

*NUTRITION &
FOOD
SUBSTITUTION
GUIDE*



LIVE LEAN 20 FOOD GUIDE

This pyramid provides a visual guide on which foods should make up the majority of your diet & which should be enjoyed in moderation. Follow the Live Lean 20 recipes and you'll naturally be abiding by this guide.

**CHEAT MEALS & ALCOHOL
ONCE PER WEEK**



STARCHES & FRUITS



FATS



PROTEIN



**FREEBIES! VEGETABLES,
CONDIMENTS & SPICES**





NUTRITION SUMMARIES

Nutrition summary: 4 oz Chicken Breast

Protein	Carbs	Fat	Calories
26g	0g	1g	124

INDICATES TYPICAL SERVING SIZE OF THAT FOOD

QUICK BREAKDOWN OF THE MACROS FOR THAT SERVING SIZE

HELPS YOU LEARN YOUR NUTRITION VALUES

****IMPORTANT****

Please take note that nutrition values are approximated and rounded values.

We consider many of these foods & condiments to be “free foods” because the small amount of calories they contain are easily negated by the **insoluble fiber** and the **thermogenic effect of food during metabolism**.

These “free foods” are the hardest to overeat simply because eating them helps you feel full naturally. We’ve never met anyone who has a problem eating too many veggies!

If you must eat larger volumes of food to feel full then add more veggies because they make the smallest impact on your overall macros and calorie counts.



PROTEINS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> • Contains healthy amino acids that make it a complete protein. • Helps you build metabolism boosting muscle • The thermic effect of protein also helps you burn more calories just through the digestion process alone. • Will also help keep you feeling full so you won't get the crazy food cravings. 	<ul style="list-style-type: none"> • Turkey • Fish • Beef • Pork 						
<p>Nutrition summary: 4 oz Chicken Breast</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>26g</td> <td>0g</td> <td>1g</td> <td>124</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	26g	0g
Protein	Carbs	Fat	Calories								
26g	0g	1g	124								
				<ul style="list-style-type: none"> • Rich source of omega-3 fatty acids that improve blood vessel function, lower blood pressure and reduce the risk of cardiovascular disease. • Lower in calories compared to other protein sources. • Convenient. • Affordable. 	<ul style="list-style-type: none"> • Chicken • Shrimp • Scallops • Other types of fish. 						
<p>Nutrition summary: 1 can Tuna</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>45g</td> <td>0g</td> <td>1g</td> <td>180</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	45g	0g
Protein	Carbs	Fat	Calories								
45g	0g	1g	180								
				<ul style="list-style-type: none"> • Contains amino acids that make it a complete protein. • Helps you build metabolism boosting muscle. • The thermic effect of protein also helps you burn more calories just through the digestion process alone. 	<ul style="list-style-type: none"> • Lamb • Steak • Ground Pork • Ground Turkey 						
<p>Nutrition summary: 4 oz Ground Beef (93% Lean 7% Fat)</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>24g</td> <td>0g</td> <td>6g</td> <td>155</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	24g	0g
Protein	Carbs	Fat	Calories								
24g	0g	6g	155								



PROTEINS



**Nutrition summary: 4 oz Ground Turkey
(93% Lean 7% Fat)**

Protein	Carbs	Fat	Calories
21g	0g	8g	170

Benefits

- Contains amino acids that make it a complete protein.
- Versatile with a mild flavor.
- Very high content of lean protein.
- Contains high value of Niacin, a vitamin from the B Complex that promotes healthy blood circulation, facilitates glucose metabolism and helps control your cholesterol levels.
- Rich in Selenium, a trace mineral that supports immunity, controls thyroid function and protects your body against the cellular damage.

Substitutes

- Ground Chicken
- Ground Salmon



**Nutrition summary: 1 Serving
MyProtein Impact Whey**

Protein	Carbs	Fat	Calories
20g	1g	2g	100

- Convenient & easy to travel with. Lower in calories compared to other protein sources.
- Sweet taste to fulfill sweet cravings.
- Versatile, can be used in baking, shakes, or dessert recipes.


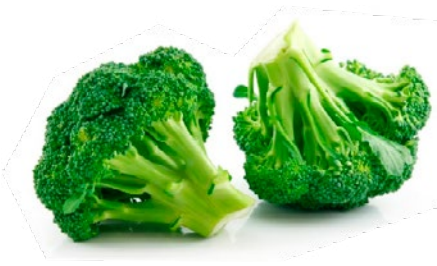
- Eggs or Egg Whites



VEGGIES




FREE FOODS!

We know that veggies have some calories and macros as you can see in the nutrition summaries, but since the amounts are so small & the fiber so high, we count them as net macros of zero and encourage you to eat as much as you want till you feel full and satisfied. Veggies are the best thing to eat too much of!

				Benefits		Substitutes	
Nutrition summary: <u>1 cup Spinach</u>				<ul style="list-style-type: none"> Spinach is packed full of the mineral Magnesium, which a lot of us tend to be deficient in. It's also high in B vitamins, and antioxidants. Versatile. Very mild flavor & texture, easy to mix in sweet or savory recipes. 		<ul style="list-style-type: none"> Arugula Romaine Iceberg Mixed Greens Frisee Collard Greens Kale 	
Protein	Carbs	Fat	Calories				
1g	1g	0g	7				
				Benefits		Substitutes	
Nutrition summary: <u>1 cup Broccoli</u>				<ul style="list-style-type: none"> Packed with soluble fiber that draws cholesterol out of your body. Concentrated source of vitamin c, plus the flavonoids necessary for vitamin c to recycle effectively. Contains carotenoids lutein, zeaxanthin and beta-carotene, other powerful antioxidants. High levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis. Prevents constipation. 		<ul style="list-style-type: none"> Broccoli rabe Broccolini Bok Choy 	
Protein	Carbs	Fat	Calories				
3g	6g	0g	31				

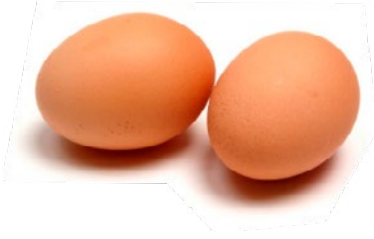




VEGGIES

				Benefits	Substitutes						
				<ul style="list-style-type: none"> • Contains sulforaphane which helps kill cancer stem cells. • Improves blood pressure and kidney function. • Prevents inflammation. • High levels of vitamin C, a good source of vitamin K, Thiamin, Riboflavin, Niacin, Magnesium, Phosphorus, Fiber, vitamin B6, Potassium, and Manganese. 	<ul style="list-style-type: none"> • Zucchini • Summer Squash • Eggplant 						
<p>Nutrition summary: 1 cup Cauliflower</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>2g</td> <td>5g</td> <td>0g</td> <td>25</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	2g	5g
Protein	Carbs	Fat	Calories								
2g	5g	0g	25								
				<ul style="list-style-type: none"> • An excellent source of vitamin C and vitamin K. • Contains Folate, Manganese, vitamin B6, dietary fiber, Choline, Copper, vitamin B1, Potassium, Phosphorus and omega-3 fatty acids. • Prevents inflammation. 	<ul style="list-style-type: none"> • Cabbage • Red Cabbage • Radicchio 						
<p>Nutrition summary: 1 Cup Brussels Sprouts</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>3g</td> <td>8g</td> <td>0g</td> <td>38</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	3g	8g
Protein	Carbs	Fat	Calories								
3g	8g	0g	38								
				<ul style="list-style-type: none"> • It has antibacterial properties. • High in vitamin C. • Contains chromium which assists in regulating blood sugar. • Lowers the risk of several types of cancer, improving mood and maintaining the health of skin and hair. • Contains folate, which may help with depression. 	<ul style="list-style-type: none"> • Garlic • Shallots 						
<p>Nutrition summary: 1 cup chopped Onion</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>2g</td> <td>15g</td> <td>0g</td> <td>64</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	2g	15g
Protein	Carbs	Fat	Calories								
2g	15g	0g	64								





FATS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> Eggs are a very good source of inexpensive, high quality protein. More than half the protein of an egg is found in the egg white along with vitamin B2 and lower amounts of fat and cholesterol than the yolk. The whites are rich sources of Selenium, vitamin D, B6, B12 and minerals such as Zinc, Iron and Copper. 	<ul style="list-style-type: none"> Ground Flax Seeds (in some recipes) For protein swap try substituting chicken or seafood 						
<p>Nutrition summary: 1 Egg</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>6g</td> <td>0g</td> <td>5g</td> <td>78</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	6g	0g
Protein	Carbs	Fat	Calories								
6g	0g	5g	78								
				<ul style="list-style-type: none"> Almonds contain lots of healthy fats, fiber, protein, magnesium and vitamin The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss. 	<ul style="list-style-type: none"> Walnuts Pecans Cashews Peanuts 						
<p>Nutrition summary: 1 oz Almonds</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>6g</td> <td>6g</td> <td>14g</td> <td>163</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	6g	6g
Protein	Carbs	Fat	Calories								
6g	6g	14g	163								
				<ul style="list-style-type: none"> Olive oil, rich in monounsaturated fatty acids contains a modest amount of vitamins E and K. True extra virgin olive oil is loaded with antioxidants which have powerful health benefits. 	<ul style="list-style-type: none"> Avocado Oil Macadamia Oil 						
<p>Nutrition summary: 1 tbsp Olive Oil</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>0g</td> <td>14g</td> <td>119</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	0g
Protein	Carbs	Fat	Calories								
0g	0g	14g	119								






FATS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> • Yes, coconut oil is full of saturated fats, but that's a good thing as it's the medium chained triglyceride (aka MCT) kind. • MCT's produce healthy energy for the body, improve brain health, and are not shown to enter the cholesterol cycle in the body, meaning it doesn't increase bad cholesterol. • Has a pleasant tropical flavor. • Has a high smoke point, so it's good for use in cooking with higher heats. 	<ul style="list-style-type: none"> • Avocado Oil • Macadamia Oil 						
<p>Nutrition summary: 1 tbsp Coconut Oil</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>0g</td> <td>14g</td> <td>117</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	0g
Protein	Carbs	Fat	Calories								
0g	0g	14g	117								
				<ul style="list-style-type: none"> • Even though avocados are loaded with fat, it's the healthy kind. • Many scientists call it an "anti-obesity" food because it's packed full of nutrients, antioxidants, and the healthy fat balances your hunger hormones and keeps you feeling full. 	<ul style="list-style-type: none"> • Nuts and nut butters like macadamias, walnuts, and almonds 						
<p>Nutrition summary: 1 Avocado (approx 200 g)</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>4g</td> <td>17g</td> <td>29g</td> <td>322</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	4g	17g
Protein	Carbs	Fat	Calories								
4g	17g	29g	322								





STARCHES & FRUITS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> • Excellent source of vitamin A (in the form of beta-carotene). • They are also a very good source of vitamin C, Manganese, Copper, Pantothenic Acid and vitamin B6. • Good source of Potassium, dietary fiber, Niacin, vitamin B1, vitamin B2 and Phosphorus. 	<ul style="list-style-type: none"> • White potato • Yams • Carrots • Parsnips • Butternut squash • Winter squash • Spaghetti squash 						
<p>Nutrition summary: 1 Sweet Potato (approx 300g)</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>6g</td> <td>81g</td> <td>0g</td> <td>342</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	6g	81g
Protein	Carbs	Fat	Calories								
6g	81g	0g	342								
				<ul style="list-style-type: none"> • Loaded with cancer fighting antioxidants. • They're delicious. • Can actually reduce inflammation, muscle soreness, and help you recover faster after a tough workout. 	<ul style="list-style-type: none"> • Raspberries • Strawberries • Blackberries • Cherries. 						
<p>Nutrition summary: 1 cup Blueberries</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>1g</td> <td>21g</td> <td>0g</td> <td>85</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	1g	21g
Protein	Carbs	Fat	Calories								
1g	21g	0g	85								
				<ul style="list-style-type: none"> • Aids in digestion, heart health and weight loss. • Help overcome depression due to high levels of Tryptophan. • Bananas contain a fair amount of fiber, as well as several antioxidants. • Contains Potassium, Manganese, vitamin B6, vitamin C, Magnesium, and Copper. • May help reduce exercise-related muscle cramps and soreness. 	<ul style="list-style-type: none"> • Dates • Melon • Plantains 						
<p>Nutrition summary: 1 Banana</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>1g</td> <td>27g</td> <td>0g</td> <td>105</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	1g	27g
Protein	Carbs	Fat	Calories								
1g	27g	0g	105								








STARCHES & FRUITS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> Extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease. Easy food to travel with. Affordable and easy to find. 	<ul style="list-style-type: none"> Pears Green apples 						
<p>Nutrition summary: <u>1 Apple</u></p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>25g</td> <td>0g</td> <td>95</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	25g
Protein	Carbs	Fat	Calories								
0g	25g	0g	95								
<p>FREE FOOD!</p> 				<ul style="list-style-type: none"> Lemons contain vitamin C, citric acid, flavonoids, B-complex vitamins, Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, and fiber. Lemons contain more Potassium than apples or grapes. Help alkalize your blood pH level. 	<ul style="list-style-type: none"> Lime 						
<p>Nutrition summary: <u>1 Lemon</u></p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>5g</td> <td>0g</td> <td>17</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	5g
Protein	Carbs	Fat	Calories								
0g	5g	0g	17								

FREE FOODS!






SPICES

				Benefits	Substitutes
				<ul style="list-style-type: none"> Garlic may help improve your Iron metabolism. Research suggests that garlic consumption may actually help to regulate the number of fat cells that get formed in our body. 	<ul style="list-style-type: none"> Onion powder
Nutrition summary: 1 tsp Garlic Powder					
Protein	Carbs	Fat	Calories		
0g	2g	0g	10		
				<ul style="list-style-type: none"> Increases hydration. Regulate water content both inside and outside of cells. Balance pH (alkaline/acidity) and help to reduce acid reflux. Prevent muscle cramping. Aid in proper metabolism functioning. Strengthen bones. Lower blood pressure. 	<ul style="list-style-type: none"> Sea Salt
Nutrition summary: 1 tsp Pink Salt					
Protein	Carbs	Fat	Calories		
0g	0g	0g	0		
				<ul style="list-style-type: none"> Because of its antibacterial properties, pepper is also used to preserve food. Rich source of Manganese, Iron, Potassium, vitamin-C, vitamin K, and dietary fiber. 	<ul style="list-style-type: none"> White pepper Red pepper Cayenne pepper
Nutrition summary: 1 tsp Black Pepper					
Protein	Carbs	Fat	Calories		
0g	1g	0g	5		
				<ul style="list-style-type: none"> Can lower blood sugar levels. Reduce heart disease risk factors. Can be used as a natural food preservative. Antioxidants protect the body from oxidative damage caused by free radicals. 	<ul style="list-style-type: none"> Allspice Cardamom Cloves
Nutrition summary: 1 tsp Cinnamon					
Protein	Carbs	Fat	Calories		
0g	2g	0g	6		
				<ul style="list-style-type: none"> Improve the taste of so many foods. Antibacterial and antiviral properties and many are high in b-vitamins and trace minerals. 	<ul style="list-style-type: none"> Oregano Thyme Parsley Basil Rosemary
Nutrition summary: 1 tsp Dried Herbs					
Protein	Carbs	Fat	Calories		
0g	2g	0g	6		



FREE FOODS!

CONDIMENTS

				Benefits	Substitutes						
				<ul style="list-style-type: none"> Rich source of minerals such as Calcium, Magnesium, Phosphorous and Potassium. Good source of dietary folate and vitamin C. 	<ul style="list-style-type: none"> Dijon mustard Dill pickle relish 						
<p>Nutrition summary: 1 tsp Mustard</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>0g</td> <td>0g</td> <td>0</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	0g
Protein	Carbs	Fat	Calories								
0g	0g	0g	0								
				<ul style="list-style-type: none"> Spicy salsa can raise your metabolic rate. Easily adds flavor & moisture to many meals. Keeps for a long time in the fridge making it an easy staple condiment to have on hand. 	<ul style="list-style-type: none"> Hot Sauce Marinara Sauce 						
<p>Nutrition summary: 1 tsp Salsa</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>2g</td> <td>0g</td> <td>8</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	2g
Protein	Carbs	Fat	Calories								
0g	2g	0g	8								
				<ul style="list-style-type: none"> Contains polyphenols, antioxidants that can protect the body from heart disease and cancer. Improves immunity. 	<ul style="list-style-type: none"> Apple Cider Vinegar Red Wine Vinegar White Wine Vinegar Rice Vinegar 						
<p>Nutrition summary: 1 tbsp Balsamic Vinegar</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>3g</td> <td>0g</td> <td>14</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	3g
Protein	Carbs	Fat	Calories								
0g	3g	0g	14								
				<ul style="list-style-type: none"> Improves digestion by stimulating stomach secretion. Can raise your metabolic rate helping you burn more calories throughout the day. 	<ul style="list-style-type: none"> Chili pepper Red pepper flakes Tabasco sauce 						
<p>Nutrition summary: 1 tsp Sriracha</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>0g</td> <td>1g</td> <td>1g</td> <td>4</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	0g	1g
Protein	Carbs	Fat	Calories								
0g	1g	1g	4								
				<ul style="list-style-type: none"> Rich in lycopene, an antioxidant known to reduce the risk of cancer. Contains vitamins A, C, and K, as well as significant amounts of vitamin B6, Folate, and Thiamin. Tomatoes are also a good source of potassium, manganese, magnesium, phosphorous, and copper. 	<ul style="list-style-type: none"> Salsa 						
<p>Nutrition summary: 1/2 cup Marinara Sauce</p> <table border="1"> <thead> <tr> <th>Protein</th> <th>Carbs</th> <th>Fat</th> <th>Calories</th> </tr> </thead> <tbody> <tr> <td>2g</td> <td>11g</td> <td>4g</td> <td>80</td> </tr> </tbody> </table>						Protein	Carbs	Fat	Calories	2g	11g
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