



STARCHES - CALORIES: 80

	One portion equals:
Amaranth seeds, cooked	1/3 cup
Bagel (whole wheat)	1/4 cup (1 oz.)
Barley (cooked)	1/2 cup
Bran cereals. Concentrated (like All-Bran® or All-Bran Bran Buds®)	1/3 cup
Bran cereals, flaked (low-sugar)	1/2 cup
Bread (whole wheat, pumpernickel, rye)	1 slice (1 oz.)
Buckwheat groat (kasha), cooked	1/3 cup
Bulgar (cooked)	1/2 cup
Cassava/Yucca, cooked	1/3 cup
Cooked cereals, oatmeal	1/2 cup
Corn on the cob, large	1/2 cob (5 oz.)
Corn, plain, fresh, frozen, or canned (drained)	1/2 cup
Couscous, whole wheat (cooked)	1/3 cup
English muffin (whole wheat)	1/2 muffin
Granola, low-fat	1/4 cup
Grape-Nuts®	3 tbsp.
Hominy, canned (drained)	3/4 cup
Millet (cooked)	1/3 cup
Muesli	1/4 cup
Pancakes (whole wheat), 1/4-inch thick, 6-inch diameter	1 pancake
Parsnip	1/2 cup
Pasta, whole wheat (cooked)	1/2 cup
Pita (whole wheat), 6-inch diameter	1/2 cup
Plantain, ripe	1/3 cup
Potato, baked (with skin)	1/4 large (3 oz.)
Potato, boiled	1/2 cup (3 oz.)
Potato, french fries (oven-baked)	1 cup
Potato, mashed (with milk)	1/2 cup
Pumpkin (canned, no sugar added)	1 cup
Quinoa (cooked)	1/3 cup
Rice, brown (cooked)	1/3 cup
Rice, wild (cooked)	1/2 cup
Shredded wheat	1/2 cup
Spelt, cooked	1/3 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	1/2 c



LEGUMES - CALORIES: 125

	One portion equals:
Beans: black, garbanzo, pinto, kidney, white, lima (cooked)	1/2 cup
Beans, refried, canned, fat-free	1/2 cup
Fava (cooked)	2/3 cup
Lentils: brown, green, yellow (cooked)	1/2 cup
Peas: black-eyed, split (cooked)	1/2 cup
Peas: green	1/2 cup

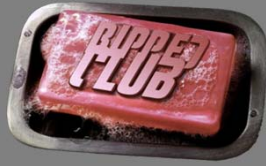
FRUITS - CALORIES: 60

	One portion equals:
Applesauce, unsweetened	1/2 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	1/2 large (4 oz.)
Blackberries	3/4 cup
Blueberries	3/4 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	1/2 cup
Grapefruit, fresh	1/2 (11 oz.)
Grapes, small	17 (3 oz.)
Honeydew	1 cup cubed (10 oz.)
Kiwifruit	1 (3.5 oz.)
Mandarin oranges	3/4 cup
Mango	1/2 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	1/2 (4 oz.)
Pineapple, fresh	3/4 cup
Plums, fresh	2 (5 oz.)
Prunes	3
Raisins	2 tbsp
Raspberries	1 cup
Strawberries, whole	1-1/4 cup
Tanferines, small	2 (8 oz.)
Watermelon	1-1/4 cup cubed (13.5 oz.)
Carbohydrate Powder (Beachbody Fuel Shot or equivalent)	1/2 scoop (12.5 grams)



VEGETABLES - CALORIES: 25

	One portion equals:
Artichoke or artichoke hearts	1/2 cup cooked
Asparagus	1/2 cup cooked or 1 cup raw
Baby corn	1/2 cup cooked or 1 cup raw
Bamboo shoots	1/2 cup cooked or 1 cup raw
Bean (green, was, Italian)	1/2 cup cooked or 1 cup raw
Bean sprouts	1/2 cup cooked or 1 cup raw
Beets	1/2 cup cooked or 1 cup raw
Bok Choy	1/2 cup cooked or 1 cup raw
Broccoli	1/2 cup cooked or 1 cup raw
Brussels sprouts	1/2 cup cooked
Cabbage, all	1/2 cup cooked or 1 cup raw
Carrots	1/2 cup cooked or 1 cup raw
Cauliflower	1/2 cup cooked or 1 cup raw
Cucumber	1 cup raw
Eggplant	1/2 cup cooked
Heart of palm	1/2 cup cooked or 1 cup raw
Jicama	1/2 cup cooked
Lettuce, all	3 cups chopped
Mixed veggies (without corn and peas)	1/2 cup cooked or 1 cup raw
Mushrooms	1/2 cup cooked or 1 cup raw
Okra	1/2 cup cooked or 1 cup raw
Onions	1/2 cup cooked or 1 cup raw
Peppers, all	1/2 cup cooked or 1 cup raw
Snow peas	1/2 cup cooked or 1 cup raw
Spinach	1/2 cup cooked or 2 cups raw
Summer squash	1/2 cup cooked or 1 cup raw
Swess chard	1/2 cup cooked or 1 cup raw
Tomato	1/2 cup cooked or 1 cup raw
Tomato sauce	1/2 cup
Water chestnut	1/2 can
Zucchini	1/2 cup cooked or 1 cup raw



PROTEIN - CALORIES: 45

	One portion equals:
Beef (Select or Choice grades; 85% lean ground, roast (chuck, rib, rump), sirloin, steak (flank, porterhouse, T-bone), tenderloin (cooked))	1 oz.
Cheeses, less than 3g fat per ounce	1 oz.
Cottage cheese, 1% fat	1/4 cup
Egg whites	2
Fish: catfish, cod, flounder, haddock, halibut, salmon, tilapia, tuna, (cooked)	1 oz.
Game: buffalo (bison), ostrich, venison (cooked)	1 oz.
Pork: ham, tenderloin, Canadian bacon, rib or loin chop (cooked)	1 oz.
Poultry, skinless, fat trimmed: Cornish hen, chicken, domestic duck, turkey, lean ground chicken or turkey (cooked)	1 oz.
Ricotta cheese, part skim	1/4 cup
Sandwich meats (0 to 3g fat per oz.): turkey, ham, roast beef	1 oz.
Sardines, canned, drained	2 medium
Shellfish: shrimp, clams, crab, lobster, scallops (cooked)	1-1/2 oz.
Tuna: canned in water, drained	1 oz.
Yogurt, Greek, plain	1/4 cup
Protein powder (Beachbody Hardcore Base Shake or equivalent)	1/3 scoop (11 grams)

FATS - CALORIES: 45

MONO AND POLYUNSATURATED FATS	One portion equals:
Avacado	2 tbsp (1 oz.)
Chia seeds	2 tbsp
Nut butters (trans-fat free): almond, cashew, peanut (3.5g protein)	1-1/2 tsp
Nuts: almonds, cashews, walnuts, pecans, hazelnuts	4-6 nuts
Oils: olive, peanut, safflower, sunflower, flaxseed	1 tsp
Seeds: flax, pumpkin, sunflower, sesame	1 tbsp
SATURATED FATS	One portion equals:
Butter	1 tbsp
Coconut milk, canned	1-1/2 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



PROTEIN LIQUIDS - CALORIES: 125

(equals 1 Legume)

	One portion equals:
Cows milk, reduced fat	1 cup
Chocolate milk, low-fat	2/3 cup
Shake ology	2/3 scoop (with water)

BALANCED LIQUIDS - CALORIES: 30

(equals 1 Vegetable)

	One portion equals:
Almond milk, original flavor	1/2 cup
Coconut water	2/3 cup
Coconut milk beverage, sweetened (in carton)	1/2 cup
Hemp milk	1/4 cup
Rice milk, plain	1/4 cup
Shake ology	1/4 scoop (with water)

CARB LIQUIDS - CALORIES: 60

(equals 1 Starch or Fruit)

	One portion equals:
Apple juice (100% juice)	1/2 cup
Fruit blend (100% juice)	2/3 cup
Grapefruit (100% juice)	1/2 cup
Orange juice (100% juice)	1/2 cup
Pineapple (100% juice)	1/2 cup

FREE CONDIMENTS (EAT ALL YOU WANT)

Lemon and lime juice - Black pepper - Vinerar (any variety) - Mustard (any variety) - Herbs - Spices - Garlic and ginger - Hot sauce - Glavored extracts: vanilla, peppermint, almond, etc