

SIMPLE FOOD SWAPS LIST



LEAN PROTEIN SOURCES



Avg 4oz Lean Protein Portion: 23g Pro / 1g Fat

Poultry & Pork

Item	Protein	Carbs	Fats	Portion
Duck Breast	23g	0g	3g	4oz raw / 3oz cooked
Chicken Breast	25g	0g	1g	4oz raw / 3oz cooked
Ground Chicken (99/1)	25g	0g	1g	4oz raw / 3oz cooked
Turkey Breast	25g	0g	1g	4oz raw / 3oz cooked
Ground Turkey (99/1)	25g	0g	1g	4oz raw / 3oz cooked
Pork Loin	25g	0g	2.5g	4oz raw / 3oz cooked

Fish & Seafood

Item	Protein	Carbs	Fats	Portion
Lobster / Crab	23g	0g	1g	4oz cooked
Clams	15g	0g	1g	4oz raw / 3oz cooked
Catfish	20g	0g	3g	4oz raw / 3oz cooked
Cod	20g	0g	1g	4oz raw / 3oz cooked
Scallops	20g	0g	1g	4oz raw / 3oz cooked
Haddock	21g	0g	1g	4oz raw / 3oz cooked
Flounder	21g	0g	1g	4oz raw / 3oz cooked
Tilapia	23g	0g	1g	4oz raw / 3oz cooked
Shrimp	23g	0g	1g	4oz raw / 3oz cooked
Seabass	26g	0g	1g	4oz raw / 3oz cooked
Tuna	26g	0g	1g	4oz raw / 3oz cooked

Eggs / Dairy / Misc

Item	Protein	Carbs	Fats	Portion
Greek Yogurt 0% Fat	24g	9g	0g	230g / 1 cup
Whey Isolate Protein	25g	1g	0g	30g / 1 scoop
Egg White Protein	25g	1g	0g	30g / 1 scoop
Gemma Pea Protein	25g	1g	0g	30g / 1 scoop
Egg Whites	26g	0g	0g	240g / 1 cup uncooked
Cottage Cheese 1% Fat	26g	6g	2g	230g / 1 cup

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FATTY PROTEIN SOURCES



Avg 4oz Fatty Protein Portion: 23g Pro / 8g Fat

Poultry & Pork

Item	Protein	Carbs	Fats	Portion
Chicken Thigh (skinless)	24g	0g	6g	4oz raw / 3oz cooked
Turkey Thigh (skinless)	24g	0g	6g	4oz raw / 3oz cooked
Spiral Ham	20g	5g	6g	4oz raw / 3oz cooked
Pork Chops	24g	0g	11g	4oz raw / 3oz cooked

Fish & Seafood

Item	Protein	Carbs	Fats	Portion
Sword Fish	22g	0g	5g	4oz raw / 3oz cooked
Trout	24g	0g	7.5g	4oz raw / 3oz cooked
Wild Caught Salmon	24g	0g	8g	4oz raw / 3oz cooked
Atlantic Herring	20g	0g	8g	4oz raw / 3oz cooked
Atlantic Mackerel	20g	0g	15g	4oz raw / 3oz cooked

Beef / Bison

Item	Protein	Carbs	Fats	Portion
Top Round	24g	0g	4g	4oz raw / 3oz cooked
Ribeye	25g	0g	6g	4oz raw / 3oz cooked
Flank Steak	21g	0g	6g	4oz raw / 3oz cooked
93/7 Grass Fed Beef	24g	0g	8g	4oz raw / 3oz cooked
Filet Mignon	25g	0g	8g	4oz raw / 3oz cooked
Top Sirloin	24g	0g	10g	4oz raw / 3oz cooked
90/10 Ground Bison	24g	0g	11g	4oz raw / 3oz cooked
Prime Rib	23g	0g	16g	4oz raw / 3oz cooked

Eggs / Dairy

Item	Protein	Carbs	Fats	Portion
Cottage Cheese 4% Fat	26g	8g	11g	230g / 1 cup
Greek Yogurt 5% Fat	24g	7g	12g	230g / 1 cup
Free Range Eggs	18g	0g	15g	3 whole eggs

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CARB SOURCES



Avg 5.25oz / 155g Starchy Veggie Portion: 25g Carb / 4g Pro

Avg 1.2oz / 34g Grain Portion: 25g Carb / 3g Pro

Starchy Vegetables

Item	Protein	Carbs	Fats	Portion
Navy Beans	9.5g	25g	0g	1.5oz / 40g uncooked
Lentils	11g	25g	0g	1.5oz / 40g uncooked
Plantains	1g	25g	0g	2.5oz / 70g uncooked
Yams	2g	25g	0g	3.5oz / 90g uncooked
Potato	2g	25g	0g	4.5oz / 140g uncooked
Sweet Potato	2g	25g	0g	4.5oz / 140g uncooked
Corn	3g	25g	0g	4.5oz / 140g uncooked
Butternut Squash	2g	25g	0g	7.5oz / 220g uncooked
Carrots	2.5g	25g	0g	9.5oz / 275g uncooked
Pumpkin	4g	25g	0g	14oz / 400g uncooked

Grains

Item	Protein	Carbs	Fats	Portion
White Rice	2g	25g	0g	1oz / 30g uncooked
Brown Rice	2g	25g	0g	1oz / 30g uncooked
Brown Rice Pasta	2g	25g	0g	1.25oz / 35g uncooked
Whole Grain Pasta	2g	25g	0g	1.25oz / 35g uncooked
Amaranth	5g	25g	2.5g	1.25oz / 35g uncooked
Steel Cut Oats	4.5g	25g	2g	1.25oz / 35g uncooked
Quinoa	6g	25g	2.5g	1.5oz / 40g uncooked

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CARB SOURCES



Avg 7.25 oz / 215g Fruit Portion: 25g Carb

Fruits				
Item	Protein	Carbs	Fats	Portion
Banana	0g	25g	0g	4 oz / 110g / 1 whole
Grapes	0g	25g	0g	5 oz / 140g
Cherries	0g	25g	0g	5.5 oz / 150g
Mango	0g	25g	0g	5.5 oz / 150g
Pear	0g	25g	0g	6 oz / 160g / 1 whole
Kiwi	0g	25g	0g	6 oz / 175g
Pineapple	0g	25g	0g	6.5 oz / 200g
Blueberries	0g	25g	0g	6.5 oz / 200g
Apple	0g	25g	0g	6.5 oz / 175g / 1 whole
Orange	0g	25g	0g	7.5 oz / 225g / 1.25 whole
Raspberries	0g	25g	0g	7.5 oz / 225g
Blackberries	0g	25g	0g	8.5 oz / 240g
Nectarines	0g	25g	0g	8.5 oz / 240g / 1.5 whole
Peach	0g	25g	0g	9 oz / 250g / 1.75 whole
Cantaloupe / Melon	0g	25g	0g	10 oz / 275g
Grapefruit	0g	25g	0g	11 oz / 300g
Watermelon	0g	25g	0g	12 oz / 325g
Strawberries	0g	25g	0g	12 oz / 325g

Misc Grains / Convenience				
Item	Protein	Carbs	Fats	Portion
Whole Grain Bagel	5g	25g	0g	1/2 Bagel
Dave's Killer Bread	2g	25g	2g	1 Slice
Ezekiel Bread	6g	25g	1g	1.5 Slices
English Muffin	2g	25g	0g	1 muffin
Mission Fajita Tortilla	6g	30g	4g	2 Tortillas
Joseph's Pita Bread	18g	27g	4.5g	3 Pitass
Granola	3g	26g	3.5g	40g
Pancake / Waffle Mix	2g	25g	0g	35g mix
70-85% Dark Chocolate	4g	25g	24g	2oz / 55g

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FAT SOURCES



Avg 1.1 oz / 33g Nut Portion: 15g Fat / 6g Pro / 8g Carb

Avg 1 TBSP / 16.5g Oil Portion: 16g Fat

Nuts & Seeds

Item	Protein	Carbs	Fats	Portion
Pecans	2g	3g	15g	.75oz / 22g
Macadamia Nuts	2g	3g	16g	.75oz / 22g
Walnuts	3g	3g	14g	.75oz / 22g
Almonds	6g	6g	15g	1oz / 32g
Peanuts	7g	4.5g	14g	1oz / 32g
Natural Peanutbutter	8g	6g	16g	1oz / 32g
Natural Almond butter	6g	6g	16g	1oz / 32g
Pistachios	7g	10g	16g	1.25oz / 35g
Cashews	7g	10g	16g	1.25oz / 35g
Chia Seeds	7g	22g	16g	1.75oz / 50g
Flax Seeds	11g	16g	16g	1.75oz / 50g

Oils

Item	Protein	Carbs	Fats	Portion
Olive Oil	0g	0g	16g	1 TBSP / 16g
Coconut Oil	0g	0g	16g	1 TBSP / 16g
Macadamia Nut Oil	0g	0g	16g	1 TBSP / 16g
Avocado Oil	0g	0g	16g	1 TBSP / 16g
Grapeseed Oil	0g	0g	16g	1 TBSP / 16g
Sesame Oil	0g	0g	16g	1 TBSP / 16g
Ghee	0g	0g	16g	1 TBSP / 16g
Grass-fed Butter	0g	0g	17g	1.5 TBSP / 20g

Misc

Item	Protein	Carbs	Fats	Portion
Grass-fed Cheese	12.5g	1g	16g	1.75oz / 50g
Coconut milk	1.5g	3.5g	16g	2.25oz / 65g
Olives	1g	4g	16g	3.5oz / 100g
Avocado	2g	10g	16g	4oz / 200g

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NON STARCHY VEGGIES



Avg 1 Cup / 100g Veggies: 5.8g Carbs / 1.5g Pro

Non Starchy Veggies

Item	Protein	Carbs	Fats	Portion
Onion	1g	16g	0g	1 cup / 100g Uncooked
Beets	2g	13g	0g	1 cup / 100g Uncooked
Brussel Sprouts	3g	8g	0g	1 cup / 100g Uncooked
Broccoli	2.5g	6g	0g	1 cup / 100g Uncooked
Peppers	1.5g	7g	0g	1 cup / 100g Uncooked
Green Beans	2g	7g	0g	1 cup / 100g Uncooked
Tomatoes	1.5g	7g	0g	1 cup / 100g Uncooked
Asparagus	3g	5g	0g	1 cup / 100g Uncooked
Cabbage	1g	4g	0g	1 cup / 100g Uncooked
Cucumber	1g	4g	0g	1 cup / 100g Uncooked
Zucchini	1g	4g	0g	1 cup / 100g Uncooked
Mushrooms	2g	3g	0g	1 cup / 100g Uncooked
Spinach	1g	1g	0g	1 cup / 100g Uncooked
Kale	1g	1g	0g	1 cup / 100g Uncooked
Lettuce	1g	1g	0g	1 cup / 100g Uncooked

*Note many of these non starchy veggies are high in fiber which is not easily digested in the body which means you are not actually getting the full carb content. For that reason I would not worry about tracking these items.

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PROTEIN

VEGETABLES

FAT

CARB

Approx 25g Protein



Approx 1 Cup Veggies



Approx 16g Fat



Approx 25g Carb



*Whenever possible use this meal structure (protein, veggie, fat, carb + seasoning) in combination with a food scale. Weighing your foods creates precision. The more precise, the better the results. That being said this a great framework to utilize on the go to base your food choices around.