

DAY: _____

PRE-WORKOUT:

POST-WORKOUT:

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

- ★ Starches # _____
- Veggies or Balanced Liquids# _____
- Fruits or Carb Liquids # _____
- ▲ Proteins # _____
- ▼ Fats # _____
- ◆ Legumes or Protein Liquids # _____

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VEGGIES: 25 CALORIES

Artichoke or artichoke hearts ½ cup cooked
 Asparagus ½ cup cooked or 1 cup raw
 Beans (green, wax, Italian) ½ cup cooked or 1 cup raw
 Bean sprouts ½ cup cooked or 1 cup raw
 Beets ½ cup cooked or 1 cup raw
 Broccoli ½ cup cooked or 1 cup raw
 Brussels sprouts ½ cup cooked
 Cabbage, all ½ cup cooked or 1 cup raw
 Carrots ½ cup cooked or 1 cup raw
 Cauliflower ½ cup cooked or 1 cup raw
 Cucumber 1 cup raw
 Eggplant ½ cup cooked
 Jicama 1 cup raw
 Lettuce, all 3 cups chopped
 Mixed veggies (without corn and peas) ½ cup cooked or 1 cup raw
 Mushrooms ½ cup cooked or 1 cup raw
 Onions ½ cup cooked or 1 cup raw
 Peppers, all ½ cup cooked or 1 cup raw
 Snow peas ½ cup cooked or 1 cup raw
 Spinach ½ cup cooked or 2 cups raw
 Summer squash ½ cup cooked or 1 cup raw
 Tomato ½ cup cooked or 1 cup raw
 Tomato sauce ½ cup
 Zucchini ½ cup cooked or 1 cup raw

STARCHES: 80 CALORIES

Bagel (whole wheat) ¼ cup (1 oz)
 Barley (cooked) ½ cup
 Bran cereals, concentrated (like All-Bran or All-Bran Bran Buds) 1[⁄] cup
 Bran cereals, flaked (low-sugar) ½ cup
 Bread (whole wheat, pumpernickel, rye) 1 slice (1 oz)
 Buckwheat groats (kasha), cooked 1[⁄] cup
 Cooked cereals, oatmeal ½ cup
 Corn on the cob, large ½ cob (5 oz)
 Corn, plain, fresh, frozen, or canned (drained) ½ cup
 Couscous, whole wheat (cooked) 1[⁄] cup
 English muffin (whole wheat) ½ muffin
 Granola, low-fat ¼ cup
 Grape-Nuts 3 Tbsp.
 Muesli ¼ cup
 Pancakes (whole wheat), ¼-inch thick, 6-inch diameter 1 pancake
 Pasta, whole wheat (cooked) ½ cup
 Pita (whole wheat), 6-inch diameter ½ pita
 Potato, baked (with skin) ¼ large (3 oz)
 Potato, boiled ½ cup (3 oz)
 Potato, french fries (oven-baked) 1 cup
 Potato, mashed (with milk) ½ cup
 Pumpkin (canned, no sugar added) 1 cup
 Quinoa (cooked) 1[⁄] cup
 Rice, brown (cooked) 1[⁄] cup
 Rice, wild (cooked) ½ cup
 Shredded wheat ½ cup
 Squash, winter (acorn, butternut) 1 cup
 Tortilla (corn or whole wheat), 6-inch diameter 1 tortilla
 Waffle (whole wheat), 4-inch diameter 1 waffle
 Wheat germ 3 Tbsp.
 Yam or sweet potato ½ cup

PROTEIN: 45 CALORIES

Beef (Select or Choice grades; 85% lean ground, roast (chuck, rib, rump), sirloin, steak (flank, porterhouse, T-bone), tenderloin (cooked)) 1 oz
 Cheeses, 1 oz
 Cottage cheese, 1% fat ¼ cup
 Egg whites 2
 Fish: catfish, cod, halibut, salmon, tilapia, tuna, (cooked) 1 oz
 Game: buffalo (bison) (cooked) 1 oz
 Lamb: chop, leg, roast (cooked) 1 oz
 Pork: ham, tenderloin, Canadian bacon, rib or loin chop (cooked) 1 oz
 Poultry, skinless, fat trimmed: Cornish hen, chicken, turkey, lean ground chicken or turkey (cooked) 1 oz
 Ricotta cheese, part skim ¼ cup
 Sandwich meats (0 to 3 g fat per oz): turkey, ham, roast beef 1 oz
 Sardines, canned, drained 2 medium
 Shellfish: shrimp, clams, crab, lobster, scallops (cooked) 1½ oz
 Tuna: canned in water, drained 1 oz
 Yogurt, Greek, plain ¼ cup
 Protein powder

FATS

Avocado 2 Tbsp. (1 oz)
 Chia seeds 2 Tbsp.
 Nut butters (trans-fat free): almond, cashew, 1½ tsp.
 peanut (3.5 g protein)
 Nuts: almonds, cashews, walnuts, 4 to 6 nuts
 pecans, hazelnuts
 Oils: olive, peanut, safflower, sunflower, flaxseed 1 tsp.
 Seeds: flax, pumpkin, sunflower, sesame 1 Tbsp.

SATURATED FATS

Butter 1 Tbsp.
 Coconut milk, canned 1½ Tbsp.
 Coconut oil 1 tsp.
 Coconut, shredded, unsweetened 2 Tbsp.
 Cream (liquid heavy whipping cream, crema fresca) 1 Tbsp.
 Egg yolk 1 yolk
 Sour cream 2 Tbsp.
 43

LEGUMES - CALORIES 125

Beans: black, garbanzo, pinto, kidney, white, lima (cooked) ½ cup
 Beans, refried, canned, fat-free ½ cup
 Fava (cooked) 2[⁄] cup
 Hummus ¼ cup
 Lentils: brown, green, yellow (cooked) ½ cup
 Peas: black-eyed, split (cooked) ½ cup
 Peas: green ½ cup

LEGUMES/PROTEIN LIQUIDS

– CALORIES: 125 (equals 1 Legume)
 One portion equals:
 Cow's milk, reduced fat 1 cup
 Chocolate milk, low-fat 2[⁄] cup
 Shakeology 2[⁄] scoop (with water)

BALANCED LIQUIDS – CALORIES: 30

(equals 1 Vegetable)
 One portion equals:
 Apple juice (100% juice) ½ cup
 Fruit blend (100% juice) 2[⁄] cup
 Grapefruit juice (100% juice) ½ cup
 Orange juice (100% juice) ½ cup
 Pineapple juice (100% juice) ½ cup

CARB LIQUIDS – CALORIES: 60

(equals 1 Starch or 1 Fruit)
 One portion equals:
 Almond milk, original flavor ½ cup
 Coconut water 2[⁄] cup
 Coconut milk beverage, sweetened (in carton) ½ cup
 Hemp milk ¼ cup
 Rice milk, plain ¼ cup
 Shakeology ¼ scoop (with water)

FRUITS - CALORIES 60

Applesauce, unsweetened ½ cup
 Apple, small, with peel 1 (4 oz)
 Apples, dried, unsulfured 4 rings
 Apricot, dried, unsulfured 8 halves
 Apricots, fresh 4 whole (5.5 oz)
 Banana ½ large (4 oz)
 Blackberries ¾ cup
 Blueberries ¾ cup
 Cantaloupe 1 cup cubed (11 oz)
 Cherries, fresh 12 (3 oz)
 Dates 3
 Dried fruits, unsulfured 2 Tbsp.
 Figs 2 medium (3.5 oz)
 Fruit cocktail, no sugar added ½ cup
 Grapefruit, fresh ½ (11 oz)
 Grapes, small 17 (3 oz)
 Honeydew 1 cup cubed (10 oz)
 Kiwifruit 1 (3.5 oz)
 Mandarin oranges ¾ cup
 Mango ½ cup (5.5 oz)
 Nectarine, small 1 (5 oz)
 Orange, small 1 (6.5 oz)
 Papaya 1 cup cubed (8 oz)
 Peach, fresh, medium 1 (6 oz)
 Pear, fresh, large ½ (4 oz)
 Pineapple, fresh ¾ cup
 Plums, fresh 2 (5 oz)
 Prunes 3
 Raisins 2 Tbsp.
 Raspberries 1 cup
 Strawberries, whole 1¼ cup
 Tangerines, small 2 (8 oz)
 Watermelon 1¼ cup cubed (13.5 oz)
 Carbohydrate powder (Beachbody Fuel Shot or equivalent) 2[⁄] scoop (15 grams)

VEGGIES: 25 CALORIES

Artichoke or artichoke hearts ½ cup cooked
 Asparagus ½ cup cooked or 1 cup raw
 Beans (green, wax, Italian) ½ cup cooked or 1 cup raw
 Bean sprouts ½ cup cooked or 1 cup raw
 Beets ½ cup cooked or 1 cup raw
 Broccoli ½ cup cooked or 1 cup raw
 Brussels sprouts ½ cup cooked
 Cabbage, all ½ cup cooked or 1 cup raw
 Carrots ½ cup cooked or 1 cup raw
 Cauliflower ½ cup cooked or 1 cup raw
 Cucumber 1 cup raw
 Eggplant ½ cup cooked
 Jicama 1 cup raw
 Lettuce, all 3 cups chopped
 Mixed veggies (without corn and peas) ½ cup cooked or 1 cup raw
 Mushrooms ½ cup cooked or 1 cup raw
 Onions ½ cup cooked or 1 cup raw
 Peppers, all ½ cup cooked or 1 cup raw
 Snow peas ½ cup cooked or 1 cup raw
 Spinach ½ cup cooked or 2 cups raw
 Summer squash ½ cup cooked or 1 cup raw
 Tomato ½ cup cooked or 1 cup raw
 Tomato sauce ½ cup
 Zucchini ½ cup cooked or 1 cup raw

STARCHES: 80 CALORIES

Bagel (whole wheat) ¼ cup (1 oz)
 Barley (cooked) ½ cup
 Bran cereals, concentrated (like All-Bran or All-Bran Bran Buds) 1[⁄] cup
 Bran cereals, flaked (low-sugar) ½ cup
 Bread (whole wheat, pumpernickel, rye) 1 slice (1 oz)
 Buckwheat groats (kasha), cooked 1[⁄] cup
 Cooked cereals, oatmeal ½ cup
 Corn on the cob, large ½ cob (5 oz)
 Corn, plain, fresh, frozen, or canned (drained) ½ cup
 Couscous, whole wheat (cooked) 1[⁄] cup
 English muffin (whole wheat) ½ muffin
 Granola, low-fat ¼ cup
 Grape-Nuts 3 Tbsp.
 Muesli ¼ cup
 Pancakes (whole wheat), ¼-inch thick, 6-inch diameter 1 pancake
 Pasta, whole wheat (cooked) ½ cup
 Pita (whole wheat), 6-inch diameter ½ pita
 Potato, baked (with skin) ¼ large (3 oz)
 Potato, boiled ½ cup (3 oz)
 Potato, french fries (oven-baked) 1 cup
 Potato, mashed (with milk) ½ cup
 Pumpkin (canned, no sugar added) 1 cup
 Quinoa (cooked) 1[⁄] cup
 Rice, brown (cooked) 1[⁄] cup
 Rice, wild (cooked) ½ cup
 Shredded wheat ½ cup
 Squash, winter (acorn, butternut) 1 cup
 Tortilla (corn or whole wheat), 6-inch diameter 1 tortilla
 Waffle (whole wheat), 4-inch diameter 1 waffle
 Wheat germ 3 Tbsp.
 Yam or sweet potato ½ cup

PROTEIN: 45 CALORIES

Beef (Select or Choice grades; 85% lean ground, roast (chuck, rib, rump), sirloin, steak (flank, porterhouse, T-bone), tenderloin (cooked)) 1 oz
 Cheeses, 1 oz
 Cottage cheese, 1% fat ¼ cup
 Egg whites 2
 Fish: catfish, cod, halibut, salmon, tilapia, tuna, (cooked) 1 oz
 Game: buffalo (bison) (cooked) 1 oz
 Lamb: chop, leg, roast (cooked) 1 oz
 Pork: ham, tenderloin, Canadian bacon, rib or loin chop (cooked) 1 oz
 Poultry, skinless, fat trimmed: Cornish hen, chicken, turkey, lean ground chicken or turkey (cooked) 1 oz
 Ricotta cheese, part skim ¼ cup
 Sandwich meats (0 to 3 g fat per oz): turkey, ham, roast beef 1 oz
 Sardines, canned, drained 2 medium
 Shellfish: shrimp, clams, crab, lobster, scallops (cooked) 1½ oz
 Tuna: canned in water, drained 1 oz
 Yogurt, Greek, plain ¼ cup
 Protein powder

FATS

Avocado 2 Tbsp. (1 oz)
 Chia seeds 2 Tbsp.
 Nut butters (trans-fat free): almond, cashew, 1½ tsp.
 peanut (3.5 g protein)
 Nuts: almonds, cashews, walnuts, 4 to 6 nuts
 pecans, hazelnuts
 Oils: olive, peanut, safflower, sunflower, flaxseed 1 tsp.
 Seeds: flax, pumpkin, sunflower, sesame 1 Tbsp.

SATURATED FATS

Butter 1 Tbsp.
 Coconut milk, canned 1½ Tbsp.
 Coconut oil 1 tsp.
 Coconut, shredded, unsweetened 2 Tbsp.
 Cream (liquid heavy whipping cream, crema fresca) 1 Tbsp.
 Egg yolk 1 yolk
 Sour cream 2 Tbsp.
 43

LEGUMES - CALORIES 125

Beans: black, garbanzo, pinto, kidney, white, lima (cooked) ½ cup
 Beans, refried, canned, fat-free ½ cup
 Fava (cooked) 2[⁄] cup
 Hummus ¼ cup
 Lentils: brown, green, yellow (cooked) ½ cup
 Peas: black-eyed, split (cooked) ½ cup
 Peas: green ½ cup

LEGUMES/PROTEIN LIQUIDS

– CALORIES: 125 (equals 1 Legume)
 One portion equals:
 Cow's milk, reduced fat 1 cup
 Chocolate milk, low-fat 2[⁄] cup
 Shakeology 2[⁄] scoop (with water)

BALANCED LIQUIDS – CALORIES: 30

(equals 1 Vegetable)
 One portion equals:
 Apple juice (100% juice) ½ cup
 Fruit blend (100% juice) 2[⁄] cup
 Grapefruit juice (100% juice) ½ cup
 Orange juice (100% juice) ½ cup
 Pineapple juice (100% juice) ½ cup

CARB LIQUIDS – CALORIES: 60

(equals 1 Starch or 1 Fruit)
 One portion equals:
 Almond milk, original flavor ½ cup
 Coconut water 2[⁄] cup
 Coconut milk beverage, sweetened (in carton) ½ cup
 Hemp milk ¼ cup
 Rice milk, plain ¼ cup
 Shakeology ¼ scoop (with water)

FRUITS - CALORIES 60

Applesauce, unsweetened ½ cup
 Apple, small, with peel 1 (4 oz)
 Apples, dried, unsulfured 4 rings
 Apricot, dried, unsulfured 8 halves
 Apricots, fresh 4 whole (5.5 oz)
 Banana ½ large (4 oz)
 Blackberries ¾ cup
 Blueberries ¾ cup
 Cantaloupe 1 cup cubed (11 oz)
 Cherries, fresh 12 (3 oz)
 Dates 3
 Dried fruits, unsulfured 2 Tbsp.
 Figs 2 medium (3.5 oz)
 Fruit cocktail, no sugar added ½ cup
 Grapefruit, fresh ½ (11 oz)
 Grapes, small 17 (3 oz)
 Honeydew 1 cup cubed (10 oz)
 Kiwifruit 1 (3.5 oz)
 Mandarin oranges ¾ cup
 Mango ½ cup (5.5 oz)
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 Orange, small 1 (6.5 oz)
 Papaya 1 cup cubed (8 oz)
 Peach, fresh, medium 1 (6 oz)
 Pear, fresh, large ½ (4 oz)
 Pineapple, fresh ¾ cup
 Plums, fresh 2 (5 oz)
 Prunes 3
 Raisins 2 Tbsp.
 Raspberries 1 cup
 Strawberries, whole 1¼ cup
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