

PROTEIN (approx. 7g)

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|------------------------------|------------|
| beef | 1 oz. |
| Beverage Mix by Herbalife | 1 Scoop |
| Canadian bacon | 1 oz. |
| canned tuna | 1 oz. |
| ** cheese | 1 oz. |
| chicken breast | 1 oz. |
| Chicken Soup Mix - Herbalife | 1/2 Packet |
| corned beef | 1 oz. |
| cottage cheese | 1/4 cup |
| crabmeat | 1 1/2 oz. |
| duck | 1 1/2 oz. |
| egg (any style) | 1 |
| egg whites | 2 large |
| egg substitute | 1/4 cup |
| feta cheese | 1 1/2 oz. |
| ground beef | 1 1/2 oz. |
| flounder/sole | 1 1/2 oz. |
| ground lamb | 1 1/2 oz. |
| ground pork | 1 1/2 oz. |
| ground turkey | 1 1/2 oz. |
| ham | 1 oz. |
| lamb | 1 oz. |
| lobster | 1 1/2 oz. |
| pork | 1 oz. |
| Protein Deluxe Bar | 1 Bar |
| ricotta cheese | 2 oz. |
| salmon | 1 1/2 oz. |
| scallops | 1 1/2 oz. |
| shrimp | 1 1/2 oz. |
| soy burgers | 1/2 patty |
| Soy nuts by Herbalife | 1 packet |
| spirulina (dried) | 1/2 oz. |
| swordfish | 1 1/2 oz. |
| Tofu – Firm (soft = 3oz) | 2 oz. |
| tuna steak | 1 1/2 oz. |
| turkey breast | 1 oz. |
| veal | 1 oz. |

FATS (approx. 1.5g)

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|-----------------|-----------|
| almonds | 3 |
| avocado | 1 Tbsp. |
| bacon bits | 2 1/2 tsp |
| butter | 1/3 tsp |
| canola oil | 1/3 tsp |
| cashews | 3 |
| coconut Oil | 1/3 tsp |
| cream, light | 1/2 tsp |
| cream cheese | 1 tsp |
| half and half | 1 Tbsp. |
| guacamole | 1/2 Tbsp. |
| lard | 1/3 tsp |
| macadamia nuts | 1 |
| mayonnaise | 1/3 tsp |
| mayo, light | 1 tsp |
| olive oil | 1/3 tsp |
| olives | 5 |
| peanut butter | 1/2 tsp |
| peanut oil | 1/3 tsp |
| peanuts | 6 |
| sesame oil | 1/3 tsp |
| sour cream | 1 tsp |
| sunflower seeds | 1/4 tsp |
| tahini | 1/3 tsp |
| tartar sauce | 1/2 tsp |
| veg. shortening | 1/3 tsp |
| vegetable oil | 1/3 tsp |

CARBOHYDRATES (approx. 9g)

| | | | |
|---------------------------|-----------|-----------------------|------------|
| Acorn Squash | 3/8 cup | orange | 1/2 |
| apple | 1/2 | Papaya | 2/3 cup |
| apple sauce (unsweetened) | 3/8 cup | peach | 1 |
| apricots | 3 small | pear | 1/2 |
| artichoke | 1 small | peppers | 1 1/4 cup |
| asparagus | 12 spears | pineapple | 1/2 cup |
| Beets | 1/2 cup | plum | 1 |
| blackberries | 1/2 cup | Prunes | 2 |
| blueberries | 1/2 cup | Raisins | 1 Tbsp. |
| bok choy | 3 cups | raspberries | 2/3 cup |
| broccoli | 2 cups | salsa | 1/2 cups |
| broccoli (cooked) | 1 1/4 cup | snow peas | 3/4 cup |
| brussel sprouts | 3/4 cup | spaghetti squash | 1 cup |
| Butternut Squash | 1/3 cup | spinach (cooked) | 1 1/3 cup |
| cantaloupe | 1/4 | spinach (raw) | 4 cups |
| Carrots (baby, raw) | 8 | Sweet Potato, baked | 1/3 (5 in) |
| carrots (large, raw) | 1 | strawberries | 1 cup |
| cauliflower - cooked | 1 1/4 cup | Sweet potato, mashed | 1/5 cup |
| cauliflower (raw) | 2 cups | tangerine | 1 |
| celery | 2 cups | tomato sauce | 1/2 cup |
| cherries | 7 | tomatoes (Cherry) | 1 1/2 Cups |
| collard greens | 1 1/4 cup | tomatoes: 2.5" diam. | 2 whole |
| cucumber | 1 (9 in) | watermelon | 1/4 cup |
| Dates | 2 | yellow squash | 1 1/4 cup |
| eggplant | 1 1/2 cup | zucchini - cooked | 1 1/3 cup |
| grapefruit | 1/2 | zucchini - sliced raw | 2 cups |
| grapes | 1/2 cup | | |
| green beans | 1 cup | | |
| honeydew | 1/2 | | |
| kale | 1 1/4 cup | | |
| kiwi | 1 | | |
| lettuce, Iceberg | 1 head | | |
| lettuce, romaine | 6 cups | | |
| Mango | 1/3 cup | | |
| mushrooms | 3 cups | | |
| nectarine | 1/2 | | |
| onion (raw) | 2/3 cup | | |
| onions (cooked) | 1/2 cup | | |

** LIMIT CHEESE - SOFT cheeses are better

CARBS Uncommon

| | |
|-------------------------|------------|
| alfalfa sprouts | 7 1/2 cup |
| bean sprouts | 3 cups |
| beet greens | 1 1/4 cup |
| cabbage (cooked) | 1 1/3 cup |
| cabbage (raw) | 2 1/4 cups |
| dill pickles | 3 (3 in) |
| Figs | 3/4 |
| Guava | 1/2 cup |
| Kumquat | 3 |
| leeks | 1 cup |
| lemon | 1 |
| lime | 1 |
| okra | 3/4 cup |
| Parsnips | 1/3 (9 in) |
| Peas | 1/3 cup |
| Pickle (bread & butter) | 6 slices |
| radishes | 2 cups |
| sauerkraut | 1 cup |
| swiss chard | 1 1/4 cup |
| Turnip | 3/4 cup |

CARBS Condiments

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|---------------------|-------------|
| BBQ sauce | 2 Tbsp. |
| Brown sugar | 1 1/2 tsp |
| Catsup | 2 Tbsp. |
| Cocktail sauce | 2 Tbsp. |
| Confectioners sugar | 1 Tbsp. |
| Cornstarch | 4 tsp |
| Granulated sugar | 2 tsp |
| Honey | 1/2 Tbsp. |
| Jelly/jam | 2 tsp |
| Lemon juice | 1/3 cup |
| Maple syrup | 2 tsp |
| Molasses | 2 tsp |
| Plum sauce | 1 1/2 Tbsp. |
| Relish (sweet) | 4 tsp |
| Steak sauce | 2 Tbsp. |
| Teriyaki sauce | 1 1/2 Tbsp. |

CARBS - Limit These

| | | | |
|------------------|-------------------|---------------------------|------------|
| Apple juice | 1/3 cup | Ice cream | 1/4 cup |
| Bagel | 1/4 | Instant oatmeal | 1/2 pkt. |
| Baked Beans | 1/8 cup | kidney beans | 1/4 cup |
| Baked Potato | 1/3 cup | lentils | 1/4 cup |
| Banana | 1/3 (9 in) | Lima beans | 1/4 cup |
| Barley | 1Tbs | Liquor | 1 oz. |
| Beer | 8 oz. | Muffins | 1/4 |
| Biscuit | 1/4 | Noodles | 1/4 cup |
| black beans | 1/4 cup | oatmeal | 1/3 cup |
| Black-eyed peas | 1/4 cup | Orange juice | 3/8 cup |
| Bread | 1/2 slice | Pancake | 1/2 (4 in) |
| Bread crumbs | 1/2 oz. | Pasta, Cooked | 1/4 cup |
| Breadstick | 1 | Pasta, high protein | 1/3 cup |
| Cereal | 1/2 oz. | Pineapple juice | 1/4 cup |
| chick peas | 1/4 cup | Pinto Beans | 1/4 cup |
| Chocolate bar | 1/2 oz. | Pita bread | 1/4 |
| Cooked carrots | 1/2 cup | Popcorn | 2 cups |
| Corn | 1/4 cup | Potato chips | 1/2 cup |
| Corn bread | 1 in ² | Potato, boiled | 1/3 cup |
| Corn chips | 1/2 oz. | Potato, mashed | 1/5 cup |
| Cranberries | 1/4 cup | Pretzels | 1/2 oz. |
| Cranberry juice | 1/4 cup | Refried beans | 1/4 cup |
| Cranberry sauce | 4 tsp | Rice | 3 Tbsp. |
| Croissant | 1/4 | Rice cake | 1 |
| Crouton | 1/2 oz. | Roll (dinner) | 1/2 |
| Dark Chocolate | 3/4 oz. | Roll (hamburger, hot dog) | 1/4 |
| Donut | 1/4 | Saltine crackers | 4 |
| English muffin | 1/4 | Taco shell | 1 |
| fava beans | 1/3 cup | Tomato juice | 3/4 cup |
| Flour | 1 1/2 tsp | Tortilla (corn) | 1 (6 in) |
| French Fries | 5 | Tortilla (flour) | 1/2 (6 in) |
| fruit cocktail | 1/3 cup | Tortilla chips | 8 chips |
| Fruit Punch | 1/4 cup | Udon noodles | 3 Tbsp. |
| Granola | 1/2 oz. | Waffle | 1/2 |
| Grapefruit juice | 3/8 cup | Wine | 4 oz. |
| Grits | 1/3 cup | | |