VEGETABLES

	GO	SLOW	WHOA
Vegetables	• Fresh, frozen, or canned vegetables with no salt, sugar, or fat added, or with a small amount of salt* added	• Fresh, frozen, or canned vegetables made with vegetable oils • Vegetables with salt and/or sugar added • Baked french fries and hash browns	• Fresh, frozen, or canned vegetables made with solid fats • Fried battered vegetables • Fried potatoes, fried french fries, fried hash browns
Vegetable Juice	• 100% low-sodium vegetable juice	• 100% vegetable juice	

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of vegetables: asparagus, avocado, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, corn, cucumbers, eggplant, garlic, green beans, jicama, kale, lettuce, mushrooms, mustard greens, nopalitos, okra, onions, parsnip, peas, peppers (such as bell, jalapeno, poblano, etc.), potatoes, pumpkin, sweet potatoes, spinach, squash, taro root, tomatillos, tomatoes, turnip greens, turnips, yucca (cassava or manioc), zucchini

FRUITS

	GO	SLOW	WHOA
Fruits	• Fresh, frozen, or canned fruits with no sugar or salt added, or with a small amount of salt* added	• Fruits canned in light syrup • Fruits with sugar and/or salt added	• Fruits canned in heavy syrup
Fruit Juice	• 100% fruit juice • Frozen 100% fruit juice bars and smoothies	• Sherbet, sorbet • Frozen fruit juice bars and smoothies with added sugar	
Dried Fruit/ Fruit Leather	• Dried fruit (such as raisins, figs, dates, apricots, plums) • 100% fruit leather	• Dried fruit with added sugar • Fruit leather with added sugar	• Fruit roll-ups

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of fruits: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, figs, grapefruit, grapes, honeydew melons, kiwi, kumquats, lemons, limes, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranate, star fruits, strawberries, tangerines, watermelon

GRAINS

	GO	SLOW	WHOA
Breads/ Muffins/ Sweet Breads	• Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread • Corn tortillas	• White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread • Cornbread • Muffins, waffles, pancakes, and French toast made with vegetable oils	• Croissants • Biscuits • Sweet rolls • Doughnuts • Muffins, waffles, pancakes, and French toast made with solid fats
Pasta	• Pasta made with whole-grain	• Pasta made with refined flour • Egg noodles	• Instant higher-fat noodle soups
Rice and Grains	• Brown rice • Wild rice • Whole grains (amaranth, barley, buckwheat, corn, whole cornmeal, millet, oats, quinoa, rye, sorghum, teff, triticale) • Whole wheat (spelt, durum, farro [emmer], cracked wheat, wheat berries, bulgur)	• White rice • Rice cakes	• Fried rice
Cereals	• Whole-grain, low-sugar cereals (such as toasted oats, shredded wheat, oatmeal, muesli)	• Low-sugar cereals made with refined grains • Granola made with vegetable oils • Instant oatmeal	• High-sugar cereals made with refined grains • Granola made with solid fats
Crackers	• Low-fat whole-grain crackers	• Low-fat crackers made with refined grains	• High-fat crackers
Chips	• Baked tortilla chips	• Tortilla chips • Baked potato chips • Pretzels	• Potato chips • Other chips (such as cheese puffs, corn chips)
Cookies/Cake	• Whole-grain animal crackers • Graham crackers	• Animal crackers made with refined flour • Vanilla wafers • Cereal/fruit bars	• Cookies • Cakes
Popcorn	• Air-popped popcorn with no salt added	• Popcorn made with vegetable oils and/or salt	• Popcorn made with solid fats • Flavored popcorn (such as caramel, cheese) • Kettle corn

MEAT, BEANS, AND EGGS (cont.)

	GO	SLOW	WHOA
Pork	• Lean cuts of pork (such as pork chops or tenderloin – without fat)	• Lean ham • Canadian bacon • Regular cuts of pork (such as pork roast, shoulder, ham)	• Ribs • Bacon • Ham hock • Pork skins
Other Protein Foods	• Tofu • Tempeh • Venison	• "Veggie" burger • Processed plant-based meat substitues	
Processed Meat		• Luncheon meats (such as chicken, turkey, ham) • Low-fat hot dogs • Turkey or chicken sausage	• Hot dogs • Pepperoni • Sausage • Beef jerky • Bologna • Salami • Chorizo • Pastrami

* Less than 200 mg of sodium (about one pinch of salt) per cup

FATS

	GO	SLOW	WHOA
Fats	• Non-stick cooking spray	• Vegetables oils (such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower)	• Solid fats (such as butter, margarine, shortening, lard, salt pork)
Foods Rich in Fats		• Gravy, sauces, mayonnaise, and salad dressing made with vegetable oils	• Gravy, mayonnaise, sauces, and salad dressing made with solid fats

OTHER

	GO	SLOW	WHOA
Herbs and Spices	• Fresh spices (such as garlic and ginger) • Fresh or dried herbs (such as basil, rosemary, cilantro) • Seasonings without salt (such as garlic powder or onion powder)		• Salt • Seasonings with salt or sodium • Monosodium glutamate (MSG)
Sugars/ Sweeteners/ Candy		• Reduced-sugar syrup • Artificial sweeteners	• Sugar • Brown sugar • Chocolate candy • Candies • Sugar-sweetened gelatin • Honey • Molasses • Syrup • Agave nectar
Beverages	• Water • Sparkling water • Unsweetened decaffeinated tea	• Unsweetened tea	• Soft drinks (regular and diet) • Beverages with added sugar • Sweetened tea and tea drinks • Coffee drinks • Sports drinks • Fruit-flavored drinks • Fruit-juice drinks • Vitamin water • Energy drinks
Spreads/ Condiments	• Mustard • Butter flakes	• Jam • Jelly • Olives • Ketchup	• Pickles

MILK AND DAIRY FOODS

	GO	SLOW	WHOA
Milk	• Fat-free (skim/non-fat) milk • 1% (low-fat) milk • Fortified soy, almond, and rice milk – unsweetened • Non-fat dry milk	• 2% (reduced-fat) milk • Flavored fat-free (skim/non-fat) or 1% milk • Fortified soy, almond, and rice milk – sweetened	• Whole milk (plain or flavored) • Flavored 2% (reduced-fat) milk • Milkshakes
Yogurt	• Fat-free or low-fat plain or 100% fruit juice-sweetened yogurt • Fat-free or low-fat yogurt drinks – unsweetened	• Fat-free or low-fat yogurt – sweetened • Fat-free or low-fat yogurt drinks – sweetened	• Whole-milk yogurt • Whole-milk yogurt drinks
Cheese	• Part-skim natural cheese • Low-fat string cheese • Low-fat (1%) cottage cheese • Low-fat soy cheese	• Natural cheeses (such as Colby, cheddar, Swiss) • Cottage cheese (2% or reduced-fat) • Ricotta cheese (part-skim) • Low-fat cheese sauce • Low-fat processed cheese • Soy cheese • Low-fat cream cheese • String cheese	• Processed cheese • Powdered cheese sauce mix • Cream cheese • Cheese sauce • Ricotta cheese (whole-milk) • Cottage cheese (whole-milk)
Sour Cream		• Low-fat sour cream	• Sour cream
Dairy Desserts		• Non-fat or low-fat frozen yogurt • Low-fat ice cream • Pudding made with skim or 1% milk	• Ice cream • Pudding made with 2% or whole milk • Cheesecake • Frozen yogurt • Gelato

MEAT, BEANS, AND EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	• Beans (such as pinto, black, red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils – with no salt or fat added, or with a small amount of salt* added	• Beans, peas, and lentils made with vegetable oils • Refried beans • Beans, peas, and lentils with salt and/or sugar added • Hummus • Falafel	• Beans, peas, and lentils made with solid fats • Baked beans, canned • Pork and beans, canned
Nuts and Seeds	• Pumpkin and sunflower seeds with no added salt, sugar, or fat	• Pumpkin and sunflower seeds with added salt, sugar, and/or fat • Peanuts, almonds, pecans, walnuts, cashews, and pistachios with no added salt, sugar, or fat • Natural peanut butter and other nut butters	• Peanuts, almonds, pecans, walnuts, and pistachios with added salt, sugar, and/or fat • Peanut butter and other nut butters with added salt, sugar, and/or fat
Eggs	• Whole eggs • Egg whites • Egg Substitute	• Eggs fried in vegetable oil	• Eggs fried in solid fats
Fish	• Fish and shellfish – baked, grilled or broiled (such as salmon, catfish, shrimp, crab, lobster) • Tuna canned in water	• Baked breaded fish, shellfish, and fish sticks • Tuna canned in oil	• Fried fish, shellfish, and fish sticks
Poultry	• Chicken and turkey without skin (baked, grilled, or broiled)	• Chicken and turkey with skin (baked, grilled, or broiled) • Breaded baked chicken and turkey • Baked chicken nuggets • Ground chicken and turkey	• Fried chicken • Fried chicken nuggets
Beef	• Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin) • Extra-lean ground beef • Ground beef that has been drained and rinsed	• Lean ground beef • Lean or low-fat hamburgers • Regular cuts of beef (such as brisket, T-bone, chuck roast)	• Regular ground beef • Regular hamburgers • Ribs

Macronutrient Cheat Sheet

Carbs

Fruits
Cereals
Flours
Breads
Honey
Maple syrup
Sugar
Potatoes
Rice
Pasta
Noodles
Bran
Oats
Vegetables
Cous cous

Carbs + Protein

Beans
Quinoa
Sprouted-grains
Peas
Chickpeas
Yoghurt
Skim milk
Kefir
Jerky
Edamame
Yeast
Tempeh
Ice cream

Protein

Chicken breast
Low fat Cottage-cheese
Turkey breast
Egg whites
Lean ground-beef
Lean red meat
Tuna
Swordfish
Shellfish
Octopus
Squid
Shrimp
White fish
Cod
Halibut
Tilapia
Seitan
0% fat-Greek yoghurt
Quark
Whey protein

Protein + Fats

Salmon
Oily fish
Eggs
Cheese
Cream
Chia seeds
Red meat
Pork
Lamb
Duck
Game meat
Chicken thigh
Turkey thigh
Full fat-Yoghurt
Whole milk
Tofu
Hemp seeds

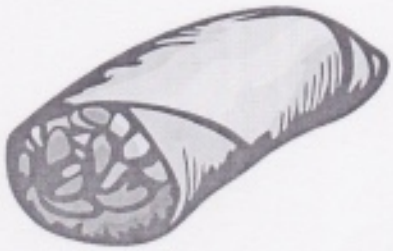
Fats

Avocado
Nuts
Nut butters
Flaxseeds
Olives
Pesto
Oils
Egg yolks
Butter
Ghee
Coconut
Chocolate

SNACK RECIPE: Veggie Wrap

INGREDIENTS:

- 1 large whole-wheat tortilla (approx. 10" in diameter)
- 1 Tablespoon low-fat spreadable cream cheese
- ½ cup spinach leaves
- ¼ cup avocado, peeled and sliced
- 2 Tablespoons shredded or finely chopped carrot
- 2 Tablespoons finely chopped fresh bell peppers (yellow, red, and/or green)



UTENSILS, ETC.:

- Knife and cutting board
- Box grater, food processor, or peeler
- Measuring cups
- Tablespoon measuring spoon

DIRECTIONS:

1. Wash the spinach, carrot, and bell peppers.
2. Shred the carrot using a box grater, food processor, or peeler.
3. Chop the bell peppers into small pieces.
4. Spread cream cheese over the entire tortilla to within ½ inch of the edge.
5. Arrange all the other ingredients on top of the cream cheese.
6. Roll up the tortilla as tightly as possible to enclose the filling without tearing the tortilla. Cut into thirds crosswise.

Serves: 1

Alternative ingredients for the filling:
shredded cabbage, chopped cucumber, chopped arugula, bean sprouts, alfalfa sprouts, chopped mushrooms, fresh basil leaves

Veggie Wraps	Nutrient Amount
Calories (kcal)	293
Fat (g)	9
% kcal from fat	28%
Saturated fat (g)	3
% kcal from saturated fat	9%
Dietary fiber (g)	9
Sugars (g)	2
Sodium (mg)	411
Protein (g)	10
Vitamin A (RAE)	263
Vitamin C (mg)	33
Calcium (mg)	58
Iron (mg)	3

YOUR MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS		DAILY MACROS
DAY 1	 PB + J Smoothie Bowl	 Taco Salad	 Zoodles with Meat Sauce	 Apple + Nut Butter	 Plantain Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93
DAY 2	 Banana Pancakes	 Tuna Spinach Salad	 Stuffed Pepper Skillet	 Pistachios + Grapes	 Stuffed Dates	Calories: 1969 Fat: 93 Carbs: 190 Protein: 112
DAY 3	 Veggie Omelette	 Turkey Chili	 Garlicky Baked Salmon	 Celery + PB	 3-Ingredient Mug Cake	Calories: 2055 Fat: 114 Carbs: 138 Protein: 115
DAY 4	 PB + J Smoothie Bowl	 Taco Salad	 Zoodles with Meat Sauce	 Apple + Nut Butter	 Plantain Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93
DAY 5	 Banana Pancakes	 Tuna Spinach Salad	 Stuffed Pepper Skillet	 Pistachios + Grapes	 Stuffed Dates	Calories: 1969 Fat: 93 Carbs: 190 Protein: 112
DAY 6	 Veggie Omelette	 Turkey Chili	 Garlicky Baked Salmon	 Celery + PB	 3-Ingredient Mug Cake	Calories: 2055 Fat: 114 Carbs: 138 Protein: 115
DAY 7	 PB + J Smoothie Bowl	 Taco Salad	 Zoodles with Meat Sauce	 Apple + Nut Butter	 Plantain Chips + Salsa	Calories: 1978 Fat: 113 Carbs: 161 Protein: 93

week of

weekly plan

monday	tuesday	wednesday	thursday	friday	saturday	sunday
B⇒ Oatmeal Cup / Fruit S- protein shake	egg whites toast chicken sausage protein shake	Protein Shake Veggies, oats Fruit Fruit	egg whites toast Chicken sausage Protein Shake	Oatmeal cup Fruit shake	Shake Veggie Fruit oats Fruit	Egg whites toast Chicken sausag Protein Shake
L⇒ Tuna wrap/Salad	eggplant lasagna Salad	TACO Bowl	Buffalo Chicken Broccoli	Baked Chicken Salad	Tuna Wrap/ Melt	Chicken avocado eggrolls Salad
D= eggplant lasagna, Salad	TACOS Salad/bowl.	Buffalo Chicken broccoli	Baked Chicken Spinach	Coconut Shrimp Rice Bowl	Buffalo Chicken Pizza or Cheeseburger Salad	Chicken Kielbasa Rice broccoli

week of

weekly plan

monday	tuesday	wednesday	thursday	friday	saturday	sunday

Month of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday