



Vegetables:

Asparagus
Artichokes
Broccoli
Brussels Sprouts
Bok Choy
Tot Choy
Cucumber
Celery
Cauliflower
Kale
Collard Greens

Salad Greens (no iceberg)
Watercress
Cabbage
Mushrooms
Parsnips
Turnips
Okra
Green Beans
Spinach
Turnip Greens
Mustard Greens

Tomatoes
Onions
Peas
Carrots
Corn
Edamame
Beets

Condiments:

4 grams of carbs
1 gram of fat
About 2 tablespoons

Alcohol:

3-5 Drinks a week

Servings for each category:

Protein:

Men:
6-8 ounces

Women:
3 ounces ounces

Carbohydrates:

Men:
6 ounces or 40 grams

Women:
3 ounces or 30 grams

Vegetables:

1.5 cups or 3 cups greens