

All About The Numbers

PROTEIN CHOICES

30 g. per ser.

- * 10 egg whites
- * 8 egg whites
Plus 1 whole egg
- * 1 Chicken Breast
- * 1 Turkey Breast
- * Small Steak
- * 1 Filet Fish
- * 1 Can Tuna

45 g. per ser.

- * 15 egg whites
- * 11 egg whites
plus 2 whole eggs
- * 1 _ Chicken Breast
- * 1 _ Turkey Breast
- * Medium Steak
- * 1 _ Filet Fish
- * 1 _ Can Tuna

60 g. per ser.

- * 20 egg whites
- * 16 egg whites
plus 2 whole eggs
- * 2 Chicken breast
- * 2 Turkey breast
- * Large Steak
- * 2 Filet Fish
- * 2 Can Tuna

****Protein Powders and Drinks**

CARBOHYDRATE CHOICES (Watch These Closely)

30 g. per ser

- * Small Potato
- * 5oz Yam
- * _ cup cooked Rice
- * 1 _ oz Pasta
- * 2 slices Bread
- * _ cup Corn
- * _ cup Oatmeal
- * 1 Large Banana
- * 10oz Orange Juice
- * 5oz Grape Juice

45 g. per ser

- * Medium Potato
- * 7 _ oz Yam
- * 1 cup cooked Rice
- * 2 _ oz Pasta
- * 3 slices Bread
- * 1 rounded cup Corn
- * _ cup Oatmeal
- * 1 _ Large Banana
- * 15oz Orange Juice
- * 8oz Grape Juice

60 g. per ser

- * Large Potato
- * 10oz Yam
- * 1 _ cup cooked Rice
- * 3oz Pasta
- * 4 slices Bread
- * 1 _ cup Corn
- * 1 cup Oatmeal
- * 2 Large Banana
- * 20oz Orange Juice
- * 10oz Grape Juice

Carbless Carbs (Eat All You Want of These)

- These ,pass through the body, carbs contain indigestible fiber. Carbless carbs yield 2.5 grams of carbohydrates per serving. For example, a cup of Broccoli yields 5 grams of carbs; however, the body does NOT absorb the vast majority of the carbs in that vegetable. Since they have negligible absorbable carbs, no values are given for them.

- * Asparagus
- * Beans/ Green or Wax
- * Broccoli
- * Cabbage
- * Celery
- * Eggplant
- * Lettuce

- * Mushrooms
- * Okra
- * Radishes
- * Spaghetti Squash
- * Spinach
- * Summer Squash
- * Zucchini