



Food Substitution List

We want to give you the tools you need so that you will have the knowledge, and not have to rely on a coach or any type of diet for the rest of your life.

We want you to understand what is in your foods and the appropriate amounts for your body in order to reach your goals. In order to maintain your Nutrition Program long-term it is important to understand how to swap out foods and replace with foods you enjoy.

To do this, take your base meal plan and swap out equivalent amounts of protein, carbohydrate, and/or fats. This list makes it easy to make substitutions to your meals.

Protein

Although there is slight variation in grams of protein per ounce among different sources, for simplicity, we recommend counting all lean protein sources (listed below) as 7 grams of protein per ounce. This means that ½ ounce is 3.5 grams of protein. Use the same amount of any option below as what is listed in that specific meal!

(Ex: This is the easiest swap: No Math needed: Use the same amount of any option below as what is listed in that specific meal!)

- Egg whites (65 g liquid egg whites = 1 oz lean meat)
- 99/1 (extra lean) turkey breast
- 96/4 (extra lean) ground beef
- Top sirloin steak
- Tilapia/Swai
- Canned albacore tuna
- Cod
- Chicken breast
- 99% fat free deli turkey/chicken

Carbohydrates

Below are the scale weight measurements for a 10 gram carbohydrate serving for many of our favorite carbohydrate sources. So, if you have 10 grams of carbs in the meal, you would eat the exact amount listed. If you have 30 grams of carbs in the meal, you would use 3 times the amount listed. If the item is listed as $\frac{1}{2}$ or $\frac{1}{3}$ for a 10 gram serving, you probably shouldn't have that item unless you have enough carbs for the whole item.

(Easy way to calculate)

- 1) Pick the item you want to swap
- 2) Look at its carb count, divide that number by 10
(ex: if 100g of banana is on your plan as 20g of carb, divide 20 by 10 to equal 2)
- 3) Take this number and multiply it by anything on this list, and that is how much you can have of that item to match up with what is listed on your plan.
- In the example above (100g of banana is being swapped – and lets say you wanted cheerios) you will take your number (which was 2) and multiply it by the cheerios number (14g) to give you 28g of cheerios. That would be a perfect swap for the 100g of banana!
See the video for more examples!

- Banana - 50 g
- Strawberry – 125 g
- Blueberry – 70 g
- Apple – 75 g
- Baked Lays – 14 g
- PopTart- $\frac{1}{3}$ of a PopTart
- FiberOne brownie – $\frac{1}{2}$ of a brownie
- Cheerios cereal – 14 g
- Skinny Cow ice cream sandwich – $\frac{1}{3}$ of a sandwich
- Sweet potato – 42 g
- White potato – 56 g
- Squash (most varieties) – 100 g
- Brown rice – 45 g
- White rice – 35 g
- Pasta (dry measure) – 13 g
- Oatmeal (dry measure) – 15 g
- Ezekiel bread – $\frac{2}{3}$ slice
- Low carb flax bread- 1 slice of bread
- Grits – $\frac{1}{2}$ packet
- Cream of wheat – 14 g

Fats

Below are the scale weight measurements for a 5 gram of fat serving of our favorite fat sources. If you have 5 grams of fat in the meal, you would use the exact amount listed. If you have 15 grams of fat, you would use 3 times the amount listed below.

(Easy way to calculate)

- 1) Pick the item you want to swap (the fat sources are usually a nut or a nut butter)
- 2) Look at its fat count, divide that number by 5
(ex: if 16g of peanut butter is on your plan as 8g of fat, divide 8 by 5 to equal 1.6)
- 3) Take this number and multiply it by anything on this list, and that is how much you can have of that item to match up with what is listed on your plan.
- In the example above (16g of PB is being swapped – and lets say you wanted Avocado) you will take your number (which was 1.6) and multiply it by the Avocado number (35g) to give you 56g of Avocado. That would be a perfect swap for the 16g of PB!
See the video for more examples!

- Peanut butter – 10 g
- Almond butter – 10 g
- Almonds – 10 g
- Walnuts – 8 g
- Macadamia nuts – 7 g
- Avocado – 35 g
- Extra virgin olive oil – 1/3 Tbsp
- MCT oil – 1/3 Tbsp