

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

Green Beans Onions Cauliflower Jicima Lettuce Radishes

ALL OTHER GREEN VEGGIES ALLOWED EXCEPT: PEAS, CARROTS, BEATS, AND CORN!

<u>FATS</u>

Flaxseed

Natural Peanut & Almond Butter

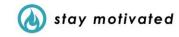
NUTZZO Butter

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:

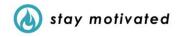
- -TOFU SHIRATAKI NOODLES
- -KELP NOODLES
- -NORI (SEAWEED) SHEETS

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

