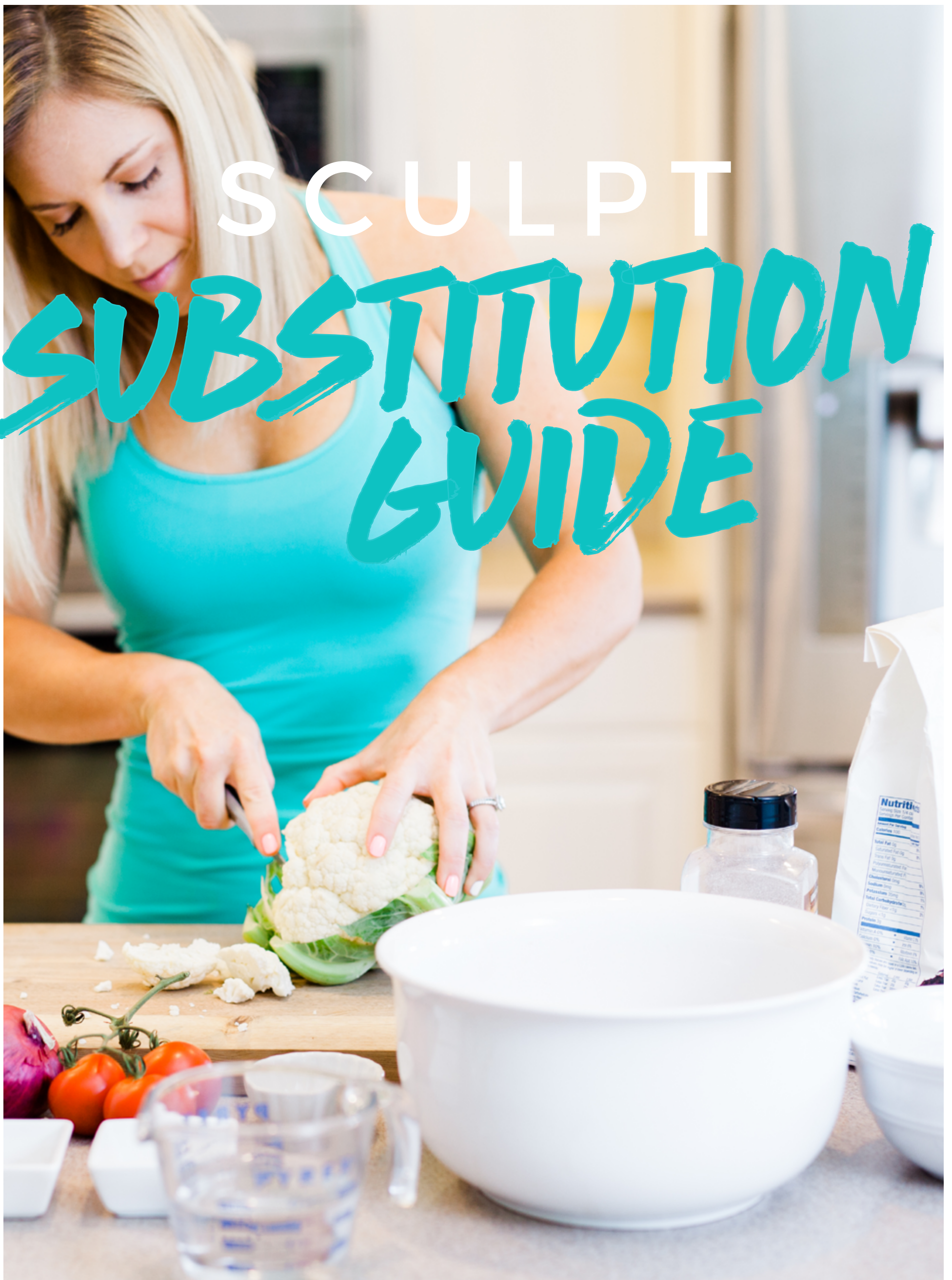


SCULPT SUBSTITUTION GUIDE



Substitution

Carbs

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

Approx Calories	Oatmeal	Cream of Wheat/Rice	Plain Cheerios*	Sweet Potato (raw)	Whole Wheat Tortillas
25 cals	6g	6g	6g	30g	1/4 80 cal tortilla
50 cals	13g	13g	13g	60g	1/2 80 cal tortilla
75 cals	20g	20g	20g	85g	1 80 cal tortilla
100 cals	27g	27g	27g	115g	1 80-100 cal tortilla
125 cals	35g	35g	35g	150g	1 1/2 80 cal tortillas
150 cals	40g	40g	40g	170g	2 80 cal tortillas
175 cals	46g	46g	46g	200g	2 80 cal tortillas
200 cals	53g	53g	53g	230g	2 100 cal tortillas
225 cals	60g	60g	60g	260g	225 cals worth
250 cals	67g	67g	67g	290g	250 cals worth

Approx Calories	Brown Rice/Quinoa	Whole Wheat Pasta	Plain/Cheddar Rice Cake	Black Beans/Corn	Ezekial Bread/ Whole Wheat Bread
25 cals	25g	8g	1/2 rice cake	30g	1/4 slice
50 cals	50g	16g	1 rice cake	60g	1/2 slice
75 cals	65g	23g	1 1/2 rice cake	90g	1 slice
100 cals	95g	31g	2 rice cakes	120g	1 slice
125 cals	120g	39g	2 1/2 rice cakes	150g	1 1/2 slice
150 cals	135g	47g	3 rice cakes	175g	2 slices
175 cals	158g	54g	3 1/2 rice cakes	210g	2 slices
200 cals	180g	62g	4 rice cakes	235g	2 1/2 slices
225 cals	200g	70g	5 rice cakes	265g	3 slices
250 cals	225g	79g	5 1/2 rice cakes	300g	3 slices

Approx Calories	Whole Wheat Crackers	Corn Tortillas	White Potatoes	White Rice
25 cals	25g	1/2 tortilla	35g	20g
50 cals	50g	1 tortilla	70g	40g
75 cals	75g	1 tortilla	100g	55g
100 cals	100g	2 tortillas	140g	75g
125 cals	125g	2 tortillas	175g	100g
150 cals	150g	3 tortillas	200g	115g
175 cals	175g	3 tortillas	240g	135g
200 cals	200g	4 tortillas	280g	150g
225 cals	225g	4 tortillas	325g	175g
250 cals	250g	4.5 tortillas	365g	190g

Substitution

Fats

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

Approx Calories	Butter	Cheddar Cheese	Mozzarella Cheese	Feta Cheese	Pecans	Almonds/Almond Butter/ Cashews
25 cals	3g	7g	9g	10g	4g	4g
50 cals	7g	14g	18g	20g	8g	8g
75 cals	10g	20g	26g	28g	12g	12g
100 cals	14g	24g	33g	35g	14g	16g
125 cals	17g	28g	40g	42g	17g	20g
150 cals	21g	38g	50g	50g	22g	24g
175 cals	24g	44g	58g	58g	25g	28g
200 cals	28g	50g	67g	66g	29g	32g
225 cals	31g	56g	75g	75g	32g	36g

Approx Calories	Peanut Butter*	Coconut Oil/EVOO	Avocado	Olive Oil Mayo	String Cheese
25 cals	4g	3/4 t.	15g	7g	1/3 string cheese
50 cals	8g	1 1/2 t.	30g	15g	1/2 string cheese
75 cals	12g	2 t.	45g	25g	1 string cheese
100 cals	16g	2 1/2 t.	55g	32g	1 string cheese
125 cals	20g	1 T.	70g	40g	1 1/2 string cheese
150 cals	24g	3 1/2 t.	90g	50g	2 string cheese
175 cals	28g	4 1/2 t.	105g	58g	2 string cheese
200 cals	32g	5 t.	120g	67g	2 1/2 string cheese
225 cals	36g	5 1/2 t.	135g	75g	3 string cheese

Substitution

Protein

* Amount depends on brand and flavor so check nutrition labels

Flavored Greek Yogurts are also an option: The best bets are Chobani flavored for approx 150 calories or Dannon Light & Fit greek for approx 100 calories

Approx Calories	Chicken Breast	Any White Fish	Pork Tenderloin	Turkey Breast	Ground Beef (96/4)	99% FF Ground Turkey
25 cals	20g	20g	20g	20g	15g	20g
50 cals	40g	40g	40g	45g	30g	45g
75 cals	65g	65g	65g	65g	50g	65g
100 cals	85g	85g	85g	95g	65g	95g
125 cals	100g	100g	100g	120g	80g	110g
150 cals	115g	115g	115g	145g	100g	130g
175 cals	135g	135g	135g	170g	115g	150g
200 cals	155g	155g	155g	190g	130g	175g
225 cals	175g	175g	175g	215g	150g	195g
250 cals	195g	195g	195g	240g	165g	215g
275 cals	210g	210g	210g	265g	180g	235g

Approx Calories	Ground Turkey (93/7)	Top Sirloin	Salmon	Egg Whites	Whole Eggs	Protein Powder*
25 cals	15g	15g	15g	2 egg whites	1/2 egg	8g
50 cals	30g	30g	30g	3 egg whites	3/4 egg	15g
75 cals	45g	40g	40g	5 egg whites	1 egg	23g
100 cals	60g	55g	55g	6 egg whites	1 egg+2 egg whites	31g
125 cals	75g	70g	70g	7 egg whites	1 egg+3 egg whites	39g
150 cals	95g	85g	85g	9 egg whites	2 eggs	46g
175 cals	110g	95g	95g	10 egg whites	2 eggs+2 egg whites	55g
200 cals	125g	110g	110g	12 egg whites	2 eggs+3 egg whites	62g
225 cals	140g	125g	125g	13 egg whites	3 eggs	70g
250 cals	160g	140g	140g	14 egg whites	3 eggs+3 egg whites	78g
275 cals	172g	150g	150g	16 egg whites	3 eggs+4 egg whites	86g

Approx Calories	Beef Jerky*	Low Fat Cottage Cheese	Plain FF Greek Yogurt	Fat Free Cheese*	Lean Ham
25 cals	6g	30g	40g	17g	20g
50 cals	12g	60g	85g	35g	40g
75 cals	18g	90g	130g	52g	60g
100 cals	25g	115g	175g	70g	80g
125 cals	30g	150g	210g	87g	100g
150 cals	36g	180g	240g	105g	120g
175 cals	43g	210g	285g	123g	140g
200 cals	50g	230g	325g	140g	160g
225 cals	54g	270g	365g	157g	180g
250 cals	60g	300g	410g	175g	200g
275 cals	67g	330g	450g	192g	225g

Substitution

Fruit

Approx Calories	Apple	Banana	Pear	Peach	Strawberries
25 cal	50g	25g	60g	65g	75g
50 cal	100g	50g	120g	130g	150g
75 cal	150g	75g	180g	195g	225g
100 cal	200g	100g	240g	260g	300g
125 cal	250g	140g	300g	325g	375g
150 cal	300g	170g	360g	390g	450g
175 cal	350g	200g	420g	455g	525g
200 cal	400g	225g	480g	520g	600g

Approx Calories	Raspberries	Blueberries	Watermelon	Mango	Pineapple
25 cal	50g	45g	80g	40g	50g
50 cal	100g	90g	160g	85g	100g
75 cal	150g	130g	240g	125g	150g
100 cal	200g	180g	320g	165g	200g
125 cal	250g	220g	400g	210g	250g
150 cal	300g	260g	480g	255g	300g
175 cal	350g	305g	575g	290g	350g
200 cal	400g	350g	660g	335g	400g

Approx Calories	Grapes	Nectarine	Canteloupe	Kiwi	Cherries
25 cal	40g	55g	70g	35g	40g
50 cal	75g	115g	140g	70g	80g
75 cal	110g	170g	205g	110g	120g
100 cal	150g	225g	270g	150g	160g
125 cal	185g	280g	340g	185g	200g
150 cal	225g	335g	410g	225g	240g
175 cal	260g	390g	480g	260g	280g
200 cal	300g	445g	560g	300g	320g

Approx Calories	Plum	Grapefruit	Oranges	Papaya
25 cal	50g	60g	50g	60g
50 cal	110g	120g	100g	120g
75 cal	160g	180g	150g	180g
100 cal	210g	240g	200g	240g
125 cal	270g	300g	250g	300g
150 cal	325g	360g	300g	360g
175 cal	380g	420g	350g	420g
200 cal	430g	480g	400g	480g