

*Lindsay*

**12-WEEK FIT BODY  
BIKINI PROGRAM**

**FOOD  
SUBSTITUTE  
CHART**

# Carbohydrates

	OATMEAL	CREAM OF WHEAT/RICE	PLAIN CHEERIOS*	SWEET POTATO (RAW)	WHOLE WHEAT TORTILLAS	BROWN RICE/ QUINOA	WHOLE WHEAT PASTA
<b>25 CALS</b>	6g	6g	6g	30g	1/4 80 cal tortilla	25g	8g
<b>50 CALS</b>	13g	13g	13g	60g	1/2 80 cal tortilla	50g	16g
<b>75 CALS</b>	20g	20g	20g	85g	1 80 cal tortilla	65g	23g
<b>100 CALS</b>	27g	27g	27g	115g	1 80-100 cal tortillas	95g	31g
<b>125 CALS</b>	35g	35g	35g	150g	1 1/2 80 cal tortillas	120g	39g
<b>150 CALS</b>	40g	40g	40g	170g	2 80 cal tortillas	135g	47g
<b>175 CALS</b>	46g	46g	46g	200g	2 80 cal tortillas	158g	54g
<b>200 CALS</b>	53g	53g	53g	230g	2 100 cal tortillas	180g	62g
<b>225 CALS</b>	60g	60g	60g	260g	225 cal worth	200g	70g
<b>250 CALS</b>	67g	67g	67g	290g	250 cal worth	225g	79g

\*Can use any cereal with 6g of sugar or less in place of plain Cheerios

PLAIN/CHEDDAR RICE CAKES	BLACK BEANS/ CORN	EZEKIAL BREAD/ WHOLE WHEAT BREAD (80 CAL/PIECE)	WHOLE WHEAT CRACKERS	CORN TORTILLAS	WHITE POTATOES (RAW)	WHITE RICE
1/2 rice cake	30g	1/4 slice	25 cal	1/2 tortilla	35g	20g
1 rice cake 60g	60g	1/2 slice	50 cal	1 tortilla	70g	40g
1 1/2 rice cakes	90g	1 slice	75 cal	1 tortilla	100g	55g
2 rice cakes	120g	1 slice	100 cal	2 tortillas	140g	75g
2 1/2 rice cakes	150g	1 1/2 slices	125 cal	2 tortillas	175g	100g
3 rice cakes	175g	2 slices	150 cal	3 tortillas	200g	115g
3 1/2 rice cakes	210g	2 slices	175 cal	3 tortillas	240g	135g
4 rice cakes	235g	2 1/2 slices	200 cal	4 tortillas	280g	150g
5 rice cakes	265g	3 slices	225 cal	4 tortillas	325g	175g
5 1/2 rice cakes	300g	3 slices	225 cal	4 tortillas	325g	175g

# Fat

	BUTTER	CHEDDAR CHEESE	MOZARELLA CHEESE	FETA CHEESE	PECANS
25 CALS	3g	7g	9g	10g	4g
50 CALS	7g	14g	18g	20g	8g
75 CALS	10g	20g	26g	28g	12g
100 CALS	14g	24g	33g	35g	14g
125 CALS	17g	28g	40g	42g	17g
150 CALS	21g	38g	50g	50g	22g
175 CALS	24g	44g	58g	58g	25g
200 CALS	28g	50g	67g	66g	29g
225 CALS	31g	56g	75g	75g	32g

\*Flavored peanut butter or almond butter can be used if the sugar content is less than 7g for 32g

ALMONDS/ALMOND BUTTER/ CASHEW BUTTER	PEANUT BUTTER	COCONUT OIL/ EVOO	AVOCADO	OLIVE OIL MAYO	STRING CHEESE
4g	4g	3/4 tsp.	15g	7g	1/3 string cheese
8g	8g	1 1/2 tsp.	30g	15g	1/2 string cheese
12g	12g	2 tsp.	45g	25g	1 string cheese
16g	16g	2 1/2 tsp.	55g	32g	1 string cheese
20g	20g	1 tbsp.	70g	40g	1 1/2 string cheese
24g	24g	3 1/2 tsp.	90g	50g	2 string cheese
28g	28g	4 1/2 tsp.	105g	58g	2 string cheese
32g	32g	5 tsp.	120g	67g	2 1/2 string cheese
36g	36g	5 1/2 tsp.	135g	75g	3 string cheese

# Protein

	CHICKEN BREAST	ANY WHITE FISH	PORK TENDERLOIN	TURKEY BREAST	GROUND BEEF (96/4)	99% FF GROUND TURKEY	GROUND TURKEY (93/7)	TOP SIRLOIN
<b>25 CALS</b>	20g	20g	20g	20g	15g	20g	15g	15g
<b>50 CALS</b>	40g	40g	40g	45g	30g	45g	30g	30g
<b>75 CALS</b>	65g	65g	65g	70g	50g	65g	45g	40g
<b>100 CALS</b>	100 cals	85g	85g	95g	65g	95g	60g	55g
<b>125 CALS</b>	100g	100g	100g	120g	80g	110g	75g	70g
<b>150 CALS</b>	115g	115g	115g	145g	100g	130g	95g	85g
<b>175 CALS</b>	135g	135g	170g	170g	115g	150g	110g	95g
<b>200 CALS</b>	155g	155g	155g	190g	130g	175g	125g	110g
<b>225 CALS</b>	175g	175g	175g	215g	150g	195g	140g	125g
<b>250 CALS</b>	195g	195g	195g	240g	165g	215g	160g	140g
<b>275 CALS</b>	210g	210g	210g	265g	180g	235g	172g	150g

\*Amount depends on brand and flavor so check nutrition labels

Flavored Greek yogurt is also an option but it would count as a protein/carb combo. Your best bet is a brand with 80-100 calories and less than 10g of sugar.

SALMON	EGG WHITES	WHOLE EGGS	PROTEIN POWDER*	BEEF JERKY*	LOW-FAT COTTAGE CHEESE	PLAIN FF GREEK YOGURT	FAT FREE CHEESE*	LEAN HAM
15g	2 egg whites	1/2 egg	8g	6g	30g	40g	17g	20g
30g	3 egg whites	3/4 egg	15g	12g	60g	85g	35g	40g
40g	5 egg whites	1 egg	23g	18g	90g	130g	52g	60g
55g	6 egg whites	1 egg + 2 egg whites	32g	25g	115g	175g	70g	80g
70g	7 egg whites	1 egg + 3 egg whites	39g	30g	150g	210g	87g	100g
85g	9 egg whites	2 eggs	46g	36g	180g	240g	105g	120g
95g	10 egg whites	2 eggs + 2 egg whites	55g	43g	210g	385g	123g	140g
110g	12 egg whites	2 eggs + 3 egg whites	62g	50g	230g	325g	140g	160g
125g	13 egg whites	3 eggs	70g	54g	270g	365g	157g	180g
140g	14 egg whites	3 eggs + 2 egg whites	78g	60g	300g	410g	175g	200g
150g	16 egg whites	3 eggs + 4 egg whites	86g	67g	330g	450g	192g	225g

# Fruit

	APPLE	BANANA	PEAR	PEACH	STRAWBERRIES	RASPBERRIES	BLUEBERRIES	WATERMELON	MANGO
25 CALS	50g	25g	60g	65g	75g	50g	45g	80g	40g
50 CALS	100g	50g	120g	130g	150g	100g	90g	160g	85g
75 CALS	150g	75g	180g	195g	225g	150g	130g	240g	125g
100 CALS	200g	100g	240g	260g	300g	200g	180g	320g	165g
125 CALS	250g	140g	300g	325g	375g	250g	220g	400g	210g
150 CALS	300g	170g	360g	390g	450g	300g	260g	480g	255g
175 CALS	350g	200g	420g	455g	525g	350g	305g	575g	290g
200 CALS	400g	225g	480g	520	600g	400g	350g	660g	335g



PINEAPPLE	GRAPES	NECTARINE	CANTELOUPE	KIWI	CHERRIES	PLUM	GRAPEFRUIT	ORANGE	PAPAYA
50g	40g	55g	70g	35g	40g	50g	60g	50g	60g
100g	75g	115g	140g	70g	80g	110g	120g	100g	120g
150g	110g	170g	205g	110g	120g	160g	180g	150g	180g
200g	150g	225g	270g	150g	160g	210g	240g	200g	240g
250g	185g	280g	340g	185g	200g	270g	300g	250g	300g
300g	225g	335g	410g	225g	240g	325g	360g	300g	360g
350g	260g	290g	480g	260g	280g	380g	420g	350g	420g
400g	300g	445g	560g	300g	320g	430g	480g	400g	480g