

CATEGORY DESCRIPTION & SERVING SIZES:

**Ultra-x or protein:** 1 serving = 2 scoops = 150 cal.

**Legumes:** ½ cup cooked.

Yellow and green split peas, all beans garbanzo,pinto, kidney, black, lima, soy, mung, navy, red and green lentils.

**Vegetables without limit:** Asparagas, artichokes, bamboo shoots, bell peppers, broccoli, brussel sprouts, cauliflower, celery, cabbage (red, green, chinese), chives, onions, leeks, garlic, greens (bok choy, swiss chard, kale, collard greens, watercress, spinach, dandelion greens, lettuces.

**Starchy Vegetables:** ½ cup cooked, 1 cup raw.

carrots, beets, sweet potatoes, yams, acorn squash, tomatoes.

**Whole Grains:** ½ cup cooked, 1 slice bread, ½ ww pita.

amaranth, teff, quinoa, basmati and other brown rice, buckwheat groats, whole barley, millet, whole oats, whole wheat, spelt, or kamut berries, 100% whole wheat pasta, whole grain rye crackers, bread: multi whole grain.

**Oils:** Flax seed oil, expeller pressed olive, canola and sesame oil, mayo made with canola oil.

**Dairy:** 6 oz. Lowfat plain soy yogurt, nonfat plain yogurt, nonfat sour cream and nonfat cream cheese.

**Fruits:** 1 whole fruit, medium size. Apple, apricot, berries, cherries, fresh figs, grapes, melons (except watermelon), grapefruit (1/2), nectarine, orange, peach, pear, plum.

**Nuts and Seeds:** 1 serving.Almonds, cashews, hazelnuts (10-12 whole). Sunflower, pumpkin, sesame seeds (2 Tbsp.)

Walnuts, pecans (4-5 Halves)

Date \_\_\_\_\_

Protein-supplement     \_\_\_  
 Legumes                   \_\_\_  
 Starchy Veggies:       \_\_\_  
 3 Oz. Fish                \_\_\_  
 Protein (any)            \_\_\_  
 Oils: Tbsp.              \_\_\_  
 Nuts & Seeds             \_\_\_  
 Fruits                     \_\_\_  
 Dairy                      \_\_\_  
 Whole Grains            \_\_\_  
 Exercise :

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 Protein (any)            \_\_\_  
 Oils: Tbsp.              \_\_\_  
 Nuts & Seeds             \_\_\_  
 Fruits                     \_\_\_  
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