

I'm not robot!



Grant's Favorite Foods

all amounts are volume, not weight

STARCH	STARCH	FRUIT	VEGETABLES	FREE
Capt Crunch = 3.83 glsz.	15 Teddy Grahams = 1	1 slice pineapple = 1/2	12 OreIda FF Fries = 1/2	2 PEZ.
Fruit Loops = 3.5 g per oz.	8 Ritz = 1	1/4 Banana = 1/2	1/2 C. Green Beans = 1/4	1 SF Popsicle = 3 g
Cheerios = 2.5 glsz.	6 Color Vanilla Wafers = 1	1 Apple = 1	1/8 C. Peas = 1/4	SF Jello
Cocoa Krispies = 4.5 glsz.	10 Animal Cookies = 1	1/4 C. Peaches = 1/2	1 Small Baked Potato = 1	Cheese
Alphabits = 3.375 glsz.	8 Saltines = 1	1/4 C. Apple Juice = 1/2	3 oz. Hash Browns = 1/2	Pickles
Gal Cxg C = 2.875 glsz.	12 Mini Pretzel Twists = 1	1/2 Nectarine = 1/2	1/2 C. Carrots = 1/4	Black Olives
1 Eggo Waffle = 1	22 Pretzel Sticks = 1	1/2 C. Strawberries = 1/2	1/2 C. Mash Potato = 1	Meat
1/4 C. Mac & Cheese = 3/4	1/4 C. Ches Mix = 1/2	1 Box Raisins = 3/4	1/4 C. Refined Beans = 1/2	Eggs
1/4 C. Rice or Pasta = 3/4	1/2 C. SF Pudding = 1	1 small Plum = 1/2	14 Mini Tater Tots = 1	Lettuce
3 oz. Tomato Soup = 1/2	10 Lays Chips = 1/2	1/4 C. Mandarin OJ = 2/3	12 Cold Crinkle Fries = 1	1 stick Extra gum
1 Bagel Bite Pizza = 6 g	3 Graham Squares = 1	1/4 C. Pineapple = 1/2	15 Prairie Crinkle Fries = 1	DESSERTS
1/4 Bagel = 3/4	8 Waverly Crackers = 1	1/4 C. Applesauce = 1/2	6 Tater Tots = 1	1 Sox St. Cookie = 1/4
1/3 C. Stuffing = 1	15 Cheese Puffs = 1/2	2/3 C. Watermelon = 1/2	1/4 C. PoriNBeans = 3/4	12 Malballs = 1/2
1 Tbsp. Pomegranate = 1/4	13 Lite Fingert = 1	1 small Orange = 1	1/4 C. White Corn = 1/2	1 Licorice = 1/2
1/8 C. Pesto/Mix = 1/2	10 Niche Doritos = 1	17 small Grapes = 1	1/8 C. Piquitos beans = 5 g	1 Smarter Lg = 1/2
1 Taster Strid = 26 g	10 Cheetos = 1/2	1/3 C. Reg. Jello = 1	10 Golden Fries = 1	1 Nestlè = 9 g.
1 Taqueño = 9 g	14 Twigs = 1	1/8 C. Blueberries = 1/4	1/4 Corn Cob = 1/4	3 pkg. Sweetums = 1/2
1/2 C. Flour = 40 g = 2 2/3	13 Chick n' Basket = 1	1/2 Grapefruit = 1		12 M&M plain = 1/2
1 Taco Shell = 1/3 (6 g)	26 CheezIt = 1		OTHER	1 Gummi Bear = 1.5 g
1 Taco+1/8 Beans+Kot = 3/4	5 Tostitos Chips = 1	DRINKS	2 Tbsp SF Syrup = 4 g	1 SF BombPop = 1/2
5 oz Chick Stars/O's = 1/2	11 am Tostitos = 1/2	Milk = 1.875 glsz	1 Tbsp BBQ Sauce = 1/4	1 Hydros Cookie = 1/2
1 HyVee B. Muffin = 31 g	1 Apple Newton = 3/4	1 C. Milk = 1	1 Tbsp 1000 Island = 1/4	1 Reg Popsicle = 11g
1/10 Froz Pizza = 1	1 Granola Bar = 20 - 22 g	Sprite = 3.25 glsz	1 Tbsp Ketchup = 1/4	1 lg Candy Cane = 14 g
1/2 VDK Shrimp = 1	1 C. Popcorn = 5 g	Reg CranApp = 5.125 glsz	2 Packages Ketchup = 1/4	5 Fros Anim Cooky = 1
1 Ravioli w/sauce = 3 g	1/4 C. Goldfish = 1/2	SF CranGrp = 1.125 glsz	1 tsp. Sugar = 1/4 (4 g.)	1 Sugar Wafer = 4 g
1 Slice Bread = 3/4	30 CF Oyster Crack = 1/2	1 Plg Hot Choc = 4 g	1 C. SF Yogurt = 1	1 SF FudgeSticle = 1/2
1 White Roll = 17 g	10 Beter Cheddars = 1/2	OD = 3.375 glsz	1 tsp Hershey Syrup = 1/4	1 Lemon Cooler = 1/4
Panera Sourd. Roll = 25 g	1 VDK Perch = 10 g	2+ oz. OJ = 1/2	1 Tbsp SnoCon Syr = 3/4	1 lg Marshmallow = 6 g
1/8 C. Chow Nood = 1/4	1/8 C. Crostons = 1/4			6 Beach Jelly Bean = 1

HOW TO MAKE THE PERFECT MEAL

A balanced meal is 400-600 calories and contains the right proportions of lean meat, complex carbs, veggies and healthy fats.

- VEGETABLES:** Spinach, Broccoli, Asparagus, Green Beans, Bell Peppers, Onions, Celery, Cauliflower, Carrots, Avocado
- PROTEIN:** Egg Whites, Lean Beef, Chicken Breast, Turkey Breast, Fish, Poultry, Pork, Beef, Lamb, Chicken, Greek Yogurt
- STARCHES:** Quinoa, Sweet Potato, Oats, Whole Grain Bread, Whole Grain Pasta, Whole Grain Rice
- FATS:** Olive Oil, Avocado, Nuts, Seeds, Fatty Fish

HEALTHY FATS: Olive oil, Avocado, Nuts, Seeds, Fatty fish

HERBALIFE NUTRITION

The "No" List

REFINED STARCHY FOODS

- Pasta
- Rice
- Potatoes
- Potatoes chips
- Milk
- Bread
- Tortillas
- Pastry
- Flours made from grains and pseudo
- Cookies
- Crackers
- Cereal
- Sugar
- Agave
- Splenda
- SweetOne or sunett NutraSweet
- Sweet n Low
- Diet drinks
- Maltodextrin

VEGETABLES

- Tomatoes (unless peeled, deseeded)
- Cucumbers (unless peeled, deseeded)
- Peas
- Sugar snap peas
- Legumes
- Green beans
- Chickpeas
- Soy
- Tofu
- Edamam
- Soy protein
- Textured vegetable
- All beans including sprouts
- All lentils

NUTS AND SEEDS

- Pumpkin
- Sunflower
- Chia
- Peanuts
- Cashews

FRUITS/VEGGIES

- All fruits (except in season fruit)
- Ripe Bananas
- Zucchini



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