

Select From The Following
Wherever Highlighted in Bold In Your Meal Plan

CARBOHYDRATES

WHOLE GRAINS/STARCHES

Food	Grams of Carbohydrates Per 1 Cup
Oatmeal	25g
Farro	44g
Barley	45g
Grits	23g
Brown Rice/Wild Rice	44g
Whole Wheat/Whole Grain Pasta	37g
Couscous	44g
Quinoa	42g
Brown Rice Cakes	14g
Bulgur	25g
Buckwheat	33g
Millet	41g
Cream of Wheat	23g
Sweet Potato (medium)	27g
White Potato (medium)	36g
Sprouted Whole Wheat/Grain Bread	15g (1 Slice)

BEANS

Food	Grams of Carbohydrates Per 1 Cup
Garbanzo Beans (Chickpeas)	49g
Pinto Beans	34g
Kidney Beans	40g
Lima Beans	31g
Green Peas	21g
Green Beans	8g
Lentils	38g

VEGETABLES

Food	Grams of Carbohydrates Per 1 Cup
Sweet Potatoes (medium)	27g
Broccoli/Cauliflower	7g
White Potatoes (medium)	36g

Brussels Sprouts	11g
Zucchini	7g
Asparagus	7g
Onions/Scallions	6g
Carrots	12g
Squash	18g
Bell Peppers	9g
Cucumbers	4g
Celery	3g
Eggplant	5g
Turnip	8g
Radish	4g
Artichoke	19g
Rutabaga	15g
Beets	17g

LEAFY GREENS

Spinach	1g
Spring Mix	2g
Cabbage	6.5g
Romaine Lettuce	1g
Kale	7g
Chard	1.35g
Okra	7g
Arugula	1g
Leek	12g
Watercress	0.5g
Endive	2g
Bok Choy	1.5g

FRUITS

(Concerned about Sugar? Need more options? Get the complete list of Fruits ranked by Sugar [HERE](#))

Food	Grams of Carbohydrates
Bananas	27g per medium banana
Oranges	16g per medium orange
Grapefruit	20g per 1 grapefruit
Kiwi	23g per 2 kiwis
Apples	25g per medium apple
Blueberries	21g per cup

Peaches	9g per medium peach
Watermelon	11.5g per cup
Strawberries	11g per 1 cup
English Cucumber	4g per 1 cup
Tomatoes	7.06g per 1 cup

PROTEIN

MEAT/POULTRY/FISH

Food	Grams of Protein Per 4oz Serving
Skinless Chicken Breast	35g
Skinless Turkey Breast	20g
Pork Loin (Tenderloin)	23g
Lamb Chops (Fat Not Eaten)	32g
90% Lean Ground Beef	22g
Beef Sirloin	25g
Chunk Light Tuna (Canned in Water)	26g
Salmon	27g
Halibut	21g
Swordfish	27g
Cod	24g
Sardines (Canned in Water/3.75oz)	19g
Mackerel	26g
Rainbow Trout	28g

NUTS/SEEDS

Food	Grams of Protein Per 1/4 Cup
Dry Roasted Edamame (Soybeans)	14g
Peanuts	6g
Almonds	6g
Pistachio Nuts	7g
Sunflower Seeds	7g
Pumpkin Seeds	10g

VEGETABLES/GRAINS/BEANS

Food	Grams of Protein Per 1 Cup
Lima Beans	14g
Lentils	17g
Green Peas	8g
Garbanzo Beans	16g
Kidney Beans	15.35
Quinoa	8g

DAIRY

Food	Grams of Protein Per 1 Cup
Greek Yogurt	18-20g
All Natural and Aged Cheeses	10-25g
Kefir	9g
Milk	8-20g

EGGS

Food	Grams of Protein Per 1 Large Egg
Whole Egg (Large)	6.29g
Egg White (Large)	3.6g

HEALTHY FATS (10g-20g per Serving)**FISH**

Food	Grams of Fat Per 4oz Serving
Mackeral	15.6g
Salmon	8.5g
Sardines	9g
Rainbow Trout	10g

SEEDS/NUTS/AVOCADO/OILS

Food	Grams of Fat
Almonds	14g per 1/4 cup
Shelled Pistachios	14g per 1/4 cup
Sunflower Seeds	15g per 1/4 cup
Pumpkin Seeds	16g per 1/4 cup
Chia Seeds	4.5g per tablespoon
Flax Seeds (Ground)	7g per 2 tablespoon

Hass Avocado	11g per 1/2 avocado
Whole Egg (Large)	4.97g
Olive Oil	14g per tablespoon
Canola Oil	14g per tablespoon
Avocado Oil	14g per tablespoon
Grapeseed Oil	14g per tablespoon
Sesame Oil	14g per tablespoon

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