

1 ○ FAT

5g fat

- 1 t EVOO (ex virgin olive oil)
- 1 t EVCO (ex virgin coconut oil)
- 1½ t butter
- 1½ t peanut butter
- 1½ t seeds (1g fiber)
- 1½ t mayonnaise
- 2 t whipped butter
- 1 T cream cheese
- 1½ T nuts (1g fiber)
- 2 T sour cream
- 2 T half & half
- 6 pecans (1g fiber)
- 6 walnut halves (1g fiber)
- 7 almonds (1g fiber)
- 5 large olives
- 10 small olives
- ¼ avocado (1g fiber)

Note: Salad Dressings vary — Must check label for grams of fat

3 ○ Fat & 1 ○ Protein

15g fat + 7g protein

- 2 T peanut butter (2g fiber)
- 1 oz nuts / ¼ C nuts (2g fiber)
- 1 hot dog

2 ○ Fat & 1 ○ Protein

10g fat + 7g protein

- 1 oz / 2 Tbsp flax seed (4g fiber)
- ¼ C other seeds (4g fiber)
- ¼ C whole fat ricotta cheese
- 1 oz whole fat cottage cheese
- 1 oz cheese
- 1 oz lamb / duck / goose
- 1 oz ground beef (75% lean or less)
- 1 oz fatty / greasy / marbled meat
- 1 oz fried chicken
- 1 oz fried fish

1 ○ Fat & 1 ○ Protein

5g fat + 7g protein

- 1 oz chicken with skin
- 1 oz turkey with skin
- 1 oz beef (80% lean / 20% fat)
- 1 oz lamb
- 1 oz canned tuna (in oil)
- 1 egg (white & yolk)

½ ○ Fat & 1 ○ Protein

3g fat + 7g protein

- 1 oz 90% lean beef

1-3 Servings Daily

1 ○ CARB (Dairy)

- 1½ C raw whole 3.5% (full-fat) milk = 1 ○ Carb (Dairy) + 1½ ○ Protein + 3 ○ Fat
- 6 oz plain 3.5% (full-fat) Greek yogurt = ½ ○ Carb (Dairy) + 2½ ○ Protein + 2 ○ Fat
- 6 oz plain 2% (low-fat) Greek yogurt = ½ ○ Carb (Dairy) + 2½ ○ Protein + 1 ○ Fat
- 6 oz plain 0% (non-fat) Greek yogurt = ½ ○ Carb (Dairy) + 2½ ○ Protein + 0 ○ Fat

**Note: Fruited & Sweetened yogurts vary greatly — check label for grams of carbs
Greek style yogurt (e.g. Fage / Chobani / Oikos / Athenos) is lower in carbs & higher in protein than regular yogurt**



1 ○ CARB (Bean) & 1 ○ Protein

15g net carb + 7g protein + 7g fiber

- ½ C beans — black
- ½ C beans — butter
- ½ C beans — garbanzo
- ½ C beans — kidney
- ½ C beans — lima
- ½ C beans — navy
- ½ C beans — northern
- ½ C beans — pinto
- ½ C beans — red
- ½ C beans — soy
- ½ C beans — white
- ½ C peas — black-eyed
- ½ C peas — chick
- ½ C peas — split
- ½ C soy beans / edamame
- ½ C lentils

NOTE: Green Beans & Wax Beans Count as Vegetables (unlimited)

1 ○ CARB (Grain) & ½ ○ Protein

15g net carb + 3g protein + 3g fiber

- ½ hamburger bun or hotdog roll
- 1 ThinBun (top & bottom)
- 1 oz bread / bun / roll / pita / wrap
- 1 slice whole grain bread
- 1 slice white bread (0 protein & 0 fiber)
- 2 slices Alvarado St Essential Flax
- ½ C barley
- ½ biscuit
- ½ C corn / cream corn
- 6" corn-on-cob
- ½ C grits
- ½ C millet
- ½ muffin
- ½ C pasta
- 2 C popcorn
- ½ C potatoes (white / sweet / yam)
- 3 oz potatoes (white / sweet / yam)
- ½ C French fries (also 1 ○ fat)
- ½ C rice / risotto
- ½ C rye
- ½ C spelt
- ½ C wheat / buckwheat
- ⅔ C oatmeal
- ⅓ C oats (dry)
- ¾ C quinoa
- 1 taco shell
- 3 T whole wheat flour

Note: Cereals vary greatly — Must check label for grams of carbs

1 ○ VEGETABLES

~ 2g fiber per serving

- ½ C artichoke
- ½ C asparagus
- ½ C beans—green beans
- ½ C beans—wax beans
- ½ C Brussels sprouts
- ½ C broccoli
- ½ C cabbage
- ½ C carrot
- ½ C cauliflower
- ½ C celery
- ½ C cucumber
- ½ C eggplant
- ½ C greens
- ½ C kale
- ½ C leeks
- 1 C lettuce
- ½ C mushrooms
- ½ C okra
- ½ C onions / green onions
- ½ C peas / snow peas
- ½ C peppers—green / red / yellow
- ½ C peppers—hot
- ½ C radish
- ½ C sauerkraut
- ½ C scallions
- ½ C sea vegetables (sea weed)
- ½ C spinach
- ½ C sprouts
- ½ C squash—acorn / butternut
- ½ C squash—spaghetti
- ½ C tomato / tomato sauce
- ½ C turnip
- ½ C vegetable juice / V-8
- ½ C zucchini

NOTE: Potatoes & Corn Count as Whole Grains (starch)

1 ○ CARB (Fruit)

15g net carb + 3g fiber

- 1 small apple
- ½ C applesauce (unsweetened)
- ½ banana
- ¾ C berries
- ½ C cherries
- 2 clementines / tangerines
- ¾ C fruit salad (no added sugar)
- 10 grapes (large)/15 grapes (small)
- ½ grapefruit
- 1 kiwi
- 1 C mango / papaya
- 1 C melon
- 1 orange
- 1 peach / nectarine
- 1 pear (small)
- ¾ C pineapple
- ½ pomegranate
- 2 plums (small)

Note: Juices & Dried Fruits are higher in fruit sugars

- ½ C fruit juice
- 1 Tbsp raisins
- 2 dates / figs