

NO high fructose corn syrup  
 NO artificial sweeteners  
 NO partially hydrogenated fat



## Recommended Products

NOTE: None of these products paid to be on this list!

### PROTEIN SOURCES

#### Protein Powder




**Jay Robb's  
Whey Vanilla  
Protein Isolate**



**Designer Whey  
French Vanilla**



**Optimum  
Nutrition® 100%  
Natural Whey  
Protein Powder**


**Reason it's good:** It's all natural and has no artificial sweeteners. Fructose is used to sweeten the protein powder which has a low glycemic index. Protein powder should have less than 5g carbs per scoop.

#### Fish

**Bumble Bee®  
Tuna Fish  
in water.**



**Starkist®  
Tuna Fillets**



#### Ricotta

**Polly-O® lite  
Ricotta Cheese**



#### Eggs

**Nature's Promise®  
Organics Eggs  
Large Original**



#### Cheese

**Babybel® Light  
Cheddar Cheese**



**The Laughing  
Cow® Light  
Creamy Cheese**



**Borden's Amer-  
ican Cheese  
2%**



**Friendship® 1%  
skim cottage  
cheese**



**Sargento®  
Reduced  
Fat Cheddar  
Cheese**



**Alpine Lace®  
Reduced Fat  
Swiss Cheese**



**Sargento®  
Reduced Fat Sharp  
Cheddar Sticks**



**Sargento®  
Reduced Fat  
Colby-Jack Sticks**



#### Soy

**Gimme Lean® Meatless  
Ground Crumbles**



**Gimme Lean® Meatless  
Sausage Style**



# CARBOHYDRATE SOURCES

**Trader Joes®  
Frozen Mixed  
Berries**



**Red Bliss or  
New Potatoes**



**Sweet Potatoes**



**Goya® Beans**



**Pepperidge Farm®  
Entertaining  
Cracker Quartet**



**Manischewitz®  
Matzos Whole  
Wheat Sodium  
Free**




**Wasa®  
Crackers**



**How to choose a good tomato sauce:**

- The first ingredient should be “whole tomatoes” (as opposed to tomato paste).
- There should be no form of sugar listed on the ingredient list.
- The sauce should have around 6 grams or less carbohydrates (total carbs minus fiber) per cup.

**Mott's® Organics  
Natural  
Applesauce**



**Country Choice®  
Old Fashioned  
5 minute cooking  
Oatmeal**



**McCann's®  
Steel Cut  
Oatmeal**



**Rozzano®  
Tomato Sauce  
*Available at BJ's  
wholesale club.***



**Stop & Shop®  
Simply Enjoy®  
Tomato Sauce**



**Rienzi®  
Tomato  
Sauce**



**Arnold®  
Stoneground  
Bread 100%  
Whole Wheat**



**Martin's Bread  
Potato 100%  
Whole Wheat**



**Toufayan® Pita  
Bread Whole  
Wheat 8 Inch**



**Stop & Shop®  
Pearl barley**



**Uncle Bens®  
Converted  
Long Grain Rice**



**Dececco® Whole  
Wheat Pasta**




Most name brand pita bread and English muffins are not recommended because they use high fructose corn syrup.

The food charts assume your bread has 10 grams carbohydrates per slice (total carbs-fiber) which equals 1 serving. If your bread has 15g of carbs per slice, then one serving equals 3/4 slice. If your bread has 20g of carbs per slice (this type of bread is very hearty and dense enough you can not see through it), then 1/2 slice would equal 1 serving.

**Kashi® Seven Grains & Sesame Cereal**

*\*Cereal should have approx. 20 grams of carbohydrates (total carbohydrates minus dietary fiber) per cup.*



# FAT SOURCES

**Hellmann's®  
Light  
Mayonnaise**



**Kraft®  
Mayonnaise  
made with  
olive oil.**



**NaturesPromise®  
Almond Butter**



**Trader Joes®  
Olive oil  
cooking spray**



**Ken's® Dressings:**  
- Lite Italian  
- Red Wine Vinegar & Olive Oil  
- Balsamic Vinaigrette



**Smart Balance® Buttery Spread**



**Earth Balance®  
Natural  
Buttery Spread**



# MIXED FOOD SOURCES (a.k.a. complete meals)

**The Organic  
Cow® Creamy  
Organic 1% Milk**



**Horizon®  
Organic 1%  
Lowfat Milk**



**Vitasoy®  
Creamy Original  
Soy Milk**



**Trader Joes®  
Regular Soy  
Milk**



**Silk®  
Unsweetened  
Soy Milk**



**Blue Diamond®  
sweetened  
almond  
milk (original)**



**Dannon® Plain  
Lowfat Yogurt**



**Lifeway® Plain  
Lowfat Kefir**



**OrganicFood Bar™  
"Protein" flavor**



**Trader Joes®  
Turkey Chili**



**Kretschmer®  
Original  
Wheat Germ**



**Boundless Nutrition™  
Oatmega 3 Wellness Bar  
[www.boundlessnutrition.com](http://www.boundlessnutrition.com)**



**Tri-O-Plex®  
Chocolate Chip  
Cookies**



**Zone Perfect® Bar**



**Balance Bar®**



# WHAT TO DRINK

Stop & Shop® Zazz®  
Natural Flavored  
Seltzer Water



Poland Spring®  
flavored seltzer  
water



S.Pellegrino®  
Sparkling  
Mineral Water



## Vitamin Water®10 calorie

Each bottle has 10 grams of carbohydrate. Try not to consume more than half a bottle in an hour.



Smartwater®

