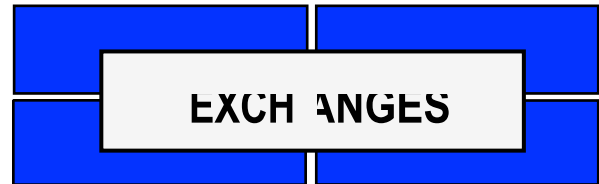


Fitness St. Pete | Tierra Verde Fitness

REAL RESULTS, GUARANTEED!



and



CALORIES - 1200	
<small>(This should only be used for calorie staggering purposes and not as a continuous daily intake)</small>	
Protein	93g
Bread/Carbs	3
Fruits	3
Veggies	4
Fats	5

CALORIES - 1400	
Protein	105g
Bread/Carbs	4
Fruits	3
Veggies	4
Fats	5

CALORIES - 1600	
Protein	118
Bread/Carbs	5
Fruits	3
Veggies	5
Fats	6

CALORIES - 1800	
Protein	130g
Bread/Carbs	5.5
Fruits	4
Veggies	5
Fats	7

LEAN PROTEINS
<small>Roughly 25-30g/per serving</small>
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)

VEGGIES
<small>Serving size, 1cup raw, ½ cup cooked, (fresh or frozen)</small>
Kale, Spinach
Broccoli, Cauliflower
Asparagus
Green Beans
Onions
Red/Green Bell Peppers
Tomatoes
Cucumber
Celery
Squash, Zucchini
Carrots
Mushrooms
Brussels Sprouts

STARCHY CARBS
<small>Serving size ½ of it em or ½ cup</small>
Old fashioned rolled or steel cut oatmeal (unsweetened)
Yams/Sweet Potatoes
Brown Rice
Beans, Peas, Legumes
Quinoa (Grains-Spelt, Amaranth, etc.) 1/3 cup
Popcorn
Corn Tortillas

FRUITS
<small>Serving size ½ of it em or ½ cup, (fresh or frozen)</small>
Raspberries
Blackberries
Bananas
Blueberries
Apples

FATS
<small>Serving size 1 t easpoon or 4. 5 g in processed foods</small>
Butter
Olive Oil
Peanut Butter
8-Almonds
16-Pistachios
2 or 4 halves-Walnuts, Pecans
Avocado-1/4



~ Extended Exchange Guide ~

The foods on page 1 represent the most nutrient dense foods in their group per calorie and you should aim to make the most swaps from foods on that list. This means **MAXIMUM** nutrition for every bite and less hunger with fewer calories ☺

If you have certain allergies or get bored easily, you may swap out foods from this expanded list. Move a little out of your comfort zone- if there are foods on here that you normally wouldn't eat, try them before swapping them out! ☺

Non-Starchy Vegetable Swap:

A single serving of a non-starchy vegetable is: ½ cup of cooked vegetables 1 cup of raw vegetables

- | | |
|---|--|
| ☞ Broccoli | ☞ Mushrooms, all kinds, fresh |
| ☞ Cabbage (green, bok choy) | ☞ Okra |
| ☞ Carrots | ☞ Onions |
| ☞ Cauliflower | ☞ Peppers (all varieties) |
| ☞ Celery | ☞ Radishes |
| ☞ Cucumber | ☞ Sauerkraut |
| ☞ Eggplant | ☞ Spinach |
| ☞ Greens (collard, kale, mustard, turnip) | ☞ Squash (summer, crookneck, zucchini) |
| ☞ Jicama | ☞ Tomatoes, fresh and canned |

Fruit Swap:

Each serving has about 15 grams of carbs & 60 calories. One serving equals:

- | | |
|---|--|
| ☞ Apple, unpeeled, small (4 oz.) | ☞ Grapes, small, 17 (3 oz.) |
| ☞ Applesauce, unsweetened, ½ cup | ☞ Guava, ½ cup |
| ☞ Banana, extra small (4 oz.), or ½ regular size | ☞ Kiwi (3 ½ oz.) |
| ☞ Blackberries, ¾ cup | ☞ Mango, small, ½ fruit (5 ½ oz.) or ½ cup |
| ☞ Blueberries, ¾ cup | ☞ Orange, small (6 ½ oz.) |
| ☞ Raspberries, 1 cup | ☞ Papaya, 1/2 fruit or 1 cup cubed (8 oz.) |
| ☞ Strawberries, 1 ¼ cup whole berries | ☞ Passion fruit, ¼ cup |
| ☞ Cantaloupe, small, 1/3 melon or 1 cup cubed (11 oz.) | ☞ Peach, fresh, medium (6 oz.) |
| ☞ Cherries, sweet, fresh, 12 (3 oz.) | ☞ Pear, fresh, large, ½ fruit (4 oz.) |
| ☞ Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 Tbsp. | ☞ Pineapple, fresh, ¾ cup |
| ☞ Grapefruit, large, 1/2 fruit (11 oz.) | ☞ Plums, fresh, 2; or dried (prunes), 3 |



Lean Protein Swap:

Each serving has about 120 calories and 2-3g fat per serving. One serving equals:

- ↻ Chicken—dark meat, skin removed, 3 oz.
- ↻ Turkey—dark meat, skin removed, 3 oz.
- ↻ Salmon, swordfish, herring, 3 oz.
- ↻ Lean beef (flank steak, London broil, tenderloin, roast beef) 2 oz.
- ↻ Veal, roast or lean chop, 2 oz.
- ↻ Lamb, roast or lean chop, 2 oz.
- ↻ Pork, tenderloin or fresh ham, 3 oz.
- ↻ 4.5% cottage cheese, 1/2 cup
- ↻ Whole Egg, 2

Fat Swap:

Each serving has about 45 calories and 5g fat per serving. One serving equals: _

- ↻ Coconut Oil, 1 tsp.
- ↻ Paleo Mayonnaise, 1 tsp.
- ↻ Large Black olives (8)
- ↻ Nut Butters, 1 ½ tsp



EXCHANGES: What they are and how to use them to customize your program and set yourself up for life long success!

Your program was to be as easy as printing each week's menus, preparing, eating and watching the fat melt away as you balance out your body chemistry, detox and rid your body of ugly bloat and fat. The first step of your Fitness St Pete Program is to learn what a nutritionally balanced food plan looks like as well as to familiarize yourself with macros and single servings of foods.

When swapping foods out, BE SURE to keep the exchanges allocated for each meal the same when making changes and pay special attention to serving SIZES.

Learning exchange groups and proper serving sizes is the key to ***never having to count calories again*** while turning your body into a fat blasting machine and continuing to achieve or maintain your results.

It will also allow you to eat virtually anything you want for the rest of your life without fear or guilt.

Remember Dianne's rules to live by:

Not all calories are created equal – While caloric deficit or balance matters when it comes to losing or maintain your weight, your body responds to calories from different groups differently and different “macros” serve different purposes in your body.

EVERY food that you encounter, even “bad” foods, will fit into the six basic food groups in one way or another. While some foods are more nutrient dense, if it has a nutrition panel, you can learn how to count it, and how it fits into your “food plan.” The goal is to eat whole, unprocessed foods 80% of the time and use the other 20% on less wholesome foods.

While you will be limited to certain foods during this program, , this is a habit that will allow you to achieve results you never thought possible going forward.

GROUP 1: Bread, Cereal & Other Complex Carbohydrates (**Br**)

GROUP 2: Protein (**P**) Measured in Grams

GROUP 3: Fats (**F**)

GROUP 4: Fruits (**FR**)

GROUP 5: Vegetables (**V**)