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the **red**, white and **blue** food combining charts®

The **USA Food Plan** combines the proper amounts and types of protein, carbohydrates and fat to balance the hormonal chemistry of your body. The USA Food Plan will shift your metabolism into the fat burning mode and make you feel your absolute best. USA Diet meals are healthy, plentiful, delicious, and consist of real everyday foods.

HOW IT WORKS...

Our charts mark foods red for protein, white for carbohydrates and blue for fat sources. By combining all three, it always equals a balanced meal.

CARBOHYDRATES are white



PROTEINS are red



FATS are blue

PROTEIN	CARBOHYDRATE	FAT
Almonds 1/4 cup	Almonds 1/4 cup	Almonds 1/4 cup
Apples 1 medium	Apples 1 medium	Apples 1 medium
Asparagus 1/2 cup	Asparagus 1/2 cup	Asparagus 1/2 cup
Avocado 1/2 medium	Avocado 1/2 medium	Avocado 1/2 medium
Bananas 1 medium	Bananas 1 medium	Bananas 1 medium
Beans 1/2 cup	Beans 1/2 cup	Beans 1/2 cup
Berries 1/2 cup	Berries 1/2 cup	Berries 1/2 cup
Broccoli 1/2 cup	Broccoli 1/2 cup	Broccoli 1/2 cup
Brown Rice 1/2 cup	Brown Rice 1/2 cup	Brown Rice 1/2 cup
Butter 1 Tbsp	Butter 1 Tbsp	Butter 1 Tbsp
Chicken 3 oz	Chicken 3 oz	Chicken 3 oz
Cheese 1/2 oz	Cheese 1/2 oz	Cheese 1/2 oz
Eggs 1 large	Eggs 1 large	Eggs 1 large
Fish 3 oz	Fish 3 oz	Fish 3 oz
Fruit 1/2 cup	Fruit 1/2 cup	Fruit 1/2 cup
Grains 1/2 cup	Grains 1/2 cup	Grains 1/2 cup
Meat 3 oz	Meat 3 oz	Meat 3 oz
Nuts 1/4 cup	Nuts 1/4 cup	Nuts 1/4 cup
Oils 1 Tbsp	Oils 1 Tbsp	Oils 1 Tbsp
Peanut Butter 1 Tbsp	Peanut Butter 1 Tbsp	Peanut Butter 1 Tbsp
Peanut Oil 1 Tbsp	Peanut Oil 1 Tbsp	Peanut Oil 1 Tbsp
Pineapple 1/2 cup	Pineapple 1/2 cup	Pineapple 1/2 cup
Pork 3 oz	Pork 3 oz	Pork 3 oz
Salmon 3 oz	Salmon 3 oz	Salmon 3 oz
Soybeans 1/2 cup	Soybeans 1/2 cup	Soybeans 1/2 cup
Spices 1/2 tsp	Spices 1/2 tsp	Spices 1/2 tsp
Starchy Veg 1/2 cup	Starchy Veg 1/2 cup	Starchy Veg 1/2 cup
Sweet Potatoes 1/2 medium	Sweet Potatoes 1/2 medium	Sweet Potatoes 1/2 medium
Tuna 3 oz	Tuna 3 oz	Tuna 3 oz
Vegetables 1/2 cup	Vegetables 1/2 cup	Vegetables 1/2 cup
Wheat 1/2 cup	Wheat 1/2 cup	Wheat 1/2 cup
Yogurt 1/2 cup	Yogurt 1/2 cup	Yogurt 1/2 cup

3 oz Tuna Fish

2 Slices Whole Wheat Bread

1 Tbsp. Light Mayonnaise

= 100% Balanced Nutrition

USA
DIET PLANS®

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ISBN: 978-0-9792936-8-9



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