

Eat This not That



Hardly sweetened or unsweetened Greek yogurt

Total Calories : 120 cal
Sugars: 7g
Protein: 15g



Sweetened Greek yogurt

Total Calories: 230 cal
Sugars: 22g
Protein: 12g



2 cups of Zoodles (Zucchini Pasta)

Total Calories: ~70 calories
Carbs: ~12g
Fiber: ~4g



2 Cups of Pasta

Total calories: ~450 cal
Carbs: ~85g
Fiber: ~2g



Sparkling mineral water

Total Calories: 0
Sugars: 0g



Sweetened Soft Drinks

Total Calories: 140 cal
Sugar: 39g



Sugar-free, quality protein bars

Total Calories: ~200
Protein: ~20g
Net Carbs: ~5-10g
Sugars: 0g



Energy or Granola Bars

Total Calories: ~250
Protein: ~10g
Net Carbs: ~37g
Sugars: 12g



Low-Glycemic Fruit 1 cup of berries

Total calories: ~75 cal
Sugars: ~10g
Carbs: ~17g



High Glycemic Fruit 1 cup of banana/ large banana

Total calories: ~130
Sugars: ~18g
Carbs: ~34g



Cauliflower Rice

Total Calories: 25
Net Carbs: 3g



White Rice

Total Calories: 200 cal
Net Carbs: 44g



Mixed Nuts

Total Calories: 160 cal
Net Carbs: 3g
Protein: 6g



Tortilla Chips

Total Calories: 160 cal
Net Carbs: ~18g
Protein: ~2g

