Cups      | 225 | 0  | 59 | 0 | Pasta, bean dry      | F | 2.4     | oz   | 225 | 14 | 38 | 5 |
|                                | M | 2.3     | Cups      | 225 | 0  | 59 | 0 |                      | M | 2.4     | oz   | 225 | 14 | 38 | 5 |
| Bread, sprouted or whole wheat | F | 2.8     | Slices    | 225 | 14 | 42 | 3 | Pasta, lentil cooked | F | 2.6     | oz   | 225 | 18 | 29 | 3 |
|                                | M | 2.8     | Slices    | 225 | 14 | 42 | 3 |                      | M | 2.6     | oz   | 225 | 18 | 29 | 3 |
| Corn tortillas                 | F | 4.1     | Tortillas | 225 | 4  | 45 | 4 | Pasta, lentil dry    | F | 2.3     | oz   | 225 | 9  | 47 | 2 |
|                                | M | 4.1     | Tortillas | 225 | 4  | 45 | 4 |                      | M | 2.3     | oz   | 225 | 9  | 47 | 2 |
| Dried fruit                    | F | 2.8     | oz        | 225 | 3  | 57 | 0 | Popcorn, air-popped  | F | 7.3     | Cups | 225 | 7  | 44 | 0 |
|                                | M | 2.8     | oz        | 225 | 3  | 57 | 0 |                      | M | 7.3     | Cups | 225 | 7  | 44 | 0 |
| Honey, raw*                    | F | 3.5     | Tbsp      | 225 | 0  | 60 | 0 | Rice, white cooked   | F | 1.1     | Cups | 225 | 4  | 49 | 0 |
|                                | M | 3.5     | Tbsp      | 225 | 0  | 60 | 0 |                      | M | 1.1     | Cups | 225 | 4  | 49 | 0 |
| Maple syrup, pure*             | F | 4.1     | Tbsp      | 225 | 0  | 57 | 0 | Rice, white dry      | F | 0.4     | Cups | 225 | 4  | 51 | 0 |
|                                | M | 4.1     | Tbsp      | 225 | 0  | 57 | 0 |                      | M | 0.4     | Cups | 225 | 4  | 51 | 0 |
| Pasta, bean cooked             | F | 5.6     | oz        | 225 | 17 | 39 | 6 |                      |   |         |      |     |    |    |   |
|                                | M | 5.6     | oz        | 225 | 17 | 39 | 6 |                      |   |         |      |     |    |    |   |

### EAT LESS

Cakes

Pasta, refined flour

Canned fruit

Pastries

Chips, all varieties

Popcorn, butter

Cookies

Rice, instant cooked

Crackers, whole grain or seeds

Rice, instant dry

Fries



## FAT

750 CALORIES PER MEAL

### EAT MORE

|                               |   | SERVING  | CAL | P | C  | F  |                         |   | SERVING  | CAL | P  | C  | F  |
|-------------------------------|---|----------|-----|---|----|----|-------------------------|---|----------|-----|----|----|----|
| Avocado                       | F | 4.7 oz   | 210 | 5 | 9  | 19 | Nuts, walnuts           | F | 1.1 oz   | 210 | 5  | 5  | 21 |
|                               | M | 4.2 oz   | 188 | 4 | 8  | 17 |                         | M | 1 oz     | 188 | 4  | 4  | 19 |
| Butter, grass-fed             | F | 2.1 Tbsp | 210 | 0 | 0  | 23 | Oil, avocado            | F | 1.7 Tbsp | 210 | 0  | 0  | 24 |
|                               | M | 1.9 Tbsp | 188 | 0 | 0  | 21 |                         | M | 1.5 Tbsp | 188 | 0  | 0  | 21 |
| Cacao nibs                    | F | 3.9 Tbsp | 210 | 0 | 12 | 16 | Oil, extra virgin olive | F | 1.8 Tbsp | 210 | 0  | 0  | 25 |
|                               | M | 3.5 Tbsp | 188 | 0 | 10 | 14 |                         | M | 1.6 Tbsp | 188 | 0  | 0  | 22 |
| Coconut milk, unsweetened*    | F | 4.8 Cups | 210 | 0 | 5  | 19 | Oil, flaxseed           | F | 1.8 Tbsp | 210 | 0  | 0  | 25 |
|                               | M | 4.3 Cups | 188 | 0 | 4  | 17 |                         | M | 1.6 Tbsp | 188 | 0  | 0  | 22 |
| Guacamole                     | F | 8.4 Tbsp | 210 | 8 | 8  | 17 | Oil, grapeseed          | F | 1.7 Tbsp | 210 | 0  | 0  | 24 |
|                               | M | 7.5 Tbsp | 188 | 8 | 8  | 15 |                         | M | 1.5 Tbsp | 188 | 0  | 0  | 21 |
| Hummus                        | F | 6 Tbsp   | 210 | 6 | 12 | 18 | Oil, sesame             | F | 1.8 Tbsp | 210 | 0  | 0  | 25 |
|                               | M | 5.4 Tbsp | 188 | 5 | 11 | 16 |                         | M | 1.6 Tbsp | 188 | 0  | 0  | 22 |
| Nut butter, almond            | F | 2.2 Tbsp | 210 | 9 | 7  | 20 | Olives, black           | F | 4.2 oz   | 210 | 0  | 8  | 21 |
|                               | M | 2 Tbsp   | 188 | 8 | 6  | 18 |                         | M | 3.8 oz   | 188 | 0  | 8  | 19 |
| Nut butter, cashew            | F | 2.2 Tbsp | 210 | 4 | 11 | 18 | Olives, green           | F | 4.2 oz   | 210 | 4  | 4  | 21 |
|                               | M | 2 Tbsp   | 188 | 4 | 10 | 16 |                         | M | 3.8 oz   | 188 | 4  | 4  | 19 |
| Nut milk, almond unsweetened* | F | 7 Cups   | 210 | 7 | 7  | 21 | Olives, kalamata        | F | 2.5 oz   | 210 | 0  | 10 | 20 |
|                               | M | 6.3 Cups | 188 | 6 | 6  | 19 |                         | M | 2.2 oz   | 188 | 0  | 9  | 18 |
| Nut milk, cashew unsweetened* | F | 8.4 Cups | 210 | 8 | 8  | 17 | Pea milk, unsweetened   | F | 2.1 Cups | 210 | 17 | 13 | 8  |
|                               | M | 7.5 Cups | 188 | 8 | 8  | 15 |                         | M | 1.9 Cups | 188 | 15 | 11 | 8  |
| Nuts, almonds                 | F | 1.3 oz   | 210 | 8 | 8  | 18 | Seed butter, sunflower  | F | 2.1 Tbsp | 210 | 8  | 8  | 17 |
|                               | M | 1.1 oz   | 188 | 7 | 7  | 16 |                         | M | 1.9 Tbsp | 188 | 8  | 8  | 15 |
| Nuts, brazil nuts             | F | 1.1 oz   | 210 | 4 | 1  | 20 | Seeds, chia             | F | 3.1 Tbsp | 210 | 6  | 19 | 12 |
|                               | M | 1 oz     | 188 | 4 | 1  | 18 |                         | M | 2.8 Tbsp | 188 | 6  | 17 | 11 |
| Nuts, cashews                 | F | 1.3 oz   | 210 | 7 | 12 | 16 | Seeds, flax             | F | 4 Tbsp   | 210 | 8  | 12 | 16 |
|                               | M | 1.2 oz   | 188 | 6 | 11 | 14 |                         | M | 3.6 Tbsp | 188 | 7  | 11 | 14 |
| Nuts, hazelnuts               | F | 1.1 oz   | 210 | 5 | 6  | 20 | Seeds, hemp             | F | 3.5 Tbsp | 210 | 11 | 0  | 18 |
|                               | M | 1 oz     | 188 | 4 | 5  | 17 |                         | M | 3.1 Tbsp | 188 | 9  | 0  | 16 |
| Nuts, pecans                  | F | 1.1 oz   | 210 | 3 | 4  | 21 | Seeds, pumpkin          | F | 1.2 oz   | 210 | 11 | 4  | 19 |
|                               | M | 0.9 oz   | 188 | 3 | 4  | 19 |                         | M | 1.1 oz   | 188 | 10 | 3  | 17 |
| Nuts, pistachios shelled      | F | 1.2 oz   | 210 | 8 | 4  | 17 | Seeds, sunflower        | F | 1.5 oz   | 210 | 14 | 5  | 12 |
|                               | M | 1.1 oz   | 188 | 8 | 3  | 15 |                         | M | 1.3 oz   | 188 | 12 | 4  | 11 |



**750** CALORIES PER MEAL

## EAT SOME

|                    |   | SERVING  | CAL | P  | C | F  |                             |   | SERVING  | CAL | P  | C  | F  |
|--------------------|---|----------|-----|----|---|----|-----------------------------|---|----------|-----|----|----|----|
| Butter             | F | 2.1 Tbsp | 210 | 0  | 0 | 23 | Cheese, ricotta             | F | 4.8 oz   | 210 | 14 | 5  | 14 |
|                    | M | 1.9 Tbsp | 188 | 0  | 0 | 21 |                             | M | 4.3 oz   | 188 | 13 | 4  | 13 |
| Cheese, asiago     | F | 1.9 oz   | 210 | 16 | 2 | 16 | Cheese, swiss               | F | 1.9 oz   | 210 | 15 | 0  | 17 |
|                    | M | 1.7 oz   | 188 | 14 | 2 | 14 |                             | M | 1.7 oz   | 188 | 14 | 0  | 15 |
| Cheese, blue       | F | 2.1 oz   | 210 | 15 | 0 | 17 | Chocolate, dark >70% cacao* | F | 1.2 oz   | 210 | 2  | 16 | 16 |
|                    | M | 1.9 oz   | 188 | 13 | 0 | 15 |                             | M | 1.1 oz   | 188 | 2  | 14 | 14 |
| Cheese, brie       | F | 2.3 oz   | 210 | 12 | 0 | 18 | Coconut flakes unsweetened  | F | 3.8 Tbsp | 210 | 0  | 0  | 19 |
|                    | M | 2.1 oz   | 188 | 10 | 0 | 17 |                             | M | 3.4 Tbsp | 188 | 0  | 0  | 17 |
| Cheese, cheddar    | F | 1.8 oz   | 210 | 11 | 2 | 16 | Coconut milk, full fat      | F | 0.5 Cups | 210 | 1  | 3  | 22 |
|                    | M | 1.6 oz   | 188 | 10 | 2 | 15 |                             | M | 0.5 Cups | 188 | 1  | 2  | 19 |
| Cheese, feta       | F | 3 oz     | 210 | 18 | 6 | 12 | Ghee                        | F | 1.6 Tbsp | 210 | 0  | 0  | 23 |
|                    | M | 2.7 oz   | 188 | 16 | 5 | 11 |                             | M | 1.4 Tbsp | 188 | 0  | 0  | 21 |
| Cheese, goat       | F | 2.6 oz   | 210 | 11 | 5 | 16 | Heavy cream                 | F | 4.2 Tbsp | 210 | 0  | 0  | 25 |
|                    | M | 2.4 oz   | 188 | 9  | 5 | 14 |                             | M | 3.8 Tbsp | 188 | 0  | 0  | 23 |
| Cheese, gouda      | F | 2.1 oz   | 210 | 15 | 2 | 17 | Nut butter, peanut          | F | 2.1 Tbsp | 210 | 8  | 6  | 17 |
|                    | M | 1.9 oz   | 188 | 13 | 2 | 15 |                             | M | 1.9 Tbsp | 188 | 8  | 6  | 15 |
| Cheese, mozzarella | F | 2.6 oz   | 210 | 18 | 3 | 10 | Oil, extra virgin coconut   | F | 1.6 Tbsp | 210 | 0  | 0  | 23 |
|                    | M | 2.3 oz   | 188 | 16 | 2 | 9  |                             | M | 1.5 Tbsp | 188 | 0  | 0  | 21 |
| Cheese, muenster   | F | 2 oz     | 210 | 14 | 0 | 18 | Peanuts                     | F | 1.3 oz   | 210 | 9  | 7  | 18 |
|                    | M | 1.8 oz   | 188 | 13 | 0 | 16 |                             | M | 1.2 oz   | 188 | 8  | 6  | 16 |
| Cheese, parmesan   | F | 1.9 oz   | 210 | 20 | 0 | 17 | Salad dressing, oil-based   | F | 2.6 Tbsp | 210 | 0  | 5  | 21 |
|                    | M | 1.7 oz   | 188 | 18 | 0 | 15 |                             | M | 2.4 Tbsp | 188 | 0  | 5  | 19 |
| Cheese, provolone  | F | 2.1 oz   | 210 | 15 | 2 | 17 |                             |   |          |     |    |    |    |
|                    | M | 1.9 oz   | 188 | 13 | 2 | 15 |                             |   |          |     |    |    |    |

## EAT LESS

|                            |                        |
|----------------------------|------------------------|
| Cheese, processed          | Dairy milk, chocolate  |
| Chips, potato              | Oil, canola            |
| Chocolate, dark <70% cacao | Oil, soybean           |
| Chocolate, milk            | Oil, vegetable         |
| Chocolate, white           | Salad dressing, creamy |

# **FIT BODY BOOT CAMP**

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