

ADVANCED GUIDE TO SUBSTITUTIONS

After meeting with your Consultant, it may be decided that food substitutions are available on your program to allow for more food options at meal and snack times. While making food substitutions is not mandatory on your individualized program, if you opt to switch up your snacks or meals occasionally, it is important to fully understand food substitutions. If careful food substitutions are NOT practiced, you may end up consuming too many or too few calories and macronutrients, which may largely hinder your progress. To ensure that you are consuming the appropriate types and amounts of foods, this “Advanced Guide to Substitutions” will serve as a resource for foods to incorporate into your diet. Below are various lists of starches, proteins, fruits and vegetables that should be the primary focus of your dietary regimen throughout this program.

This substitution guide is meant as a helpful way to include variety in your meal plan. To properly use it, look at the number of calories you have on your meal plan for the protein, starch, fruit or vegetable component. You may then choose the option you would like from the appropriate list and swap for the same number of calories. Some items may have different macronutrient or fiber levels than the option listed on your plan; these are all appropriate swaps, so do not worry if one is slightly different. Most vegetables are unlimited in portions, which is discussed on the “Free Foods” page below.

Starches (cooked)	Calories
Beans, black	57 calories per ¼ cup (10.2g carb, 3.7g fiber)
Beets	12 calories per ounce (2.82g carb, 0.57g fiber) 19 calories per ¼ cup (4.23g carb, 0.8g fiber)
Bread, wheat	Match calories to your meal plan serving and look for 3+ grams fiber per serving
Carrots (raw)	10 calories per ounce (2.34g carb, 0.82g fiber) 4 calories per medium 10g carrot (0.82g carb, 0.3g fiber)
Corn	43 calories per ¼ cup (9.4g carb, 1.1g fiber)
Cold Cereals	Match calories to your meal plan serving and

	look for 2+ g fiber per serving and fewer than 5g sugar
Crackers, wheat	10 calories per 2.12g cracker (1.5g carb, 0.1g fiber) Calories vary, match calories to your meal plan
Cream of Rice	32 calories per ¼ cup (6.95g carb, 0.1g fiber)
Cream of Wheat	55 calories per ¼ cup (6.6g carb, 0.3g fiber)
Couscous	44 calories per ¼ cup (9.11g carb, 0.5g fiber)
Farro	50 calories per ¼ cup (13g carb, 1.75g fiber)
Lentils	33 calories per ounce (5.1g carb, 2.24g fiber) 57 calories per ¼ cup (9.96g carb, 3.9g fiber)
Oatmeal	42 calories per ¼ cup (7.02g carb, 1g fiber)
Pasta, egg noodles	55 calories per ¼ cup (10.06g carb, 0.5g fiber)
Pasta, quinoa flour	45 calories per ¼ cup (9g carb, 1g fiber)
Pasta, wheat	40 calories per ¼ cup (8g carb, 1g fiber)
Peas (raw)	29 calories per ¼ cup (5.24g carb, 2.1g fiber)
Pitas, wheat	168 calories per pita (35.77g carb, 3.9g fiber) Calories vary, match calories to your meal plan
Potatoes, sweet	22 calories per oz (5g carb, 0.7g fiber) 62 calories per ¼ cup (14.53g carb, 2g fiber)
Potatoes, Yukon Gold	34 calories per oz (6.64g carb, 0.7g fiber) 39 calories per ¼ cup (8.8g carb, 0.9g fiber)
Quinoa	56 calories per ¼ cup (9.85g carb, 1.3g fiber)
Rice (brown, jasmine, basmati)	35 calories per oz (7.25g carb, 0.45g fiber) 62 calories per ¼ cup (12.92g carb, 0.8g fiber)
Rice Cakes	34 calories per cake (7.21g carb, 0.3g fiber) Calories vary, match calories to your meal plan
Tortillas, corn	52 calories per 24g tortilla (10.71g carb, 1.5g fiber) Calories vary, match calories to your meal plan
Tortillas, wheat	127 calories per 41g tortilla (18.81g carb, 4g fiber)

	Calories vary, match calories to your meal plan
Waffle/Pancake Wheat Dry Mix	98 calories per ounce (20.13g carb) 120 calories per ¼ cup (24.85g carb) Calories vary, match calories to your meal plan

Animal Sources of Protein (cooked)	Calories
Chicken breast, boneless, skinless, roasted	47 calories per oz (9g pro, 1g fat)
Cod	24 calories per oz (5.31g pro, 0.14g fat)
Crab	27 calories per oz (5.48g pro, 0.44g fat)
Deli chicken (lean)	28 calories per oz (2.09g pro, 0.22g fat)
Deli roast beef (lean)	33 calories per oz (5.28g pro, 1.05g fat)
Deli turkey (lean)	30 calories per oz (4.2g pro, 1.1g fat)
Egg (large)	90 calories per egg (6.26g pro, 6.83g fat)
Egg whites	17 calories per large egg (3.6g pro, 0.29g fat)
Fillet mignon (trim all visible fat)	49 calories per oz (8.63g pro, 1.65g fat)
Ground beef (93%)	59 calories per oz (8.18g pro, 2.69g fat)
Ground turkey (93% lean)	59 calories per oz (7.33g pro, 3.24g fat)
Halibut	31 calories per oz (6.39g pro, 0.46g fat)
Lobster	25 calories per oz (5.38g pro, 0.24g fat)
Pork loin	68 calories per oz (7.72g pro, 3.86g fat)
Salmon	52 calories per oz (7.21g pro, 2.3g fat)
Shrimp	28 calories per oz (6.79g pro, 0.08g fat)
Sirloin steak	60 calories per oz (8.31g pro, 2.74g fat)
Tilapia	36 calories per oz (7.41g pro, 0.75g fat)
Tuna fish (canned in water)	36 calories per oz (6.69g pro, 0.84g fat)
Turkey breast, boneless, skinless, roasted	42 calories per oz (8.54g pro, 0.59g fat)

Vegetarian Sources of Protein	Calories
Cottage cheese (2% milkfat)	23 calories per oz (2.95g pro, 0.64g fat) 46 calories per ¼ cup (5.9g pro, 1.28g fat)
Fat-free plain Greek yogurt	17 calories per oz (2.89g pro, 0.11g fat)
Garden Chick'n Patty (uncooked)	160 calories per patty (13g pro, 7g fat)
Morningstar Garden Patty (uncooked)	118 calories per burger (11.93g pro, 3.69g fat)
Morningstar Sausage Crumbles (uncooked)	45 calories per oz (5.72g pro, 1.3g fat) 33 calories per ¼ cup (4.16g pro, 0.95g fat)
Quorn Chicken Patty (uncooked)	170 calories per patty (9g pro, 7g fat)
Tempeh (cooked)	55 calories per oz (5.65g pro, 3.23g fat)
Tofu (uncooked)	41 calories per oz (4.9g pro, 2.47g fat) 91 calories per ¼ cup (10.88g pro, 5.49g fat)

Fresh Fruit	Calories
Apple	86 calories per 100g apple (13.81g carb)
Apricot, fresh	30 calories per 35g apricot (3.89g carb)
Apricot, dried	95 calories per ¼ cup (24.66g carb)
Banana	105 calories per medium (118g) banana (26.95g carb)
Blackberries	62 calories per cup (13.84g carb)
Blueberries	84 calories per cup (12.45g carb)
Cherries	87 calories per cup (22.09g carb)
Clementines	35 calories per 74g clementine (8.89g carb)
Dates, dried	104 calories per ¼ cup (27.57g carb)
Grapefruit	106 calories per each large (332g) grapefruit (13.41g carb)
Grapes	104 calories per 1 cup grapes (27.33g carb)
Kiwi	42 calories per kiwi (10.12g carb)

Mango, fresh	99 calories per cup (24.72g carb)
Mango, dried	80 calories per ¼ cup (19.64g carb)
Orange	62 calories per 131g orange (15.39g carb)
Peach	58 calories per 150g peach (14.31g carb)
Pear	101 calories per 178g pear (27.11g carb)
Pineapple	82 calories per cup (21.65g carb)
Plums	30 calories per 66g plum (7.54g)
Prunes	112 calories per cup (29.39g carb)
Raspberries	64 calories per cup (14.69g carb)
Strawberries	46 calories per cup (not sliced) (11.06g carb)
Watermelon	46 calories per cup (diced) (11.48g carb)