



Vegetables:

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| Asparagus | Salad Greens (no iceberg) |
| Artichokes | Watercress |
| Broccoli | Cabbage |
| Brussels Sprouts | Mushrooms |
| Bok Choy | Parsnips |
| Tot Choy | Turnips |
| Cucumber | Okra |
| Celery | Green Beans |
| Cauliflower | Spinach |
| Kale | Turnip Greens |
| Collard Greens | Mustard Greens |

Condiments:

- 4 grams of carbs
- 1 grams of fat
- About 2 tablespoons

Alcohol:

- 1-3 Drinks a week

Servings for each category:

Protein:

Men:
6-8 ounces

Women:
4-6 ounces

Carbohydrates:

Men:
6 ounces or 40 grams

Women:
4 ounces or 30 grams

Vegetables:

As much as you want, minimum 1.5 cups