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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PROTEIN (approx. 7g)** | |  | **FATS (approx. 1.5g)** | |  | **CARBOHYDRATES (approx. 9g)** | | | | |
|  | | | |  |  |  |  |  |  | |
| beef | 1 oz. |  | almonds | 3 |  | Acorn Squash | 3/8 cup | orange | 1/2 | |
| Beverage Mix by Herbalife | 1 Scoop |  | avocado | 1 Tbsp. |  | apple | 1/2 | Papaya | 2/3 cup | |
| Canadian bacon | 1 oz. |  | bacon bits | 2 1/2 tsp |  | apple sauce (unsweetened) | 3/8 cup | peach | 1 | |
| canned tuna | 1 oz. |  | butter | 1/3 tsp |  | apricots | 3 small | pear | 1/2 | |
| \*\* cheese | 1 oz. |  | canola oil | 1/3 tsp |  | artichoke | 1 small | peppers | 1 1/4 cup | |
| chicken breast | 1 oz. |  | cashews | 3 |  | asparagus | 12 spears | pineapple | 1/2 cup | |
| Chicken Soup Mix - Herbalife | 1/2 Packet |  | coconut Oil | 1/3 tsp |  | Beets | 1/2 cup | plum | 1 | |
| corned beef | 1 oz. |  | cream, light | 1/2 tsp |  | blackberries | 1/2 cup | Prunes | 2 | |
| cottage cheese | 1/4 cup |  | cream cheese | 1 tsp |  | blueberries | 1/2 cup | Raisins | 1 Tbsp. | |
| crabmeat | 1 1/2 oz. |  | half and half | 1 Tbsp. |  | bok choy | 3 cups | raspberries | 2/3 cup | |
| duck | 1 1/2 oz. |  | guacamole | 1/2 Tbsp. |  | broccoli | 2 cups | salsa | 1/2 cups | |
| egg (any style) | 1 |  | lard | 1/3 tsp |  | broccoli (cooked) | 1 1/4 cup | snow peas | 3/4 cup | |
| egg whites | 2 large |  | macadamia nuts | 1 |  | brussel sprouts | 3/4 cup | spaghetti squash | 1 cup | |
| egg substitute | 1/4 cup |  | mayonnaise | 1/3 tsp |  | Butternut Squash | 1/3 cup | spinach (cooked) | 1 1/3 cup | |
| feta cheese | 1 1/2 oz. |  | mayo, light | 1 tsp |  | cantaloupe | 1/4 | spinach (raw) | 4 cups | |
| ground beef | 1 1/2 oz. |  | olive oil | 1/3 tsp |  | Carrots (baby, raw) | 8 | Sweet Potato, baked | 1/3 (5 in) | |
| flounder/sole | 1 1/2 oz. |  | olives | 5 |  | carrots (large, raw) | 1 | strawberries | 1 cup | |
| ground lamb | 1 1/2 oz. |  | peanut butter | 1/2 tsp |  | cauliflower - cooked | 1 1/4 cup | Sweet potato, mashed | 1/5 cup | |
| ground pork | 1 1/2 oz. |  | peanut oil | 1/3 tsp |  | cauliflower (raw) | 2 cups | tangerine | 1 | |
| ground turkey | 1 1/2 oz. |  | peanuts | 6 |  | celery | 2 cups | tomato sauce | 1/2 cup | |
| ham | 1 oz. |  | sesame oil | 1/3 tsp |  | cherries | 7 | tomatoes (Cherry) | 1 1/2 Cups | |
| lamb | 1 oz. |  | sour cream | 1 tsp |  | collard greens | 1 1/4 cup | tomatoes: 2.5" diam. | 2 whole | |
| lobster | 1 1/2 oz. |  | sunflower seeds | 1/4 tsp |  | cucumber | 1 (9 in) | watermelon | 1/4 cup | |
| pork | 1 oz. |  | tahini | 1/3 tsp |  | Dates | 2 | yellow squash | 1 1/4 cup | |
| Protein Deluxe Bar | 1 Bar |  | tartar sauce | 1/2 tsp |  | eggplant | 1 1/2 cup | zucchini - cooked | 1 1/3 cup | |
| ricotta cheese | 2 oz. |  | veg. shortening | 1/3 tsp |  | grapefruit | 1/2 | zucchini - sliced raw | 2 cups | |
| salmon | 1 1/2 oz. |  | vegetable oil | 1/3 tsp |  | grapes | 1/2 cup |  |  | |
| scallops | 1 1/2 oz. |  |  |  |  | green beans | 1 cup |  |  | |
| shrimp | 1 1/2 oz. |  |  |  |  | honeydew | 1/2 |  |  | |
| soy burgers | 1/2 patty |  |  |  |  | kale | 1 1/4 cup |  |  | |
| Soy nuts by Herbalife | 1 packet |  |  |  |  | kiwi | 1 |  |  | |
| spirulina (dried) | 1/2 oz. |  |  |  |  | lettuce, Iceberg | 1 head |  |  | |
| swordfish | 1 1/2 oz. |  |  |  |  | lettuce, romaine | 6 cups |  |  | |
| Tofu – Firm (soft = 3oz) | 2 oz. |  |  |  |  | Mango | 1/3 cup |  |  | |
| tuna steak | 1 1/2 oz. |  |  |  |  | mushrooms | 3 cups |  |  | |
| turkey breast | 1 oz. |  |  |  |  | nectarine | 1/2 |  |  | |
| veal | 1 oz. |  |  |  |  | onion (raw) | 2/3 cup |  |  | |
| \*\* LIMIT CHEESE - SOFT cheeses are better | | | |  |  | onions (cooked) | 1/2 cup |  |  | |
|  | |  |  | |  |  | | | | |
| **CARBS Uncommon** | |  | **CARBS Condiments** | |  | **CARBS - Limit These** | | | | |
|  |  |  |  |  |  |  |  |  | | |
| alfalfa sprouts | 7 1/2 cup |  | BBQ sauce | 2 Tbsp. |  | Apple juice | 1/3 cup | Ice cream | | 1/4 cup |
| bean sprouts | 3 cups |  | Brown sugar | 1 1/2 tsp |  | Bagel | 1/4 | Instant oatmeal | | 1/2 pkt. |
| beet greens | 1 1/4 cup |  | Catsup | 2 Tbsp. |  | Baked Beans | 1/8 cup | kidney beans | | 1/4 cup |
| cabbage (cooked) | 1 1/3 cup |  | Cocktail sauce | 2 Tbsp. |  | Baked Potato | 1/3 cup | lentils | | 1/4 cup |
| cabbage (raw) | 2 1/4 cups |  | Confectioners sugar | 1 Tbsp. |  | Banana | 1/3 (9 in) | Lima beans | | 1/4 cup |
| dill pickles | 3 (3 in) |  | Cornstarch | 4 tsp |  | Barley | 1Tbs | Liquor | | 1 oz. |
| Figs | 3/4 |  | Granulated sugar | 2 tsp |  | Beer | 8 oz. | Muffins | | 1/4 |
| Guava | 1/2 cup |  | Honey | 1/2 Tbsp. |  | Biscuit | 1/4 | Noodles | | 1/4 cup |
| Kumquat | 3 |  | Jelly/jam | 2 tsp |  | black beans | 1/4 cup | oatmeal | | 1/3 cup |
| leeks | 1 cup |  | Lemon juice | 1/3 cup |  | Black-eyed peas | 1/4 cup | Orange juice | | 3/8 cup |
| lemon | 1 |  | Maple syrup | 2 tsp |  | Bread | 1/2 slice | Pancake | | 1/2 (4 in) |
| lime | 1 |  | Molasses | 2 tsp |  | Bread crumbs | 1/2 oz. | Pasta, Cooked | | 1/4 cup |
| okra | 3/4 cup |  | Plum sauce | 1 1/2 Tbsp. |  | Breadstick | 1 | Pasta, high protein | | 1/3 cup |
| Parsnips | 1/3 (9 in) |  | Relish (sweet) | 4 tsp |  | Cereal | 1/2 oz. | Pineapple juice | | 1/4 cup |
| Peas | 1/3 cup |  | Steak sauce | 2 Tbsp. |  | chick peas | 1/4 cup | Pinto Beans | | 1/4 cup |
| Pickle (bread & butter) | 6 slices |  | Teriyaki sauce | 1 1/2 Tbsp. |  | Chocolate bar | 1/2 oz. | Pita bread | | 1/4 |
| radishes | 2 cups |  |  |  |  | Cooked carrots | 1/2 cup | Popcorn | | 2 cups |
| sauerkraut | 1 cup |  |  |  |  | Corn | 1/4 cup | Potato chips | | 1/2 cup |
| swiss chard | 1 1/4 cup |  |  |  |  | Corn bread | 1 in2 | Potato, boiled | | 1/3 cup |
| Turnip | 3/4 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 |  | |  |
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