



GINA'S CONTEST PREP FOOD EXCHANGE LIST

Okay to replace food for like food (ex: protein for another protein listed in the specified section) as long as the portions, oz or grams, are the same!

LEAN PROTEIN

Chicken breast
 Turkey breast (99% fat free)
 Lean Pork Chops or Loin
 Ostrich
 Buffalo
 Venison
 Egg whites
 Egg beaters
 Low Carb Protein Powder

FISH

Tuna
 Swordfish
 Sea Bass
 Tilapia
 Mahi-Mahi
 Halibut
 Orange Roughy
 Sole
 Scallops
 Shrimp
 Squid
 ANY WHITE FISH EXCEPT TROUT (BUTTER FISH)
 Salmon-when directed
 **sub seafood within moderation as it is high in cholesterol

LEAN STEAK—WHEN DIRECTED

EXTRA LEAN BEEF
 Eye of the Round
 London Broil
 Flank Steak
 Top Round
 Top Sirloin
 Filet mignon

FRUITS

Cantaloupe
 Melon
 Strawberries
 Grapefruit
 Berries (any berries)
 Apples

CAROHYDRATES

Oatmeal
 Cream of Rice
 Spelt Flakes Cereal
 Rice (brown)
 Wild Rice
 Yam
 Sweet Potato
 Rice Cakes
 Quinoa
 Grape Nuts or Whole grain cereal-Occasionally
 Ezekiel Products (breads, tortillas)—Occasionally
 Julian Bakery Low Carb Bread
 Beans (Kidney, Lima, Black)—as directed

VEGETABLES

Broccoli
 Spinach
 Brussels Sprouts
 Red or Green Bell Pepper
 Kale
 Tomatoes (limit)
 Zucchini
 Cucumber
 Eggplant
 Cabbage
 Asparagus
 Green Beans
 Onions
 Cauliflower
 Jicama
 Lettuce
 Radishes
**ALL OTHER GREEN VEGGIES ALLOWED
 EXCEPT: PEAS, CARROTS, BEETS, AND CORN!**

FATS

Flaxseed
 Natural Peanut & Almond Butter
 NUTZZO Butter
 Raw Nuts (Almonds & Walnuts)
 Olive Oil
 Flax oil/seed
 Udo's oil
 Avocado (where directed)
 Chia Seed



GINA'S FAVORITE HAVE TO HAVE DIET FRIENDLY PRODUCTS:

- TOFU SHIRATAKI NOODLES
- KELP NOODLES
- NORI (SEAWEED) SHEETS

FREE FOODS

- All spices, seasonings, & herbs – see below
- No Calorie Drinks and Diet Sodas (within moderation)
- Any hot or cold calorie free teas, **Green Tea recommended**
- No calorie Sweeteners such as Stevia and Splenda (Stevia is natural and preferred!)
- ALL VEGGIES, OF COURSE... (EXCEPT, PEAS, CARROTS, CORN AND BEATS)

CONDIMENTS & MISC. ESSENTIALS

- Reduced Sodium Soy Sauce
- Vinegar (Balsamic, red white, white wine and apple cider)
- Salsa or Fresh Pico De Gallo
- no calorie sweetener (Stevia, Splenda, “Just Like Sugar”)
- Sugar Free Maple Syrup (on occasion)
- Sugar Free Jell-o (on occasion)
- Sugar Free Popsicles (on occasion)
- Low Sodium Mustard (yellow or Dijon)
- Garlic Chili Paste
- Extracts (vanilla, almond, etc)
- Low Sodium fat-free beef, vegetable or chicken broth
- Cooking spray (Pam, Olive Oil or Canola Spray)



HERBS & SPICES

- Chili powder
- Mrs. Dash (all varieties)
- McCormick's (all varieties)
- Butter Buds
- Cinnamon
- Allspice
- Basil
- Bay leaf
- Onion Powder
- Garlic Powder
- Dill
- Ginger
- Sage
- Rosemary
- Paprika
- Thyme
- Turmeric
- Oregano
- Curry Powder
- Red Pepper
- Marjoram
- Tarragon
- Dry Mustard
- Cumin
- Saffron
- Nutmeg
- Pumpkin Pie Spice
- Black Pepper