

DIRECTIONS

1. Find the ingredient you don't care for.
2. Find the quantity the meal plan calls for.
3. Find an item that you prefer.

Example: 1. I don't like cottage cheese. - 2. I find "cottage cheese" and "3/4 cup" - 3. I go down the list and find "String Cheese" and "1 1/2"

DAIRY

Food Item	Qty			
	1/4 cup	1/2 cup	3/4 cup	1 cup
Greek Yogurt (nonfat, plain)	1/4 cup	1/2 cup	3/4 cup	1 cup
Cottage Cheese	1/4 cup	1/2 cup	3/4 cup	1 cup
String Cheese	1/2	1	1 1/2	2
String Cheese (light)	3/4	1	1 1/2	2
Mozzarella Cheese (shredded, part skim)	2 Tbs.	1/4 cup	3/4 cup	1 cup
Laughing Cow Cheese (light)	1	2	2 1/2	3
Feta Cheese (light)	2 Tbs.	1/4 cup	1/4 cup	2/3 cup
Milk (nonfat)	1/2 cup	1 cup	1 1/2 cup	1 3/4 cup
Lean Meat (deli meat, chicken breast)	1 oz	2 oz	3 oz	4 oz
Eggs	2 whites	1 egg 1 white	1 egg 2 whites	1 egg 3 whites
Soy Milk (plain)	1/2 cup	1 cup	1 1/2 cup	1 3/4 cup
Soy Beans (shelled)	2 Tbs.	1/4 cup	1/2 cup	1/2 cup
Tofu (firm)	2 Tbs.	3 Tbs.	1/4 cup	1/2 cup
Hummus	2 Tbs.	1/4 cup	1/2 cup	1/2 cup
Whey Protein Powder (20 grams of protein per scoop)	---	1/2 scoop	3/4 scoop	1 scoop

PROTEIN

Food Item	Qty					
	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Chicken Breast	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Ground Turkey Breast	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Cod or White Fish	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Salmon	1 oz	2 oz	2 ½ oz	3 oz	3 ½ oz	4 oz
Shrimp or Scallops	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Canned Tuna (light, drained)	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Canned Chicken (drained)	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Pork Loin/Breast/Filet	1 oz	2 oz	2 ½ oz	3 oz	3 ½ oz	4 oz
Lean Red Meat	1 oz	2 oz	2 ½ oz	3 oz	3 ½ oz	4 oz
Eggs	3 whites	1 egg 1 white	1 egg 2 whites	1 egg 3 white	2 eggs 1 whites	2 eggs 2 whites
Tofu (firm)	2 Tbs.	3 Tbs.	¼ cup	½ cup	½ cup	¾ cup
Soy Beans	2 Tbs.	¼ cup	½ cup	½ cup	¾ cup	¾ cup
Salmon Patty	1/4	1/2	1/2	1	1 1/2	1 1/2
Low Fat Cottage Cheese	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 ½ cup
Whey Protein Powder (20 grams of protein per scoop)	½ scoop	¾ scoop	1 scoop	1 ½ scoop	1 ¾ scoop	2 scoops

FRUITS

Food Item	Qty		
	1/2	1 (small)	1
Banana	1/2	1 (small)	1
Apple	½ med/large	1 small/med	1
Pear	1/2	1	1
Orange	1	1 1/2	2
Grapes	½ cup	¾ cup	1 cup
Mixed or Cut-Up Fruit (Fresh)	½ cup	¾ cup	1 cup
Pineapple	½ cup	¾ cup	1 cup
Plums	2	3	4
Peaches	1	1 1/2	2
Blueberries	½ cup	¾ cup	1 cup
Raspberries	½ cup	¾ cup	1 cup
Strawberries	10 medium	20 medium	30 medium
Mango	½ cup	¾ cup	1 cup

STARCHES & GRAIN

Food Item	Qty					
	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Yams / Sweet Potatoes	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Yukon Gold / Red Potatoes	2 oz	3 oz	4 oz	5 oz	6 oz	8 oz
Brown Rice (cooked)	¼ cup	⅓ cup	½ cup	1 cup	1 ¼ cup	1 ½ cup
Quinoa (cooked)	¼ cup	⅓ cup	½ cup	½ cup	⅔ cup	¾ cup
Wild Rice (cooked)	¼ cup	⅓ cup	½ cup	1 cup	1 ¼ cup	1 ½ cup
Legumes (Black, Kidney, Garbanzo beans)	¼ cup	⅓ cup	½ cup	1 cup	1 ¼ cup	1 ½ cup
Barley (pearl, cooked)	¼ cup	⅓ cup	½ cup	1 cup	1 ¼ cup	1 ½ cup
Whole Large Tortilla	½ large	1 large	1 ½ large	2 large	2 large	2 ½ large
Small Corn Tortilla	---	2	3	3 1/2	4	5
Franz Organic Bread	½ slice	1 slice	1 slice	1 slice	1 ½ slices	2 slices
Dave's Killer Bread	½ slice	1 slice	1 slice	1 slice	1 ½ slices	2 slices
100% Whole Wheat Thins	½ slice	1 slice	1 slice	1 slice	1 ½ slices	2 slices
100% Whole Wheat Bagel Thins	½ slice	1 slice	1 slice	1 slice	1 ½ slices	2 slices
Kashi TLC 7-Grain Crackers	8 each	10 each	12 each	15 each	20 each	25 each
Rice Cakes	1	2	3	4	5	6
Old Fashioned Oats (cooked)	2 Tbs.	¼ cup	⅓ cup	½ cup	⅔ cup	¾ cup
Multi-Grain or Original Cheerios	½ cup	¾ cup	1 cup	1 ¼ cup	1 ½ cup	1 ¾ cup

SPICES & GARNISHES

Spices and garnishes have extremely low calories. So low, in fact, that you can remove or add the following items to any foods without being concerned about replacing or adding unnecessary calories. Here are some of our favorite spices and garnishes:

- Salt Free Seasonings (any variety)
- Fresh Salsa / Pico de Gallo
- Hot Sauce: Tapitio, Siracha, Tabasco
- Sauteed Mushrooms and Onions (cooked in oil spray)
- Mustard: Spicy, Regular, Dijon (not honey)
- Herbs and Spices
- Onions
- Garlic
- Lemon Juice
- Lime Juice

OILS & NUTS

Food Item	Qty	
Nut Butter	½ Tbs.	1 Tbs.
Almonds	6 raw	12 raw
Walnuts	1 Tbs.	2 Tbs.
Pistachios	10	20
Olive Oil	½ Tbs.	1 Tbs.
Avocados	1/8	1/4
Cashews	1 Tbs.	2 Tbs.
Sliced Almonds	1 Tbs.	2 Tbs.
Peanuts	1 Tbs.	2 Tbs.
Smart Balance Mayo	1 Tbs.	2 Tbs.

POST-WORKOUT SNACKS

OJ and Protein Shake

Put your ingredients in a blender and press "blend" until smooth.

1200 Calorie Plan	1600/2000 Calorie Plan	2400 Calorie Plan
12 oz Orange Juice	12 oz Orange Juice	16 oz Orange Juice
½ Scoop Protein Powder	¾ Scoop Protein Powder	¾ Scoop Protein Powder
		½ Banana

Recovery Shake

Put your ingredients in a blender and press "blend" until smooth.

*strawberries fresh or frozen. If fresh, add ice to thicken. Freeze Banana in advance to thicken.

1200 Calorie Plan	1600/2000 Calorie Plan	2400 Calorie Plan
½ Scoop Protein Powder	¾ Scoop Protein Powder	1 Scoop Protein Powder
½ Banana	1 Banana	1 Banana
1 cup Frozen Strawberries	½ cup Frozen Strawberries	1 cup Frozen Strawberries
½ cup Orange Juice	¾ cup Orange Juice	1 cup Orange Juice

Baked Yam and Cottage Cheese

1200 Calorie Plan	1600/2000 Calorie Plan	2400 Calorie Plan
4 oz Baked Yam	6 oz Baked Yam	9 oz Baked Yam
½ cup Low Fat Cottage Cheese	½ cup Low Fat Cottage Cheese	¾ cup Low Fat Cottage Cheese

