

# Food Listings Broken Down

\*"T" indicates a food that is easy to prepare for travel.

## PROTEIN

\*USE SERVING SIZE IN GRAMS OR THE PALM SERVING METHOD AT THE END OF THE FOOD CHART

| FOOD  | 1 SERVING, GRAMS<br>RAW/COOKED                 | NOTES   |
|---|--|---|
| BONELESS, SKINLESS,<br>CHICKEN THIGH                      | 35/27  |   |
| CHICKEN BREAST  | 30/23  |   |
| COLLAGEN PROTEIN<br>POWDER (BUBS,<br>VITAL PROTEIN, ETC.) | 10 GRAMS/1 SCOOP                               | LIMIT 1 SCOOP<br>PER DAY                            |
| DUCK  | 35/27  |   |
| EGG   | 1 WHOLE EGG                                    | DEDUCT 1/3 FAT SERVING,<br>FOR EVERY 1 EGG          |
| EGG WHITES (T)  | 64 GRAMS, 2 EGG WHITES OR 1/4 CUP              |   |
| FISH/SEAFOOD  | 38/28  | OTHER THAN SALMON:<br>CANNED IS FINE                |
| GROUND MEAT<br>(ANY KIND - 90% LEAN)                      | 36/27  |   |
| LAMB  | 34/26  |   |
| PLAIN, FAT FREE<br>GREEK YOGURT (T)                       | 70   | FOR EVERY 4 SERVINGS,<br>DEDUCT 1/2 CARB SERVING    |
| PORK TENDERLOIN   | 33/25  |   |
| PROTEIN POWDER<br>(WHEY, VEGAN/<br>VEGETARIAN) (T)        | TARGET 25G OF PROTEIN,<br>NOT WEIGHT OF POWDER | USE FOR POST-WORKOUT                                |
| SALMON<br>(OR OTHER FATTY FISH)                           | 35/28  | FOR EVERY 3 SERVINGS, REDUCE<br>FAT SERVINGS BY 1/3 |
| STEAK (ANY CUT)<br>FILET, SIRLOIN,<br>STRIPLOIN, FLANK    | 32/24  |   |
| TURKEY BACON  | 2 SLICES                                       | UNFAVORABLE CONSUME<br>LESS THAN 20%                |
| TURKEY BREAST   | 30/22  |   |
| VENISON   | 33/24  |   |
| YOGURT<br>(PLAIN) (T)                                     | 122  | UNFAVORABLE CONSUME<br>LESS THAN 20%                |

VEGGIES \*USE SERVING IN GRAMS BELOW OR 1 CUP

| FOOD             | 1 SERVING, GRAMS<br>RAW/COOKED |
|------------------|--------------------------------|
| ASPARAGUS        | 90                             |
| BELL PEPPERS (T) | 86                             |
| BROCCOLI         | 53                             |
| BRUSSELS SPROUTS | 39                             |
| CAULIFLOWER      | 70                             |
| CELERY (T)       | 118                            |
| CUCUMBER (T)     | 96                             |
| GREEN BEANS      | 81                             |
| LEAFY GREENS     | 87                             |
| MUSHROOMS        | 107                            |
| ONION            | 37                             |
| RADISH           | 103                            |
| TOMATOES*        | 90                             |
| YELLOW SQUASH    | 117                            |
| ZUCCHINI         | 113                            |

\* Canned or pickled are okay As long as there are no additives.

\*All raw vegetables are allowed even if you do not see them listed.

**CARBOHYDRATES T**

\*USE SERVING SIZE IN GRAMS OR THE PALM SERVING METHOD AT THE END OF THE FOOD CHART

| FOOD                      | 1 SERVING, GRAMS<br>RAW/COOKED                              | NOTES  |
|---------------------------|---|--|
| ACORN SQUASH (V)          | 192   |  |
| APPLE                     | 145   |  |
| BANANA (T)                | 88  |  |
| BEANS - ANY               | 31/96   | REDUCE BY 1 SERVING OF PROTEIN                   |
| BEETS (V)                 | 209   |  |
| BLACKBERRIES              | 208   |  |
| BLUEBERRIES (T)           | 138   |  |
| BUTTERNUT SQUASH (V)      | 171   |  |
| CANTALOUPE                | 245   |  |
| CARROTS (T) (V)           | 209   |  |
| CHERRIES (T)              | 125   |  |
| CLEMENTINE<br>ORANGES (T) | 166   |  |
| COCONUT WATER             | 533ML   | ONLY FOR POST WORKOUT                            |
| CORN                      | 107   |  |
| DELICATA SQUASH (V)       | 222   |  |
| DRIED FRUIT (T)           | READ LABELS & HAVE NO MORE THAN<br>20G OF CARBS PER SERVING |  |
| GRAPES (T)                | 110   |  |
| KIWI                      | 136   |  |
| LENTILS                   | 27/81   | REDUCE 1 SERVING OF PROTEIN<br>FOR EVERY SERVING |
| MANGOES                   | 134   |  |
| OATMEAL (T)               | 30/89   | STEEL CUT OATS OR ROLLED OATS<br>ARE ACCEPTABLE  |

\*All raw or unsweetened fruit is allowed even if you do not see it on this list.

\*Notice these foods are more calorically dense.

**FAT**  
\*USE SERVING SIZE IN GRAMS OR THE PALM SERVING METHOD IN THE TABLE BELOW

| FOOD   | 1 SERVING, GRAMS            | NOTES   |
|--|-----------------------------|---|
| AVOCADO  | 102/.5 MEDIUM SIZED AVOCADO |   |
| AVOCADO OIL  | 15/1 TBSP                   |   |
| BACON  | 1 SLICE                     | UNFAVORABLE, CONSUME LESS THAN 20%; REDUCE PROTEIN BY 1 SERVING |
| BUBS MCT OIL POWDER                                    | 3 SCOOPS                    |   |
| COCONUT FLAKES   | 22 GRAMS                    |   |
| COCONUT MILK   | 98/.25 CUP                  |   |
| COCONUT OIL  | 15/1 TBSP                   |   |
| GHEE   | 15/1 TBSP                   |   |
| HALF & HALF  | 130/2 TBSP                  | UNFAVORABLE, CONSUME LESS THAN 20%                              |
| HEAVY CREAM  | 56/2 TBSP                   | UNFAVORABLE, CONSUME LESS THAN 20%                              |
| HUMMUS   | 84/4 TBSP                   | UNFAVORABLE, CONSUME LESS THAN 20%                              |
| NUT OR SEED BUTTER (T)                                 | 28/2 TBSP                   |   |
| OLIVE OIL  | 16/1 TBSP                   |   |
| OLIVES (T)   | 98/SMALL HANDFUL            |   |
| RAW ALMONDS, CASHEWS, WALNUTS OR ANY NUTS OR SEEDS (T) | 31/SMALL HANDFUL            |   |
| SESAME OIL   | 15/1 TBSP                   |   |

| APPROVED SAUCES /SEASONING  | 1 SERVING      |
|---|----------------|
| BROTH   | UNLIMITED      |
| HOT SAUCE   | 1 TSP PER MEAL |
| LEMONS/LIMES  | UNLIMITED      |
| MUSTARD   | 1 TSP PER MEAL |
| COCONUT AMINOS  | 1 TSP PER MEAL |
| SALSA - NO ADDED SUGAR  | 2 TSP PER MEAL |
| VINEGAR ANY (NOT WINE)  | UNLIMITED      |
| ANY/ALL SPICES AND SEASONING ARE ALLOWED. INCLUDING GARLIC, CHILI PEPPERS, ETC. AIM FOR LOW SODIUM. | UNLIMITED      |

| APPROVED BEVERAGES                              |
|---|
| UNSWEETENED NUT MILK - LIMIT TO .25 CUP PER DAY |
| COFFEE  |
| LA CROIX OR UNSWEETENED SPARKLING WATER         |
| TEA, GREEN TEA - NO ADDITIVES OR SUGAR          |
| WATER   |

| APPROVED BARS                     |
|-----------------------------------|
| RX OR PERFECT BAR **TRAVEL ONLY** |

**VEGETARIAN / VEGAN PROTEIN OPTIONS**

| <b>FOOD</b>       | <b>1 SERVING, GRAMS<br/>RAW/COOKED</b> | <b>CARB<br/>REDUCTION</b> | <b>FAT<br/>REDUCTION</b> |
|-------------------|--|---------------------------|--------------------------|
| BEAN, ANY TYPE    | 32/96                                  | 1                         | 0                        |
| CHICKPEAS         | 32/96                                  | 3/4                       | 0                        |
| HEMP SEEDS        | 22                                     | 0                         | 2/3                      |
| LENTILS           | 27/81                                  | 1                         | 0                        |
| LOW FAT TOFU      | 39                                     | 1/3                       | 0                        |
| NUTRITIONAL YEAST | 13                                     | 1/2                       | 0                        |
| SEITAN            | 31                                     | 0                         | 0                        |
| SOY BEANS         | 66                                     | 1                         | 0                        |
| TEMPEH            | 34                                     | 1/3                       | 0                        |
| TOFU              | 74                                     | 0                         | 1/3                      |

\*SEE "HOW TO GUIDE" FOR DETAILS ON HOW TO MAKE ADJUSTMENTS TO TEMPLATE SERVINGS FOR PLANT-BASED DIETS