

# “GG” – the GIANT 5&1 FOOD GUIDE

*You have questions? Call OPTAVIA Nutritional Support: 1-888-678-2842*

Eat 6 times a day - every 2-3 hours

Eat 5 Fuelings + 1 Lean & Green Meal

Drink 64 - 100 oz of Water Per Day

\*HF = Healthy Fat

<b>MEAT &amp; SEAFOOD</b> (Cooked Weight)	<b>AMOUNT</b>	<b>CATEGORY</b>
Beef - Lean (Steak, Roast, Ground 85-94% lean)	5 oz	1 Lean
Buffalo	7 oz + 2 HF	1 Leanest
Chicken (breast or white meat, without skin)	6 oz + 1 HF	1 Leaner
Chicken or Turkey (dark meat)	5 oz	1 Lean
Cod	7 oz + 2 HF	1 Leanest
Crab	7 oz + 2 HF	1 Leanest
Deer	7 oz + 2 HF	1 Leanest
Elk	7 oz + 2 HF	1 Leanest
Farmed Catfish	5 oz	1 Lean
Flounder	7 oz + 2 HF	1 Leanest
Ground Turkey (85% - 94% lean)	5 oz	1 Lean
Ground Turkey (95% - 97% lean)	6 oz + 1 HF	1 Leaner
Ground Turkey (98% - 99% lean)	7 oz + 2 HF	1 Leanest
Grouper	7 oz + 2 HF	1 Leanest
Haddock	7 oz + 2 HF	1 Leanest
Halibut	6 oz + 1 HF	1 Leaner
Herring	5 oz	1 Lean
Jennie-O Extra Lean Turkey Bacon	1 oz	Part Lean(er)(est)
Lamb	5 oz	1 Lean
Lobster	7 oz + 2 HF	1 Leanest
Mackerel	5 oz	1 Lean
Mahi Mahi	7 oz + 2 HF	1 Leanest
Orange Roughy	7 oz + 2 HF	1 Leanest
Other Meat (98% lean) (chicken/turkey)	7 oz + 2 HF	1 Leanest
Other Meat (95% - 97% lean) (chicken/turkey)	6 oz + 1 HF	1 Leaner
Other Meat (85% - 94% lean) (chicken or beef)	5 oz	1 lean
Pork Chop or Pork Tenderloin	5 oz	1 Lean
Salmon	5 oz	1 Lean
Scallops	7 oz + 2 HF	1 Leanest
Shrimp	7 oz + 2 HF	1 Leanest
Swordfish	6 oz + 1 HF	1 Leaner

Tilapia	7 oz + 2 HF	1 Leanest
Trout	6 oz + 1 HF	1 Leaner
Tuna (Bluefin steak)	5 oz	1 Lean
Tuna (Yellowfin steak or canned in water)	7 oz + 2 HF	1 Leanest
Turkey - Ground (>98% lean)	7 oz + 2 HF	1 Leanest
Turkey (light meat)	6 oz + 1 HF	1 Leaner
Turkey Pepperoni	1 oz	1/4 Lean
Wild Catfish	7 oz + 2 HF	1 Leanest
<b>VEGETARIAN PROTEIN</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Yves Veggie Cuisine - Veggie Turkey Slices	15 slices + 2 HF	1 Leanest
Lightlife Smart - Cutlest Original Chick'n	2 cutlets + 2 HF	1 Leanest
Morningstar Farms - Veggie Sausage Links	6 links + 1 HF	1 Leaner
Lightlife Smart - Tenders Savory Chick'n	6 tenders + 2 HF	1 Leanest
Morningstar Farms - Veggie Sausage Patties (Regular)	3 patties + 1 HF	1 Leaner
Yves Veggie Cuisine - Good Veggie Burger	2 patties + 1 HF	1 Leaner
Quorn - Naked Chik'n Cutlets	3 cutlets + 1 HF	1 Leaner
Boca - Cheeseburger Patties	2 patties + 1 HF	1 Leaner
Boca - All American Flame Grilled Burgers	2 patties + 1 HF	1 Leaner
Veggie Patch - Meatless Meatballs	6 meatballs + 1 HF	1 Leaner
Morningstar Farms Meal Starters - Chik'n Strips	18 strips + 1 HF	1 Leaner
Trader Joes - Meatless Meatballs	10 meatballs	1 Lean
Mori-Nu - Silken Firm Tofu	15 oz	1 Lean
Lightlife Smart - Deli Veggie Turkey Slices	12 slices	1 Lean
Morningstar Farms - Grillers Original Burgers	2 burgers	1 Lean
Morningstar Farms Meal Starters - Steak Strips	18 strips + 1 HF	1 Leaner
Morningstar Farms Meal Starters - Grillers Recipe Crumbles	1 1/2 cups + 1 HF	1 Leaner
<b>FATS</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
<b>A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate</b>		
Avocado (raw, peeled)	1.5 oz	1 Healthy Fat
Avocado Oil	1 tsp	1 Healthy Fat
Avocado Guacamole	2 Tbsp	1 Healthy Fat
BUTTER	1/2 Tbsp	1 Healthy Fat
Canola Oil	1 tsp	1 Healthy Fat
Coconut (shredded, unsweetened)	1.5 Tbsp	1 Healthy Fat
Flax Seed Oil	1 tsp	1 Healthy Fat
Grapeseed Oil	1 tsp	1 Healthy Fat
Margarine - Reduced Fat	1 tsp	1 Healthy Fat

Margarine - Regular	1/2 Tbsp	1 Healthy Fat
Mayonnaise – LIGHT	1.5 Tbsp	1 Healthy Fat
Mayonnaise -Reduced Fat with Olive Oil	1 Tbsp	1 Healthy Fat
Mayonnaise – REGULAR	1/2 Tbsp	1 Healthy Fat
NUTS – (see nuts below to be used as fats)		
Olive Oil	1 tsp	1 Healthy Fat
Olives (Black or Green) (10 small or 5 medium)	5 - 10 olives	1 Healthy Fat
Peanut Oil	1tsp	1 Healthy Fat
Pesto	1 Tbsp	1 Healthy Fat
Safflower Oil	1 tsp	1 Healthy Fat
Sesame Oil	1 tsp	1 Healthy Fat
Smart Balance Light	1 Tbsp	1 Healthy Fat
Soybean Oil	1tsp	1 Healthy Fat
<b>NUTS &amp; SEEDS</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Almonds (approx. 8 nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Almonds (approx. 10 nuts)	1/2 ounce	1 Optional Snack
Almonds – Slivered (2 level teaspoons)	0.3oz or 9.35 gm	1 Condiment
Brazil Nuts (2 whole nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Cashews (6 whole nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Chia Seeds	1/2 tsp	1 Condiment
Chia Seeds	1 Tbsp	1 Healthy Fat
Flax Seeds (ground)	2 Tbsp	1 Healthy Fat
Flax Seeds (whole or ground)	1 tsp	1 Condiment
Flax Seeds (whole)	1 Tbsp	1 Healthy Fat
Hazelnuts (6 whole nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Hemp Seeds	1 tsp	1 Condiment
Hemp Seeds	1 Tbsp	1 Healthy Fat
Macadamia Nuts (approx. 3 whole nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Peanuts (12 nuts)	0.3oz or 9.35 gm	1 Healthy Fat
Pecans (approx. 5 halves)	0.3oz or 9.35 gm	1 Healthy Fat
Pecans	1/2 ounce	1 Optional Snack
Pine Nuts (approx. 20 kernels)	1/8 oz or 3.54 grams	1 Condiment
Pine Nuts (approx. 55 kernels)	0.3oz or 9.35 gm	1 Healthy Fat
Pistachios (approx. 18 kernels)	0.3oz or 9.35 gm	1 Healthy Fat
Pistachios (approx. 20 kernels)	1/2 ounce	1 Optional Snack
Poppy Seeds	1 tsp	1 Condiment
Poppy Seeds	1 Tbsp	1 Healthy Fat
Pumpkin Seeds	1 Tbsp	1 Healthy Fat

Sesame Seeds	1 tsp	1 Condiment
Sesame Seeds	1 Tbsp	1 Healthy Fat
Slivered Almonds	2 tsp	1 Condiment
Sunflower Seeds (kernel only)	1 tsp	1 Condiment
Sunflower Seeds (kernel only)	1 Tbsp	1 Healthy Fat
Walnuts (approx. 5 halves)	0.3oz or 9.35 gm	1 Healthy Fat
Walnuts (approx. 7 halves)	1/2 ounce	1 Optional Snack
<b>CHEESE</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Cheese - Blue, Feta, Parmesan (regular)	1 Tbsp	1 Condiment
Cheese - Blue, Feta, Parmesan (reduced fat)	2 Tbsp (30.7g)	1 Condiment
Cheese - Mozzarella Low Moisture Part Skim shredded (3 to 6 g Fat per oz)	1 cup (4oz or 115g)	1 lean
Cheese - Mozzarella - String Cheese/Cheese Stick (Low Fat)	1 stick	<b>1 oz of a Lean</b>
Cheese - Reduced Fat (3 to 6 g Fat per oz)	1 cup (4oz or 115g)	1 Lean
Cheese - Reduced Fat (3 to 6 g Fat per oz)	¼ cup ( <b>1oz or 28g</b> )	1/4 Lean
Cheese - LOW Fat or Part Skim <b>*SHREDDED*</b> (up to 1.5 g Fat per oz)	1.5 cups ( <b>6oz</b> ) + 1 HF	1 Leaner
Cottage Cheese – 1% Low Fat	1.5 cups (12oz) + 2HF	1 Leanest
Cottage Cheese – 2% Low Fat	1.5 cups (12oz) + 1 HF	1 Leaner
Cream Cheese - Low Fat	1 Tbsp	1 Condiment
Cream Cheese - Low Fat	2 Tbsp	1 Healthy Fat
Cream Cheese - Regular	1 Tbsp	1 Healthy Fat
Cream Cheese - Regular	1/2 Tbsp	1 Condiment
Feta/Goat Cheese - Fat Free	1 oz	1 Condiment
Laughing Cow Cheese Original	1 wedge	1 Healthy Fat
Laughing Cow Light	2 wedges	1 Healthy Fat
Laughing Cow Light	1 wedge	1 Condiment
Ricotta Cheese – Low Fat Part Skim (2-3 grams fat per oz.)	1 cup	1 Lean
<b>EGGS</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Egg Whites - RAW	14	1 Leanest + 2 HF
Eggs - Whole (limit 3 whole eggs per week) 1 egg is roughly 1.67oz	3 eggs	1 Lean
Eggs – 1 Whole (subtract 1.67oz from your daily protein)	1 egg	Lean/leaner/leanest
Eggs - Whole (2 whole eggs PLUS 4 raw egg whites = 1 leaner + 1 HF)	2 whole + 4 raw whites	1 leaner + 1 HF
Eggs - Whole (2 whole eggs + 1 c liquid egg whites = 1 leaner +1 HF)	2 whole + 1 c liquid whites	1 leaner + 1 HF
Egg Beaters or Egg Whites (liquid egg substitute)	2 cups (16 fluid oz)	1 Leanest + 2 HF
Egg Beaters or Egg Whites (liquid egg substitute)	1 ½ cups	¾ Leanest + 1 ¾ HF
Egg Beaters or Egg Whites (liquid Egg substitute)	3 Tbsp	1 Condiment
Egg Beaters or Egg Whites (liquid egg substitute)	1Tbsp	No need to count

<b>DAIRY / MILK SUBSTITUTES</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Almond Milk <b>Unsweetened</b> (25-30 calorie original or vanilla)	1 cup	1 Condiment
Almond Milk <b>Unsweetened</b> (25-30 calorie original or vanilla)	2 cups	1 Healthy Fat
Buttermilk (1% or Fat Free)	1 Tbsp	1 Condiment
Cashew Milk <b>Unsweetened</b> (25-30 calorie original or vanilla)	1 cup	1 Condiment
Cashew Milk <b>Unsweetened</b> (25-30 calorie original or vanilla)	2 cups	1 Healthy Fat
Coconut Milk (canned, light)	2 Tbsp	1 Condiment
Coconut Milk (canned, regular)	1 Tbsp	1 Condiment
Coconut Milk (canned, light)	1/4 cup	1 Healthy Fat
Coconut Milk (canned, regular)	2 Tbsp	1 Healthy Fat
Coconut Milk (refrigerated unsweetened vanilla or original)	1/2 cup	1 Condiment
Coconut Milk (refrigerated unsweetened vanilla or original)	1 cup	1 Healthy Fat
Cool Whip Whipped Topping	1 Tbsp	1 Condiment
Cow's Milk (unflavored SKIM)	1 Tbsp	1 Condiment
Cow's Milk - <b>Half &amp; Half</b>	3 Tbsp	1 Healthy Fat
Cream Substitute - REGULAR (liquid or powder)	1/2 tsp	1 Condiment
Cream Substitute – SUGAR-FREE (liquid or powder)	1 tsp	1 Condiment
Evaporated Skim Milk	1/2 Tbsp	1 Condiment
Greek Yogurt - Plain, 2% or Nonfat (<15g carb per 12 oz)	12 oz + 2 HF	1 Leanest
Greek Yogurt - Plain, 2% or Nonfat	2 Tbsp	1 Condiment
Reddi-Whip Whipped Topping	2 Tbsp	1 Condiment
Rice Milk (unsweetened)	1 tsp	1 Condiment
Sour Cream (regular or light)	1 tsp	1 Condiment
Sour Cream (regular)	2 Tbsp	1 Healthy Fat
Soy Milk (unsweetened)	2 Tbsp	1 Condiment
Whipped Cream	1 Tbsp	1 Condiment
Whole Milk	1 Tbsp	1 Condiment
<b>BAKING &amp; COOKING</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Almond Flour	2 tsp	1 Condiment
Almond Flour	1 1/2 Tbsp	1 Healthy Fat
Baker's Yeast	1/2 tsp	1 Condiment
Baking Power	1/2 tsp	1 Condiment
Baking Soda	1 tsp	1 Condiment
Bouillon	1 cube	1 Condiment
Bran - Wheat, Rice, Corn	1/2 tsp	1 Condiment
Broth/Stock (serving size for 1g carb or less)	1/3 cup - 1cup	1 Condiment
Cocoa Powder (unsweetened)	1 tsp	1 Condiment

Coconut (shredded, unsweetened)	2 tsp	1 Condiment
Coconut (shredded, unsweetened)	1 1/2 Tbsp	1 Healthy Fat
Cookie Oil Spray (Pam)	10, 1/4 sec spray	1 Condiment
Cornmeal	1/2 tsp	1 Condiment
Cream of Tartar	1/2 tsp	1 Condiment
Extracts	1 tsp	1 Condiment
Imitation Butter Spray	10 sprays	1 Condiment
Lemon or Lime Juice	2 tsp	1 Condiment
Lemon or Lime Zest	1 Tbsp	1 Condiment
Liquid Egg Substitute	3 Tbsp	1 Condiment
Nutritional Yeast (large Flakes)	2 tsp	1 Condiment
Nutritional Yeast (small Flakes)	1 tsp	1 Condiment
Onion (chopped)	1 Tbsp	1 Condiment
Pine Nuts (20 kernels)	1/8oz or 3.54 grams	1 Condiment
Ranch Dressing Mix	1/2 tsp	1 Condiment
Seaweed (Dried)	1 Tbsp	1 Condiment
Seaweed (Fresh)	2 Tbsp	1 Condiment
Slivered Almonds (2 level teaspoons)	0.3 oz or 9.35gm	1 Condiment
Wheat Germ	1/2 tsp	1 Condiment
<b>CONDIMENTS, SAUCES &amp; SYRUPS,</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Barbecue Sauce - Regular	1/2 tsp	1 Condiment
Barbecue Sauce - Sugar Free	1 Tbsp	1 Condiment
Catsup - Reduced Sugar	1 Tbsp	1 Condiment
Catsup - Regular	1/2 tsp	1 Condiment
Cocktail Sauce - Regular	1/2 tsp	1 Condiment
Fish Sauce	1 Tbsp	1 Condiment
Honey Mustard Sauce	1/2 tsp	1 Condiment
Horseradish	1 tsp	1 Condiment
Hot Sauce	2 Tbsp	1 Condiment
Mayonnaise - Light	1 1/2 Tbsp	1 Healthy Fat
Mayonnaise - Reduced Fat w/ Olive Oil	1 Tbsp	1 Healthy Fat
Mayonnaise - Regular	1/2 Tbsp	1 Healthy Fat
Mustard (Dijon)	1 tsp	1 Condiment
Mustard (yellow)	1 Tbsp	1 Condiment
Oyster Sauce	1 tsp	1 Condiment
Ragu Roasted Garlic Parmesan	1/4 cup	1 Healthy Fat
Rao's Homemade Tomato Basil Sauce (35 cal, 6g fat, 4 carbs)	1/4 cup (4 tbsp)	1 Green
Rao's Homemade Tomato Basil Sauce (35 cal, 6g fat, 4 carbs)	2 Tablespoons	1/2 Green

Lucini Spicy Tuscan Tomato Sauce (35 cal, 1.5g fat, 5 carbs)	2 Tablespoons	1/4 Green
Lucini Spicy Tuscan Tomato Sauce (35 cal, 1.5 g fat, 5 carbs)	1/2 cup (8 Tbsp)	1 Green
Salsa (Pace Thick and Chunky <b>Salsa</b> )	1 Tbsp	1 Condiment
Salsa (Pace <b>Picante</b> ) 10 calories, 2g carbs, 0 fat, 250 mg sodium	1 Tbsp	1 Condiment
Soy Sauce (Regular or low sodium) 10 calories, 3 carbs, 230 mg sodium	1 Tbsp	1 Condiment
Sriracha	1 tsp	1 Condiment
Steak Sauce	1 tsp	1 Condiment
Sweet & Sour Sauce	1/2 tsp	1 Condiment
Teriyaki Sauce	1 tsp	1 Condiment
Tomato Paste	1 tsp	1 Condiment
Torani, DaVinci, Skinny Girl, (all) 0 calorie, 0 carb, Syrups & Flavorings	2 Tbsp	1 Condiment
Vinegar (balsamic)	1 tsp	1 Condiment
Vinegar (cider, white, wine)	1/4 cup	1 Condiment
Walden Farms Syrups & Flavorings	2 Tbsp	1 Condiment
Wasabi	1/2 tsp	1 Condiment
Worcestershire Sauce	1/2 tsp	1 Condiment
<b>FLAVOR ENHANCERS</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Butter Buds	1/2 tsp	1 Condiment
Calorie-Free Sweetener	1 packet	1 Condiment
Crystal Light "On the Go" sticks	1/2 packet	1 Condiment
Mio	1/2 tsp	1 Condiment
Monk Fruit In The Raw Sweetener	1 packet	1 Condiment
Stevia - Liquid	5 drops	1 Condiment
Stevia In The Raw Sweetener	1 packet	1 Condiment
Torani, DaVinci, Other 0 calorie, 0 carb, Syrups & Flavorings	2 Tbsp	1 Condiment
True Lemon or True Lime	1 packet	1 Condiment
Truvia	1/3 packet	1 Condiment
<b>HERBS, SPICES &amp; SEASONINGS</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Allspice - Dried	1/2 tsp	1 Condiment
Anise Seed	1/2 tsp	1 Condiment
Basil - Dried (ground)	1 tsp	1 Condiment
Basil - Dried (whole leaves)	2 tsp	1 Condiment
Basil - Fresh (chopped)	1/2 cup	1 Condiment
Basil - Fresh (whole leaves)	1 cup	1 Condiment
Bay Leaf - Dried	2 tsp	1 Condiment
Capers - Fresh	2 Tbsp	1 Condiment
Caraway Seed	1/2 tsp	1 Condiment

Cardamom - Dried	1/2 tsp	1 Condiment
Cayenne Pepper - Dried	1/2 tsp	1 Condiment
Celery Seed	1 tsp	1 Condiment
Chili Powder	1/2 tsp	1 Condiment
Chives - Fresh (chopped)	1/4 cup	1 Condiment
Cilantro - Dried	1 Tbsp	1 Condiment
Cilantro - Fresh	1 cup	1 Condiment
Cinnamon	1/2 tsp	1 Condiment
Cloves (ground)	1/2 tsp	1 Condiment
Cloves (whole)	1 tsp	1 Condiment
Coriander Seed	1 tsp	1 Condiment
Crushed Red Pepper - Dried	1/2 tsp	1 Condiment
Cumin Seed (whole or ground)	1 tsp	1 Condiment
Curry Powder	1/2 tsp	1 Condiment
Dill Seed	1/2 tsp	1 Condiment
Dill Weed - Dried	1 tsp	1 Condiment
Dill Weed - Fresh	1 cup	1 Condiment
Fennel Seed	1/2 tsp	1 Condiment
Fenugreek Seed	1/4 tsp	1 Condiment
Garlic - Fresh (minced)	1 tsp	1 Condiment
Garlic - Fresh (whole)	1 clove	1 Condiment
Garlic Powder	1/2 tsp	1 Condiment
Ginger (ground)	1/2 tsp	1 Condiment
Ginger Root - Fresh	2 tsp	1 Condiment
Lemongrass - Fresh	2 tsp	1 Condiment
Mace	1 tsp	1 Condiment
Marjoram	2 tsp	1 Condiment
Mustard Seed (Ground)	1 tsp	1 Condiment
Nutmeg	1/2 tsp	1 Condiment
Onion Powder	1/2 tsp	1 Condiment
Oregano - Dried (whole leaves)	1 tsp	1 Condiment
Oregano (ground)	1/2 tsp	1 Condiment
Paprika	1/2 tsp	1 Condiment
Parsley - Dried	1 Tbsp	1 Condiment
Parsley - Fresh	1/4 cup	1 Condiment
Pepper	1/2 tsp	1 Condiment
Peppermint - Fresh	1/4 cup	1 Condiment
Pesto	1 Tbsp	1 Healthy Fat

Poultry Seasoning	1 tsp	1 Condiment
Pumpkin Pie Spice	1/2 tsp	1 Condiment
Rosemary - Dried	1 tsp	1 Condiment
Rosemary - Fresh	2 Tbsp	1 Condiment
Saffron	1 tsp	1 Condiment
Sage - Dried	2 tsp	1 Condiment
Sage - Fresh	2 Tbsp	1 Condiment
Salt	1/4 tsp	1 Condiment
Savory	1 tsp	1 Condiment
Spearmint - Dried	1 Tbsp	1 Condiment
Spearmint - Fresh	2 Tbsp	1 Condiment
Tarragon - Dried (whole leaves)	1 Tbsp	1 Condiment
Tarragon (ground)	1 tsp	1 Condiment
Thyme - Dried (whole leaves or ground)	1 tsp	1 Condiment
Thyme - Fresh	1 Tbsp	1 Condiment
Turmeric	1/2 tsp	1 Condiment
<b>FRUITS &amp; VEGGIES</b> (see Vegetable Conversion Chart)	<b>AMOUNT</b>	<b>CATEGORY</b>
Arugula (RAW)	1/2 cup (.35 oz)	1 Green
Asparagus	1/2 cup (2.36 oz)	1 Green
Asparagus - Cooked	1/2 cup (3.17 oz)	1 Green
Avocado (raw, peeled)	1.5 oz	1 Healthy Fat
Avocado – Guacamole	2 Tbsp	1 Healthy Fat
Bamboo Shoots	1 cup (4.6oz)	1 Green
Bitter Melon	1/2 cup (2.18 oz)	1 Green
Bok Choy	1 cup (4.63 oz)	1 Green
Broccoli (RAW)	1/2 cup (1.55 oz)	1 Green
Broccoli – Cooked (fresh)	1/2 cup (2.75 oz)	1 Green
Broccoli – Cooked (frozen)	1/2 cup (3.24 oz)	1 Green
Broccoli, Chinese – Cooked	1/2 cup (1.55 oz)	1 Green
Broccoli, Raab (RAW)	1/2 cup (.71 oz)	1 Green
Broccoli, Raab Cooked (fresh)	1/2 cup (1.55 oz)	1 Green
Cabbage, Common (RAW)	1/2 cup (1.23 oz)	1 Green
Cabbage, Common (Cooked-Fresh)	1/2 cup (2.65 oz)	1 Green
Cabbage, Chinese - Pak-Choi (RAW)	1/2 cup (1.23 oz)	1 Green
Cabbage, Chinese – Pac-Choi (Cooked-Fresh)	1/2 cup (3 oz)	1 Green
Cabbage, Chinese – Pe-Tsai (RAW)	1/2 cup (1.34 oz)	1 Green
Cabbage, Chinese – Pe-Tsai (Cooked-Fresh)	1/2 cup (2.10 oz)	1 Green

Cabbage, Napa (Cooked-Fresh)	1/2 cup (1.92 oz)	1 Green
Cabbage, Red (RAW)	1/2 cup (1.23 oz)	1 Green
Cabbage, Red (Cooked-Fresh)	1/2 cup (2.65 oz)	1 Green
Cabbage, Savoy (RAW)	1/2 cup (1.23 oz)	1 Green
Cabbage, Savoy (Cooked-Fresh)	1/2 cup (2.56 oz)	1 Green
Cabbage, Swamp (Cooked-Fresh)	1/2 cup (1.73 oz)	1 Green
Cabbage, Swamp (Skunk Cabbage)	1/2 cup (.99 oz)	1 Green
Cauliflower (RAW)	1/2 cup (1.76 oz)	1 Green
Cauliflower (Cooked-Fresh)	1/2 cup (2.19 oz)	1 Green
Cauliflower (Cooked-Frozen)	1/2 cup (3.17 oz)	1 Green
Cauliflower, Green (RAW)	1/2 cup (1.13 oz)	1 Green
Cauliflower, Green (Cooked-Fresh)	1/2 cup (2.19 oz)	1 Green
Celery (RAW)	1/2 cup (1.78 oz)	1 Green
Celery (Cooked-Fresh)	1/2 cup (2.65 oz)	1 Green
Chard, Swiss (RAW)	1/2 cup (.63 oz)	1 Green
Chard, Swiss (Cooked-Fresh)	1/2 cup (3.09 oz)	1 Green
Chayote	1/2 cup (2.32 oz)	1 Green
Chinese Long Bean	1/2 cup (1.60 oz)	1 Green
Collards, Collard Greens (RAW)	1/2 cup (1.27 oz)	1 Green
Collards, Collard Greens (Cooked-Fresh)	1/2 cup (3.09 oz)	1 Green
Cucumber, with peel	1/2 cup (1.83 oz)	1 Green
Eggplant	1/2 cup (1.45 oz)	1 Green
Eggplant - Cooked (fresh)	1/2 cup (1.75 oz)	1 Green
Escarole	1/2 cup (.88 oz)	1 Green
Fennel (bulb)	1/2 cup (1.53 oz)	1 Green
Green Beans	1/2 cup (1.94 oz)	1 Green
Green Beans - Cooked (canned)	1/2 cup (2.38 oz)	1 Green
Green Beans - Cooked (fresh)	1/2 cup (2.20 oz)	1 Green
Green Beans - Cooked (frozen)	1/2 cup (2.38 oz)	1 Green
Greens, Mustard	1 cup (1.98 oz)	1 Green
Greens, Mustard - Cooked (fresh)	1/2 cup (2.47 oz)	1 Green
Greens, Mustard - Cooked (frozen)	1/2 cup (2.65 oz)	1 Green
Greens, Turnip	1/2 cup (.97 oz)	1 Green
Greens, Turnip - Cooked (fresh or canned)	1/2 cup (2.54 oz)	1 Green
Greens, Turnip - Cooked (frozen)	1/2 cup (2.89 oz)	1 Green
Heart of Palm (canned)	1/2 cup (2.57 oz)	1 Green
Jalapeno	1/2 cup (1.59 oz)	1 Green
Jicama - Cooked (fresh)	1/2 cup (2.29 oz)	1 Green

Kale	1/2 cup (1.18 oz)	1 Green
Kale - Cooked (frozen or fresh)	1/2 cup (2.29 oz)	1 Green
Kale, Scotch	1/2 cup (1.18 oz)	1 Green
Kale, Scotch - Cooked (fresh)	1/2 cup (2.29 oz)	1 Green
Kohlrabi	1/2 cup (2.38 oz)	1 Green
Kohlrabi - Cooked (fresh)	1/2 cup (2.91 oz)	1 Green
Leeks - Cooked	1/2 cup (1.82 oz)	1 Green
Lettuce, Butterhead	1 cup (1.94 oz)	1 Green
Lettuce, Endive	1 cup (1.76 oz)	1 Green
Lettuce, Iceberg	1 cup (2.54 oz)	1 Green
Lettuce, Romaine	1 cup (1.66 oz)	1 Green
Mizuna	1 cup (1.96 oz)	1 Green
Mushroom - Cooked (fresh or canned)	1/2 cup (2.75 oz)	1 Green
Mushroom, Brown, Italian or Cremini	1/2 cup (1.27 oz)	1 Green
Mushroom, Portabella	1/2 cup (1.52 oz)	1 Green
Mushroom, Portabella - Grilled (fresh)	1/2 cup (2.13 oz)	1 Green
Mushroom, Straw - Cooked (canned)	1/2 cup (3.21 oz)	1 Green
Mushroom, White	1/2 cup (1.23 oz)	1 Green
Mushroom, White - Cooked	1/2 cup (2.75 oz)	1 Green
Nopales	1/2 cup (1.52 oz)	1 Green
Olives (black or green) (10 small or 5 medium)	5-10 olives	1 Healthy Fat
Okra	1/2 cup (1.76 oz)	1 Green
Okra - Cooked (fresh)	1/2 cup (2.82 oz)	1 Green
Okra - Cooked (frozen)	1/2 cup (3.25)	1 Green
Onions (white, yellow, red) chopped	1 Tbsp	1 Condiment
Onions (green scallions)	1/2 cup	1 Green
Peppers, Green, Red, Yellow Sweet	1/2 cup (2.63 oz)	1 Green
Peppers, Green, Red, Yellow Sweet - Cooked (canned)	1/2 cup (2.47 oz)	1 Green
Peppers, Green, Red, Yellow Sweet - Cooked (frozen or fresh)	1/2 cup (2.40 oz)	1 Green
Radicchio	1 cup (1.40 oz)	1 Green
Radishes	1/2 cup (2.05 oz)	1 Green
Radishes, Oriental	1/2 cup (2.05 oz)	1 Green
Radishes, Oriental - Cooked (fresh)	1/2 cup (2.59 oz)	1 Green
Sauerkraut (low-sodium)	1/2 cup (2.50 oz)	1 Green
Scallions	1/2 cup (1.76 oz)	1 Green
Snow Peas	1/2 cup (1.10 oz)	1 Green
Snow Peas - Cooked (fresh)	1/2 cup (2.81 oz)	1 Green
Spinach	1 cup (1.06 oz)	1 Green

Spinach - Cooked (canned)	1/2 cup (3.77 oz)	1 Green
Spinach - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Spinach - Cooked (frozen)	1/2 cup (3.35 oz)	1 Green
Spinach, Malabar - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Spinach, Mustard (Tendergreen)	1 cup (5.29 oz)	1 Green
Spinach, Mustard (Tendergreen) - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Spinach, New Zealand - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Sprouts, Alfalfa	1/2 cup (.58 oz)	1 Green
Sprouts, Mung Bean Sprouts	1/2 cup (1.83 oz)	1 Green
Sprouts, Mung Bean Sprouts - Cooked (fresh)	1/2 cup (2.19 oz)	1 Green
Squash, Buttercup - Cooked (fresh)	1/2 cup (2 oz)	1 Green
Squash, Carnival - Cooked (fresh)	1/2 cup (2 oz)	1 Green
Squash, Delicata - Cooked (fresh)	1/2 cup (2 oz)	1 Green
Squash, Kabocha - Cooked (fresh)	1/2 cup (2 oz)	1 Green
Squash, Summer, Crookneck and Straight-neck	1/2 cup (2.29 oz)	1 Green
Squash, Summer, Crookneck and Straight-neck - Cooked (canned)	1/2 cup (3.70 oz)	1 Green
Squash, Summer, Crookneck and Straight-neck - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Squash, Summer, Crookneck and Straight neck - Cooked (frozen)	1/2 cup (3.39 oz)	1 Green
Squash, Summer, Scallop	1/2 cup (2.29 oz)	1 Green
Squash, Summer, Scallop - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Squash, Summer, Zucchini (with skin)	1/2 cup (1.99 oz)	1 Green
Squash, Summer, Zucchini (with skin) - Cooked (fresh)	1/2 cup (3.17 oz)	1 Green
Squash, Summer, Zucchini (with skin) - Cooked (frozen)	1/2 cup (3.93 oz)	1 Green
Squash, Winter, Spaghetti	1/2 cup (1.78 oz)	1 Green
Squash, Winter, Spaghetti - Cooked (fresh)	1/2 cup (2.73 oz)	1 Green
Sugar Snap Peas	1/2 cup (1.10 oz)	1 Green
Sugar Snap Peas - Cooked (fresh)	1/2 cup (2.20 oz)	1 Green
Tomatillo	1/2 cup (2.32 oz)	1 Green
Tomato, Cherry, red ripe	1/2 cup (2.63 oz)	1 Green
Tomato, red ripe	1/2 cup (3.17 oz)	1 Green
Tomato, red ripe - Cooked (fresh or canned with juice)	1/2 cup (4.23 oz)	1 Green
Turnips	1/2 cup (2.29 oz)	1 Green
Turnips - Cooked (frozen or fresh)	1/2 cup (2.75 oz)	1 Green
Watercress	1 cup (1.20 oz)	1 Green
Winter Melon	1/2 cup (3.07 oz)	1 Green
<b>SALAD DRESSINGS &amp; VINAIGRETTES</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Annie's Naturals - Goddess	1 Tbsp	1 Healthy Fat

Annie's Naturals - Artichoke Parmesan	1 Tbsp	1 Healthy Fat
Annie's Naturals - Balsamic Vinaigrette	1 Tbsp	1 Healthy Fat
Annie's Naturals - Cowgirl Ranch	1 Tbsp	1 Healthy Fat
Annie's Naturals - Lemon & Chive	1 Tbsp	1 Healthy Fat
Annie's Naturals - Lite Goddess	2 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Smoky Tomato	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Asian Sesame	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Balsamic	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Caesar	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Cowgirl Ranch	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic French	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Goddess	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Green Goddess	1 Tbsp	1 Healthy Fat
Annie's Naturals - Organic Roasted Garlic Vinaigrette	1 Tbsp	1 Healthy Fat
Annie's Naturals - Roasted Red Pepper	2 Tbsp	1 Healthy Fat
Annie's Naturals - Tuscany Italian	1 Tbsp	1 Healthy Fat
Annie's Naturals - Woodstock	1 Tbsp	1 Healthy Fat
Bolthouse Farms Organic –	2 Tbsp	1 Healthy Fat
Bolthouse Farms Organic - Avocado Ranch	2 Tbsp	1 Healthy Fat
Bolthouse Farms Organic- Creamy Caesar	2 Tbsp	1 Healthy Fat
Bolthouse Farms Organic - Lemon Basil	2 Tbsp	1 Healthy Fat
Bolthouse Farms Organic - Signature Blue Cheese	2 Tbsp	1 Healthy Fat
Bolthouse Farms Organic - Three Herb Vinaigrette	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Avocado Green Goddess	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Chunky Blue Cheese	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Cilantro Avocado	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Creamy Cucumber Ranch	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Creamy Roasted Garlic	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Honey Mustard	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Mango Chipotle	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Salsa Ranch	2 Tbsp	1 Healthy Fat
Bolthouse Farms Yogurt - Salsa Verde	2 Tbsp	1 Healthy Fat
Hidden Valley - Avocado Ranch	1 Tbsp	1 Healthy Fat
Hidden Valley - Buttermilk Ranch Light	2 Tbsp	1 Healthy Fat
Hidden Valley - Cracked Peppercorn Ranch	1 Tbsp	1 Healthy Fat
Hidden Valley - Cucumber Ranch	1 Tbsp	1 Healthy Fat
Hidden Valley - Cucumber Ranch Light	2 Tbsp	1 Healthy Fat
Hidden Valley - Fiesta Salsa Ranch	1 Tbsp	1 Healthy Fat

Hidden Valley - Fiesta Salsa Ranch Light	2 Tbsp	1 Healthy Fat
Hidden Valley - Greek Yogurt Cucumber Dill	2 Tbsp	1 Healthy Fat
Hidden Valley - Greek Yogurt Lemon Garlic	2 Tbsp	1 Healthy Fat
Hidden Valley - Greek Yogurt Ranch	2 Tbsp	1 Healthy Fat
Hidden Valley - Greek Yogurt Spinach & Feta	2 Tbsp	1 Healthy Fat
Hidden Valley - Original Ranch Homestyle Light	2 Tbsp	1 Healthy Fat
Hidden Valley - Roasted Garlic Ranch	1 Tbsp	1 Healthy Fat
Hidden Valley - Simply Ranch Chili Lime	1 Tbsp	1 Healthy Fat
Hidden Valley - Simply Ranch Classic Ranch	1 Tbsp	1 Healthy Fat
Hidden Valley - Simply Ranch Cucumber Basil	1 Tbsp	1 Healthy Fat
Hidden Valley - Sweet Chili Ranch	1 Tbsp	1 Healthy Fat
Ken's - Balsamic Vinaigrette	1 Tbsp	1 Healthy Fat
Ken's - Chef's Reserve French	1 Tbsp	1 Healthy Fat
Ken's - Chef's Reserve Italian	1 Tbsp	1 Healthy Fat
Ken's - Creamy French	1 Tbsp	1 Healthy Fat
Ken's - Greek	1 Tbsp	1 Healthy Fat
Ken's - Honey Mustard	1 Tbsp	1 Healthy Fat
Ken's - Italian	1 Tbsp	1 Healthy Fat
Ken's - Red Wine Vinegar & Olive Oil	1 Tbsp	1 Healthy Fat
Ken's - Three Cheese Italian	1 Tbsp	1 Healthy Fat
Ken's Light Options Balsamic Vinaigrette	2 Tbsp	1 Healthy Fat
Kraft - Buttermilk Ranch	1 Tbsp	1 Healthy Fat
Kraft - Red Wine Vinaigrette	1 Tbsp	1 Healthy Fat
Kraft - Peppercorn Ranch	1 Tbsp	1 Healthy Fat
Kraft - Classic Ranch	1 Tbsp	1 Healthy Fat
Kraft - Classic Caesar	1 Tbsp	1 Healthy Fat
Kraft - Roka Blue Cheese	1 Tbsp	1 Healthy Fat
Kraft - Ranch with Bacon	1 Tbsp	1 Healthy Fat
Kraft - Cucumber Ranch	1 Tbsp	1 Healthy Fat
Kraft - Thousand Island	1 Tbsp	1 Healthy Fat
Kraft - Sun Dried Tomato	2 Tbsp	1 Healthy Fat
Kraft - Tuscan House Italian	2 Tbsp	1 Healthy Fat
Kraft - Greek Vinaigrette	2 Tbsp	1 Healthy Fat
Kraft - Zesty Lime Vinaigrette	2 Tbsp	1 Healthy Fat
Kraft - Caesar Vinaigrette	2 Tbsp	1 Healthy Fat
Kraft - Zesty Italian	2 Tbsp	1 Healthy Fat
Newman's Own - Balsamic Vinaigrette	1 Tbsp	1 Healthy Fat
Newman's Own - Greek Vinaigrette	1 Tbsp	1 Healthy Fat

Newman's Own - Honey French	1 Tbsp	1 Healthy Fat
Newman's Own - Parmesan & Roasted Garlic	1 Tbsp	1 Healthy Fat
Newman's Own - Three Cheese Balsamic Vinaigrette	1 Tbsp	1 Healthy Fat
Newman's Own - Lime Lite Vinaigrette	2 Tbsp	1 Healthy Fat
Newman's Own - Lite Caesar	2 Tbsp	1 Healthy Fat
Newman's Own - Lite Italian	2 Tbsp	1 Healthy Fat
Newman's Own - Lite Red Wine Vinegar & Olive Oil	2 Tbsp	1 Healthy Fat
Olive Garden - Light Italian	2 Tbsp	1 Healthy Fat
Walden Farms Salad Dressings (0% calories or carbohydrates)	2 Tbsp	1 Condiment
Wishbone - House Italian	1 Tbsp	1 Healthy Fat
Wishbone - Creamy Italian	1 Tbsp	1 Healthy Fat
Wishbone - Spicy Caesar	1 Tbsp	1 Healthy Fat
Wishbone - South of the Border	1 Tbsp	1 Healthy Fat
Wishbone - Thousand Island	1 Tbsp	1 Healthy Fat
Wishbone - Sweet & Spicy Honey Mustard	1 Tbsp	1 Healthy Fat
Wishbone - Sweet & Spicy French	1 Tbsp	1 Healthy Fat
Wishbone - Deluxe French	1 Tbsp	1 Healthy Fat
Wishbone - Mediterranean Italian	2 Tbsp	1 Healthy Fat
Wishbone - Bruschetta Italian	2 Tbsp	1 Healthy Fat
Wishbone - Balsamic Italian Vinaigrette	2 Tbsp	1 Healthy Fat
Wishbone - Romano Basil Vinaigrette	2 Tbsp	1 Healthy Fat
Wishbone - Olive Oil Vinaigrette	2 Tbsp	1 Healthy Fat
Wishbone - Greek Vinaigrette	2 Tbsp	1 Healthy Fat
Wishbone - Balsamic Vinaigrette	2 Tbsp	1 Healthy Fat
Wishbone - Light Thousand Island	2 Tbsp	1 Healthy Fat
Wishbone - Light Ranch	2 Tbsp	1 Healthy Fat
Wishbone - Light Parmesan Peppercorn Ranch	2 Tbsp	1 Healthy Fat
Wishbone - Light Creamy Caesar	2 Tbsp	1 Healthy Fat
Wishbone - Light Buffalo Ranch	2 Tbsp	1 Healthy Fat
Wishbone - Light Blue Cheese	2 Tbsp	1 Healthy Fat
<b>OPTIONAL SNACKS (1 per day)</b>	<b>AMOUNT</b>	<b>CATEGORY</b>
Almonds	1/2 oz (~10 pieces)	1 Optional Snack
Celery	3 stalks	1 Optional Snack
Dill Pickle Spears	2 spears	1 Optional Snack
Gum/Mints, sugar-free	up to 3 pieces	1 Optional Snack

Jell-O, sugar-free	1/2 cup	1 Optional Snack
PB2 Peanut Butter Powder	2 Tbsp Powder	1 Optional Snack
Pistachios	1/2 oz (~ 20 kernels)	1 Optional Snack
Popsicle, fruit flavored, sugar-free	1 popsicle	1 Optional Snack
Walnuts	1/2 oz (~7 halves)	1 Optional Snack