

# EXCHANGES

## LEAN PROTEINS

Roughly 25-30g/per serving  
 Fish, (4 oz.), Turkey, Chicken, (3 oz.), Lean Beef, (3 oz. & add 1 fat serving), Eggs, (4 & add 1 fat)

Eggs (whole)
Turkey breast
Chicken breast
Top round steak (very lean red meat)
Salmon (fresh or can)
Tuna (fresh or can)
Tilapia/White fish (lean)
Shellfish
Greek Yogurt 1c.
Protein powders/shakes, (whey, casein or mixes, 1 scoop)

## FATS

Serving size 1 teaspoon or  
 4.5 g in processed foods

Butter
Olive Oil
Peanut Butter
8-Almonds
16-Pistachios
2 or 4 halves-Walnuts, Pecans
Avocado-1/4

## STARCHY CARBS

Serving size ½ of item  
 or ½ cup

Old fashioned rolled or steel cut oatmeal (unsweetened)
Brown Rice
Beans, Peas, Legumes
Quinoa (Grains-Spelt, Amaranth, etc.) 1/3 cup
Popcorn
Corn Tortillas
Plantain, ripe, 1/3 cup
Squash, winter (acorn, butternut), 1 cup
Yam, sweet potato, ½ cup or ½ medium with skin (3 ounce)
Yucca, 1/3 cup

## VEGGIES

Serving size, 1cup raw, ½ cup  
 cooked, (fresh or frozen)

Kale, Spinach
Broccoli, Cauliflower
Asparagus
Green Beans
Onions
Red/Green Bell Peppers
Tomatoes
Cucumber
Celery
Squash, Zucchini
Carrots
Mushrooms
Brussels Sprouts

## FRUITS

Serving size ½ of item or ½  
 cup, (fresh or frozen)

Raspberries
Blackberries
Bananas
Blueberries
Apples

**REAL RESULTS,  
 GUARANTEED!**