

Ins & Outs To Flexible Dieting

Making the Sustainable Switch

What is Healthy Food?

Healthy foods are those that **provide you with the nutrients you need to sustain your body's well-being and retain energy.**

Water, carbohydrates, fat, protein, vitamins, and minerals are the key nutrients that make up a healthy, balanced diet.

**OBJECTIVE
VS
SUBJECTIVE**

Calories & Grams

The Calorie Conversion

- **Protein**
4 calories per 1 gram
- **Carbohydrates**
4 calories per 1 gram
- **Fats**
9 calories per 1 gram

– Macronutrient Breakdown

Protein - Builds/Recovers

Carbs - Energy

Fats - Hormonal Balance

Meal Building Made Simple

Consider these 2 VERY IMPORTANT Questions...

- 1. Where's My Protein?**
- 2. Where's My Fiber?**

(Reference "What Foods Should I Eat" pdf)

Meal Design Options...

-> **Less Active**

Lean Protein
Fibrous Carbs

-> **More Active**

Lean Protein
Fibrous Carbs
Starchy Carbs

Defining Your Plate

- **Lean Proteins**
Low fat servings - 3 to 5x protein to fat
- **Fibrous Carbs**
Generally 50 calories or LESS per cup
- **Starchy Carbs**
Generally 150 calories or MORE per cup
- **Fruit**
Generally 70-120 calories per cup

General Portion Sizes

Women

3-4 oz Protein ~100-150 calories

2-4c Fibrous Carbs ~100-150 calories

1/4-1/2c Starchy Carbs ~100 calories

Men

5-6 oz Protein ~150-200 calories

3-5c Fibrous Carbs ~150-200 calories

3/4-1c Starchy Carbs ~100-150 calories

-General Macro Ranges

Women

- Calories 1300-1500 depending on daily activity
 - Protein 100-130g
 - Fat 30-50g
 - Carbs 80-140g (depending on activity in daily)
 - Fiber 20g<
 - Sugar 30-50g
- (this should allow for 1-2 servings of fruit in a day)

Men

- Calories 1600-1800 depending on daily activity
 - Protein 150-170g
 - Fat 60-70g
 - Carbs 150-200g (depending on activity in daily)
 - Fiber 30g<
 - Sugar 50-75g>
- (this should allow for 1-2 servings of fruit in a day)

The Simple Six

Order of Priority

#1 Hit Your Calorie Goals

#2 Eat Enough Protein

#3 Fill Up On Fiber

#4 Limit Your Fat

#5 Conscious Of Your Carbs

#6 Eliminate Simple Sugar

The Borrowing Hack

TRADE

-CARBS FOR FATS

AND

-FATS FOR CARBS

100 calories equals...

-25g Carbs

-11g Fat

Building Your Ideal Meal

Example - 3 meals in a day for

1200 calories would be

~400 calories/meal

-30g carbs

-35g protein

-13g fat

Example - 4 meals in a day for

1600 calories would be

~400 calories/meal

-35g carbs

-30g protein

-13g fat

Example - 5 meals in a day for

1400 calories would be

~280 calories/meal

-25g carbs

-20g protein

-10g fat

Example - 4 meals in a day for

1800 calories would be

~450 calories/meal

-40g carbs

-35g protein

-15g fat



For a Simple Properly Portioned Meal you can easily rely on - Simply divide your total calories and macros by the number of meals you eat in a day.

Closing the Macro Gap

-**PPA** - Plan out your day, Prepare your food, Act at appropriate times

-Track first, Act/Eat second!

-Always look at the Nutrition/Nutrients before the last meal to properly pick & portion your food selections.

-Learn what the foods you eat are comprised of.

—
For The Sake Of Convenience...

Fresh is better than...

Frozen is better than...

Canned is better than...

NONE

Nutrition Label Hacks

Portion Sizes



Nutrition Facts
3 servings per container
Serving size **(75g)**
Amount Per Serving
Calories 20
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Sodium 140mg 6%
Total Carbohydrate 4g 1%
Dietary Fiber 2g 7%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 2g 4%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients



Rule on Sugar

->Sugar should be 50% or less of the total carbs

Fat to Protein Ratio

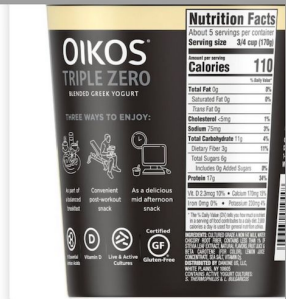
->Protein should be 3-5x the amount of fat in a food product



Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**
Amount per serving
Calories 230
% Daily Value*
Total Fat 8g 10%
Saturated Fat 1g 2%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
Dietary Fiber 4g 14%
Total Sugars 12g
Includes 10g Added Sugars 20%
Protein 3g
Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%



Nutrition Facts
Serving Size 2 cookies (28g)
Servings Per Container about 8
Amount Per Serving
Calories 140 Calories from Fat 60
% Daily Value*
Total Fat 7g 11%
Saturated Fat 6g 9%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 85mg 4%
Total Carbohydrate 19g 6%
Dietary Fiber 1g 4%
Sugars 13g
Protein 1g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Dannon Oikos Triple Zero Vanilla Greek Yogurt - 32oz
★★★★★ (6)



Chobani Plain Nonfat Greek Yogurt - 32oz
★★★★★ (5)



Chobani Strawberry Blended Nonfat Greek Yogurt - 32oz
★★★★★ (5)

Maola's Whole Milk

Nutrition Facts

Serving Size 1 cup (240mL)

Amounts per serving

Calories 150 % Daily Value*

Total Fat 5g	10%
Saturated Fat 5g	25%
Trans Fat 0g	0%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	0%
Includes 0g Added Sugars	0%
Protein 8g	16%

Vitamin D 2.5mcg 15% • Calcium 300mg 25%

Maola's 2% Reduced Fat Milk

Nutrition Facts

Serving Size 1 cup (240mL)

Amounts per serving

Calories 130 % Daily Value*

Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	0%
Includes 0g Added Sugars	0%
Protein 8g	16%

Vitamin D 2.5mcg 15% • Calcium 300mg 25%

Maola's 1% Lowfat Milk

Nutrition Facts

Serving Size 1 cup (240mL)

Amounts per serving

Calories 100 % Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	0%
Includes 0g Added Sugars	0%
Protein 8g	16%

Vitamin D 2.5mcg 15% • Calcium 300mg 25%

Fage Total 0% All Natural Nonfat Greek Strained Yogurt, 35.3 oz
Model: 8301 Walmart # 9066563
★★★★ (4.8) 83 ratings

Great Value Greek Plain Nonfat Yogurt, 32 oz
Model: 01024 Walmart # 550708728
★★★★ (4.5) 162 ratings

Two Good Lowfat Lower Sugar Vanilla Greek Yogurt, 5.3 Oz.
Walmart # 57934314
★★★★ (4.3) 35 ratings

Nutrition Facts

About 6 servings per container
Serving Size 3/4 cup (170g)

Amount per serving

Calories 90 % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol <10mg	3%
Sodium 65mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	0%
Includes 0g Added Sugars	0%
Protein 1g	3%

Vitamin D 0mcg 0% • Calcium 200mg 15%
Iron 0mg 0% • Potassium 200mg 0%

Nutrition Facts

about 5 servings per container
Serving Size 3/4 cup (170g)

Amount per serving

Calories 90 % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol <10mg	3%
Sodium 60mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	0%
Includes 0g Added Sugars	0%
Protein 17g	34%

Vit. D 0mcg 0% • Calcium 100mg 15%
Iron 0mg 0% • Potassium 100mg 4%

Nutrition Facts

Servings: 1, Serv. size: 1 cup (150g), Amount per serving

Calories 80, Total Fat 2g (3% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholesterol <5mg (1% DV), Sodium 35mg (2% DV), Total Carb. 3g (1% DV), Fiber 0g (0% DV), Total Sugars 2g (Incl. 0g Added Sugars, 0% DV), Protein 12g (24% DV), Vit. D (0% DV), Calcium (6% DV), Iron (0% DV), Potas. (2% DV)

Maola's Fat Free Milk

Nutrition Facts

Serving Size 1 cup (240mL)

Amounts per serving

Calories 80 % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol <5mg	2%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	0%
Includes 0g Added Sugars	0%
Protein 8g	16%

Vitamin D 2.5mcg 15% • Calcium 300mg 25%
Iron 0mg 0% • Potassium 400mg 8%

Vitamin A 150mcg 15%

Oat-Based Milk

Nutrition Facts

8 servings per container
Serving size 1 cup (8 fl oz) 240mL

Amount per serving

Calories 120 % Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	0%
Includes 7g Added Sugars	14%
Protein 3g	

Friendly Farms Almond Milk

Established 1979

Nutrition Facts

Serving Size 1 cup (8 fl oz) 240mL
Servings Per Container about 8

Amount Per Serving

Calories 30 Calories from Fat 25

Total Fat 3g	6%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polysaturated Fat 5g	0%
Monounsaturated Fat 2g	0%
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 190mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars <1g	0%
Protein 1g	

Vitamin A 10% • Vitamin C 0%
Calcium 45% • Iron 4%
Vitamin D 25% • Vitamin E 50%
Riboflavin 2% • Phosphorus 4%
Magnesium 4% • Zinc 2%

GROUND BEEF
80% LEAN / 20% FAT

Nutrition Facts	
Serving Size 4oz (112g)	
Servings Per Container varied	
Amount Per Serving	
Calories 290	Calories from Fat 200
% Daily Value	
Total Fat 23g	35%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Protein 20g	
Calcium 0%	Iron 15%

GROUND BEEF
90% LEAN / 10% FAT

Nutrition Facts	
Serving Size 4oz (112g)	
Servings Per Container varied	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Protein 22g	

96/4 ground beef nutrition

Nutrition Facts	
Serving Size 4 oz. (112g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat: 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Cholesterol 60mg	20%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Protein 23g	
Iron 15%	

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C & Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Impossible Burger

VS.

Beyond Burger

Nutrition Facts

Nutrition Facts	
Serving Size: 1 serving (113.3g)	
Servings: 1	
Amount Per Serving	
Calories 290	Calories from Fat 160
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 13g	67%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Potassium 350mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 27g	

Nutrition Facts

Nutrition Facts	
Serving Size: 1 serving (113.0g)	
Servings: 1	
Amount Per Serving	
Calories 270	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Potassium 340mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 20g	

chicken breast nutrition facts 4 oz

Overview		Nutrition facts		Recipes	
Chicken breast					
Sources include: USDA					
Amount Per 4 oz (113.4 g)					
Calories 187					
		% Daily Value*			
Total Fat 4 g			6%		
Saturated fat 1.1 g			5%		
Polyunsaturated fat 0.9 g					
Monounsaturated fat 1.4 g					
Cholesterol 96 mg			32%		
Sodium 84 mg			3%		
Potassium 290 mg			8%		
Total Carbohydrate 0 g			0%		
Dietary fiber 0 g			0%		
Sugar 0 g					
Protein 35 g			70%		
Vitamin A	0%	Vitamin C	0%		
Calcium	1%	Iron	6%		
Vitamin D	1%	Vitamin B-6	30%		
Cobalamin	6%	Magnesium	8%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

chicken thigh nutrition facts 4 oz

Overview		Nutrition facts		Recipes	
Chicken Thighs					
Sources include: USDA					
Amount Per 4 oz (113.4 g)					
Calories 201					
		% Daily Value*			
Total Fat 10 g			15%		
Saturated fat 2.5 g			12%		
Polyunsaturated fat 1.9 g					
Monounsaturated fat 3.8 g					
Trans fat regulation 0 g					
Cholesterol 153 mg			51%		
Sodium 99 mg			4%		
Potassium 314 mg			8%		
Total Carbohydrate 0 g			0%		
Dietary fiber 0 g			0%		
Sugar 0 g					
Protein 27 g			54%		
Vitamin A	0%	Vitamin C	0%		
Calcium	1%	Iron	7%		
Vitamin D	2%	Vitamin B-6	25%		
Cobalamin	8%	Magnesium	6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Bacon

Overview

Nutrition facts

Bacon, pan-fried

Sources include: [USDA](#)

Amount Per 1 slice cooked (8 g)

Calories 43

Total Fat 3.3 g

Saturated fat 1.1 g

Polyunsaturated fat 0.4 g

Monounsaturated fat 1.5 g

Trans fat regulation 0 g

Cholesterol 9 mg

Sodium 137 mg

Potassium 45 mg

Total Carbohydrate 0.1 g

Dietary fiber 0 g

Sugar 0 g

Protein 3 g

Turkey Bacon

Nutrition Facts

About 8 servings per container

Serving size 1 pan fried slice (15g)

Calories per serving 30

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 0g	0%
Saturated Fat 0g	0%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 20mg	7%	Includes 0g Added Sugars	0%
Sodium 150mg	7%	Protein 5g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

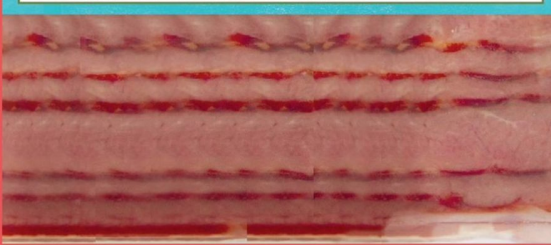
SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
 COOK THOROUGHLY.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS.
 WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.



Pork tenderloin

Overview Nutrition facts Brands Pe

Pork tenderloin

Sources include: [USDA](#)

Amount Per 100 grams

Calories 143

	% Daily Value*
Total Fat 3.5 g	5%
Saturated fat 1.2 g	6%
Polyunsaturated fat 0.5 g	
Monounsaturated fat 1.3 g	
Trans fat regulation 0 g	
Cholesterol 73 mg	24%
Sodium 57 mg	2%
Potassium 421 mg	12%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 26 g	52%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

Pork chop

Overview Nutrition facts Recipes Pe

Pork, chops, blade, with bone, broiled

Sources include: [USDA](#)

Amount Per 100 grams

Calories 231

	% Daily Value*
Total Fat 14 g	21%
Saturated fat 4.3 g	21%
Polyunsaturated fat 1.9 g	
Monounsaturated fat 4.9 g	
Trans fat regulation 0.1 g	
Cholesterol 78 mg	26%
Sodium 74 mg	3%
Potassium 315 mg	9%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 24 g	48%
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 4%

Ham

Overview Nutrition facts Brands Ty

Ham, boneless, extra lean, 5% fat, roasted

Sources include: [USDA](#)

Amount Per 100 grams

Calories 145

	% Daily Value*
Total Fat 6 g	9%
Saturated fat 1.8 g	9%
Polyunsaturated fat 0.5 g	
Monounsaturated fat 2.6 g	
Cholesterol 53 mg	17%
Sodium 1,203 mg	50%
Potassium 287 mg	8%
Total Carbohydrate 1.5 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 21 g	42%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Vitamin D 8%	Vitamin B-6 20%
Cobalamin 11%	Magnesium 3%

Deli Ham

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
Serv. Size 2 oz (56g)	Total Fat 1.5g	2%	Total Carb 2g	1%
Servings Per Container 4.5	Sat Fat 0.5g	3%	Dietary Fiber 0g	0%
Calories 70	Trans Fat 0g		Sugars 2g	
Fat Cal 15	Cholest 30mg	10%	Protein 12g	
*Percent Daily Values (DV) are	Sodium 460mg	19%		

nutrition
White Potatoes

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 113

Total Fat 0.2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 12mg

Potassium 653mg

Total Carbohydrates 26g

Dietary Fiber 2.7g

Sugars 1.4g

Protein 3.1g

nutrition
Sweet Potatoes

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 114

Total Fat 0.1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 73mg

Potassium 448mg

Total Carbohydrates 27g

Dietary Fiber 4g

Sugars 5.6g

Protein 2.1g

Pull Up
Brown Rice

Nutrition Facts

About 16 servings per container
Serving size 1/2 cup (50g dry rice, makes about 1 cup cooked)

Amount per serving
Calories 180

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 39g 14%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 70mg 2%

Thiamin 0.1mg 8%

Magnesium 61mg 15%

Zinc 1mg 10%

Copper 0.1mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PRECOOKED PARBOILED BROWN RICE.

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Pull Up
White Rice

Nutrition Facts

About 17 servings per container
Serving size 1/2 cup (46g dry rice, makes about 1 cup cooked)

Amount per serving
Calories 170

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 38g 14%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PRECOOKED LONG GRAIN RICE.

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MINUTERICE.COM

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1-800-646-8831
Please have package available.

Visit the **Tolerant Store**

★★★★★ 130

Tolerant Organic Gluten Free Penne Pasta Variety Pack (Green Lentil, Red Lentil, Chickpea), 8oz - Case of 3, Plant Based Protein, Vegan Pasta, Single Ingredient Protein Pasta, Whole Food, Clean Pasta

Amazon's **Choice** for "tolerant foods"

NUTRITION FACTS

Serving Size 3oz (85g)
Servings Per Container about 2.5

	CHICKPEA	GREEN LENTIL	RED LENTIL
Amount / Serving	Per 3oz (85g)	Per 3oz (85g)	Per 3oz (85g)
Calories	320	310	300
Fat Cal	45	15	20
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	5g 8%	2g 3%	2g 3%
Sat Fat	1g 5%	0g 0%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	0mg 0%	0mg 0%	0mg 0%
Total Carb	51g 17%	53g 18%	50g 17%
Dietary Fiber	9g 36%	9g 36%	9g 36%
Sugars	3g	2g	2g
Protein	17g 18%	21g 26%	21g 23%
Vitamin A	0%	0%	0%
Vitamin C	0%	0%	0%



Visit the **EXPLORE CUISINE Store**

★★★★★ 1,750

Explore Cuisine Organic Edamame Spaghetti - 8 oz - High in Plant Based Protein, Gluten Free Pasta, Easy to Make - USDA Certified Organic, Vegan, Kosher, Non GMO - 4 Servings









Nutrition Facts

4 servings per container
Serving size 2oz (56g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 3.5g 5%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 20g 7%
Dietary Fiber 13g 46%
Total Sugars 3g
Added Sugars 0g 0%
Protein 24g 48%

Barilla® Protein+ Grain & Legume Spaghetti Pasta, 14.5 oz



NUTRITION FACTS

Serving size: 2oz (56g)
Servings per container: about 7

Amount / Serving	% Daily Value*	Vitamin D 0mcg	0%
Calories	190	Calcium 14mg	2%
Total Fat 1g	1%	Iron 2mg	10%
Saturated Fat 0g	0%	Potassium 245mg	6%
Trans Fat 0g	0%	Thiamin 0.5mg	40%
Cholesterol 0mg	0%	Riboflavin 0.2mg	15%
Sodium 0mg	0%	Niacin 5mg	30%
Total Carbohydrate 42g	15%	Folate 199mcg DFE	50%
Dietary Fiber 3g	11%	(112mcg folic acid)	
Soluble Fiber 2g			
Insoluble Fiber 1g			
Total Sugars 1g			
Protein 7g			

Ingredients: Semolina (wheat), durum wheat flour.

Vitamins/Minerals: Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

This product is manufactured on equipment that processes products containing eggs.

*Percent Daily Values are based on a diet of other people's secrets.

Nutrition Facts

Serving Size about 2oz (56g)
Servings Per Container: 8

Amount Per Serving	Calories	200
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 42g		15%
Dietary Fiber 3g		11%
Soluble Fiber 2g		
Insoluble Fiber 1g		
Total Sugars 1g		
Protein 7g		



Ingredients: Semolina (wheat), durum wheat flour.

Vitamins/Minerals: Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

This product is manufactured on equipment that processes products containing eggs.

*Percent Daily Values are based on a diet of other people's secrets.

Banza

Nutrition Facts

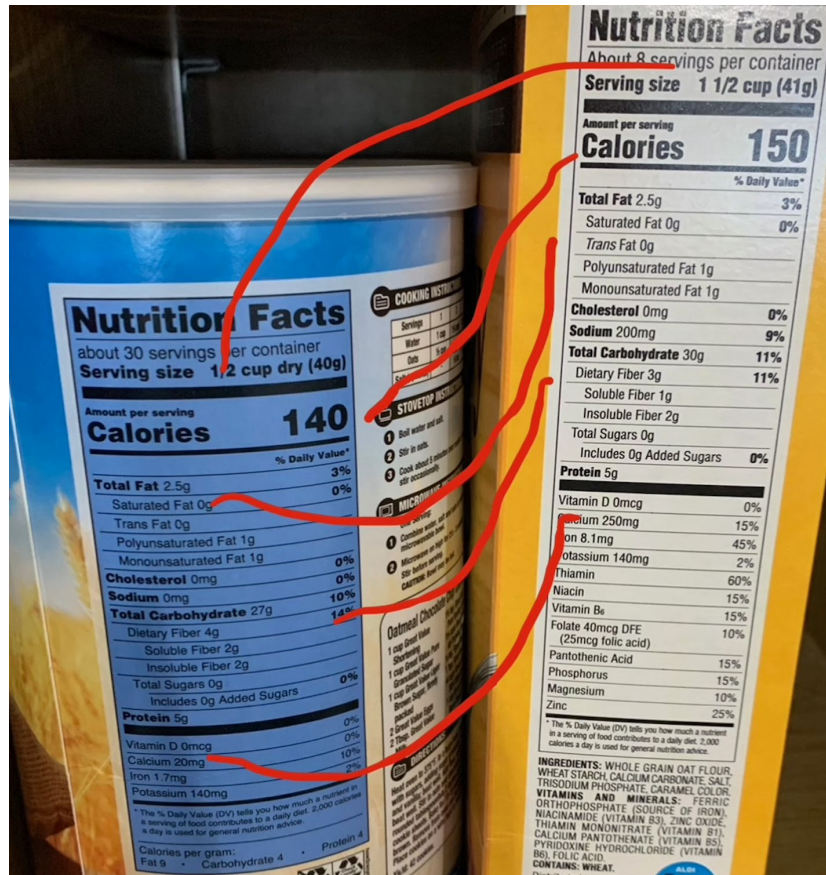
4 servings per container
Serving Size 2oz (56g) dry

Per 2oz Serving Per 3.5oz Serving

Calories 190 340

% Daily Value*

Total Fat 3.5g 4% 6g 8%
Saturated Fat 0g 0% 1g 4%
Trans Fat 0g 0%
Cholesterol 0mg 0% 0g 0%
Sodium 35mg 2% 70mg 3%
Total Carb. 30g 12% 56g 20%
Dietary Fiber 8g 17% 8g 30%
Total Sugars 2g 4g
Incl Added Sugars 0g 0% 0g 0%
Protein 12g 24% 22g 44%



Nutrition Facts

About 8 servings per container
Serving size 1 1/2 cup (41g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 2.5g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Polysaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 200mg 9%
Total Carbohydrate 30g 11%
Dietary Fiber 3g
Soluble Fiber 1g
Insoluble Fiber 2g
Total Sugars 0g
Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%
Vitamin B12 250mcg 15%
Iron 8.1mg 45%
Potassium 140mg 2%
Thiamin 60%
Niacin 15%
Vitamin B6 15%
Folate 40mcg DFE (25mcg folic acid) 10%
Pantothenic Acid 15%
Phosphorus 15%
Magnesium 10%
Zinc 25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARMELLO, COLOR, VITAMINS AND MINERALS: FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B3), ZINC OXIDE, THIAMIN MONONITRATE (VITAMIN B1), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID.

CONTAINS: WHEAT.

Nutrition Facts

about 30 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Polysaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 27g 14%
Dietary Fiber 4g
Soluble Fiber 2g
Insoluble Fiber 2g
Total Sugars 0g
Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%
Calcium 20mg 10%
Iron 1.7mg 2%
Potassium 140mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Chickpea Flour, Water, Salt, Olive Oil, Cornstarch, Guar Gum, Xanthan Gum, Soy Lecithin, Baking Powder, Baking Soda, Citric Acid, Natural Flavors, Annatto, Turmeric, Onion Powder, Garlic Powder, Onion, Celery, Celery Salt, Sesame Oil, Sesame Seed, Sesame Seed Oil, Sesame Seed Meal, Sesame Seed Flour, Sesame Seed Husk, Sesame Seed Hull, Sesame Seed Shell, Sesame Seed Meal, Sesame Seed Flour, Sesame Seed Husk, Sesame Seed Hull, Sesame Seed Shell.

Water

Women

70-100 OZ

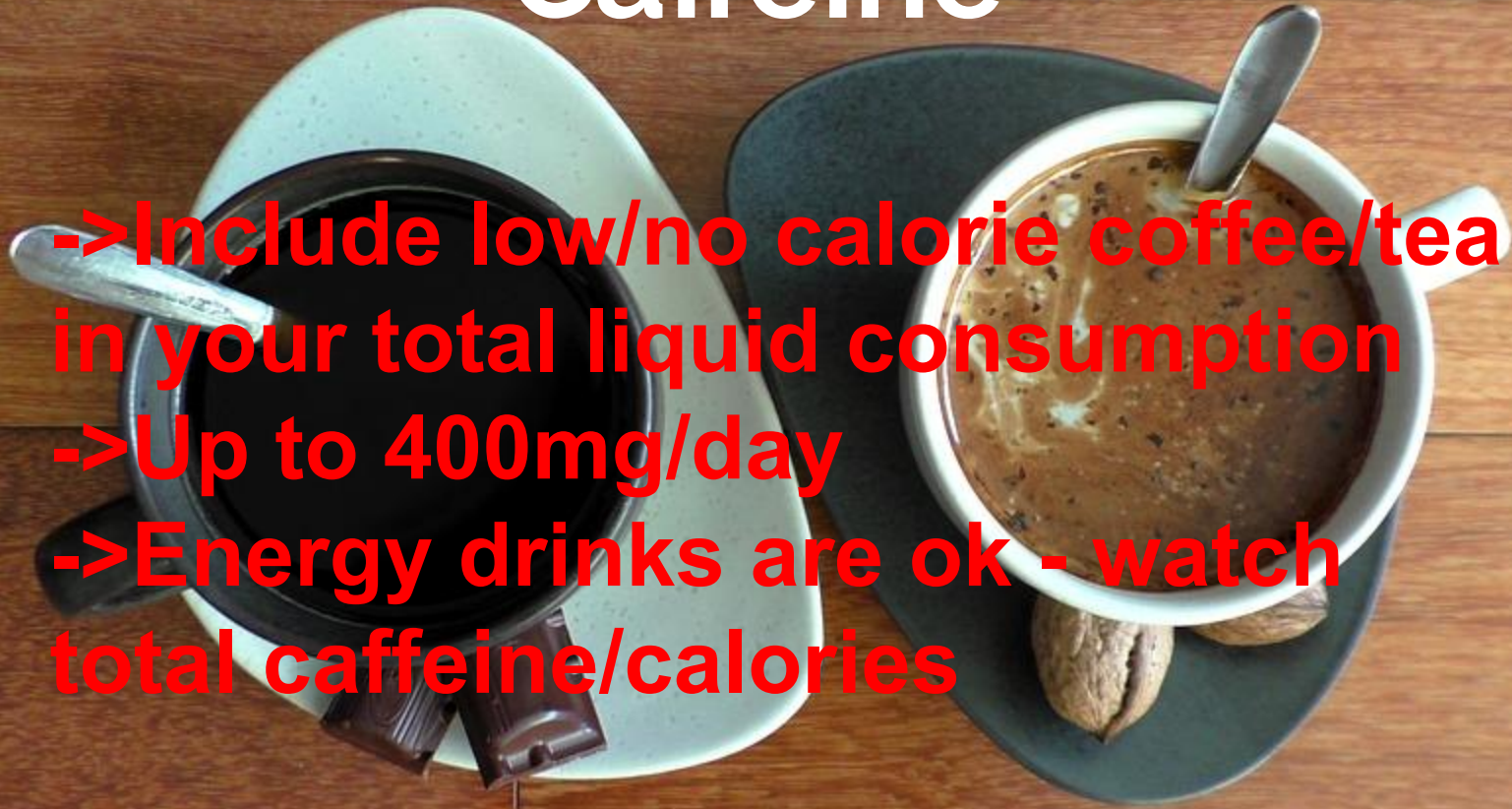
Men

100-128 OZ



Caffeine

- > Include low/no calorie coffee/tea in your total liquid consumption
- > Up to 400mg/day
- > Energy drinks are ok - watch total caffeine/calories



Alcohol

- Alcohol is 7 calories/gram.
- Intuitively replaces a starchy carb in meals
- Tracking Hack - convert the alcohol calories into carbs/fats grams inside your food tracker



Protein Supplementation

Dairy/Plant-Based

1-2 Servings/day

-Powder

-Bar

Bars:

-Quest

-One

-Kirkland

-No Cow (PB)

Powders

-Dymatize ISO

-Driven

-Garden of Life (PB)

-Ka'Chava (PB)

Premade Shakes:

-Quest

-Muscle Milk (PB)

-Premier Protein

-Core Power

Supplementation

For any other supplement such as vitamins, pre-workout, or other products you need to know what's the **Minimum Viable Dosage** for effectiveness and have a good reason for taking them beyond the marketing of the product.

- >Normal "One A Day" Multivitamin
- >Fish Oil 2000mg of EPA/DHA combined
(www.sfh.com)
- >Creatine Monohydrate
- >BCAA
- >Pre-Workout vs Caffeine

Recipe Hacks



- >Use Google - Search better **Keywords**.
- >Look in better places - Country Living vs Fit Mom Blog
- >Complete control over what's going into recipes.
- >Generally aiming for a **Higher Protein, Moderate Carb, Low Fat** approach.

- >**Places to look:** *Shredded Chef, Skinny Taste, Hungry Girl, Jamie Oliver*

- >**Keywords to search:** *"low calorie macro friendly...", "high protein low calorie snack", "high protein low carb dessert"*

Still Not Losing Weight

- >Still Eating Too Many Calories
 - >Not Tracking Precisely Enough
 - >Not Eating Enough Fiber or Protein
 - >Not Consistent Enough With Calories
 - >Dieting For Too Long
 - >You're Making Non-Scale Progress
 - >You're Only Doing Cardio For Exercise
 - >Not Enough Water or Too Much Alcohol
 - >Stress is High or Sleep Is Low
 - >Unrealistic Expectations
-

Other Hacks

->Cooking Methods: Cooking Spray, Water Saute, Air Fry without oil, Instant Pot

->Intuitive Eating - Labeling food items as Protein/Vegetables/Starch/Fruit/Fat

->Google Restaurant Menus

->Google "X nutrition label"

->Holiday/Event Strategy

**GET
RESOURCEFUL**