

# **tai** CHENG™



**FEEL BETTER FOOD PLAN**



IF YOU WANT A BREAKFAST YOU CAN CHEW INSTEAD OF DRINK,  
HERE ARE SOME SIMPLE OPTIONS:

## INSTANT COMFORT

- 1/4 cup plain instant oatmeal
- 1/2 cup water
- 1/4 cup chopped apple
- 1 Tbsp. chopped walnuts
- 1 tsp. honey
- Cinnamon (*to taste*)
- Orange zest (*to taste*)

**TO PREPARE:** Cook oatmeal according to package instructions. Mix in remaining ingredients. Enjoy!

168 calories / 6 g total fat / 0.5 g saturated fat / 24 g carbohydrate / 9 g sugar / 3 g fiber / 5 g protein / 0 mg cholesterol / 5 mg sodium

## THREE-MINUTE EGGS

- 4 egg whites
- 1/2 cup diced tomato
- 1/3 cup chopped spinach
- 2 Tbsp. grated Parmesan cheese
- Nonstick cooking spray
- Optional: Hot sauce, fresh basil, or grated garlic

**TO PREPARE:** Lightly mist a nonstick skillet with cooking spray and heat over medium heat. Add egg whites and stir to scramble. As eggs begin to set, add remaining ingredients and heat through as eggs finish cooking. Place on plate, and if desired, add hot sauce, basil, or garlic. Enjoy!

172 calories / 5 g fat / 3 g saturated fat / 7 g carbohydrate / 3 g sugar / 3 g fiber / 21 g protein / 20 mg cholesterol / 480 mg sodium



## BIG SAMMY

- 2 slices whole-grain bread
- 1 Tbsp. pesto or mustard
- 3 oz. low-sodium roasted skinless turkey breast or chicken breast
- 1/4 cucumber, sliced thin
- 1/4 cup onion, sliced thin
- 1/2 oz. mozzarella cheese, sliced or shredded
- 1/3 cup shredded romaine lettuce

**TO PREPARE:** Spread pesto or mustard on bread, then pile on the remaining ingredients. Be sure to hold it with both hands!

390 calories / 14 g fat / 4.5 g saturated fat / 38 g carbohydrate / 6 g sugar / 6 g fiber / 31 g protein / 45 mg cholesterol / 490 mg sodium

## SOFT TACOS

- 2 4-inch corn tortillas
- 3 oz. lean roast beef, sliced
- 1/3 cup chopped cabbage
- 1/3 cup sliced bell peppers
- 1/4 cup diced onion
- 1/4 cup pico de gallo
- 1 dash hot sauce
- Optional: Lime wedges

**TO PREPARE:** Warm tortillas in an ungreased frying pan over medium heat, then set aside on a warm plate under a towel to stay warm. In the same pan, heat beef through. Remove from heat and pile beef onto tortillas, then follow with everything else. Squeeze lime wedges over all if desired. Fold, eat, and olè!

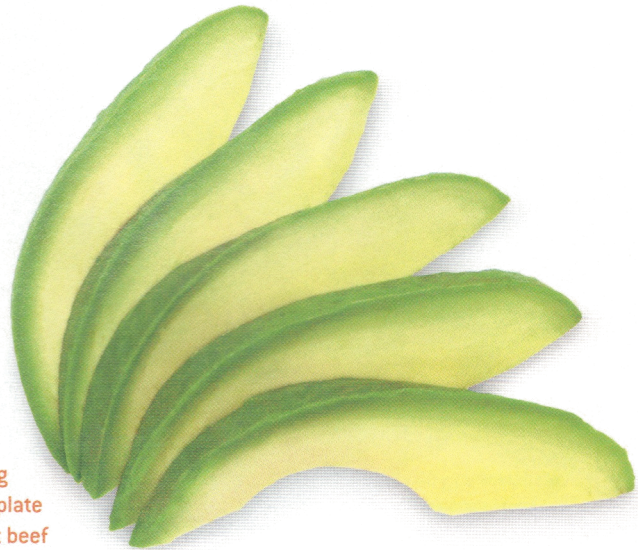
370 calories / 10 g fat / 3 g saturated fat / 39 g carbohydrate / 6 g sugar / 4 g fiber / 28 g protein / 75 mg cholesterol / 410 mg sodium

## BIG SLIM BURGER

- 1 whole wheat hamburger bun
- 1 4-oz. beef patty, 85% to 90% lean, or 1 veggie patty
- 1 or 2 leaves lettuce
- 2 slices tomato
- 2 1/2-inch avocado slices
- 1 to 2 tsp. yellow mustard

**TO PREPARE:** Heat a nonstick pan over medium heat, then cook burger patty to desired doneness. While it's cooking, lightly toast bun. Spread mustard on bun and pile on ingredients. Enjoy.

400 calories / 18 g fat / 5 g saturated fat / 29 g carbohydrate / 5 g sugar / 6 g fiber / 33 g protein / 67 mg cholesterol / 620 mg sodium





## SOOTHING SOUP FOR TWO

- 2 cups vegetable broth
  - 1 15-oz. can organic low-sodium diced tomatoes
  - 2 tsp. olive oil
  - 1 small onion, peeled and chopped
  - 2 cloves garlic, peeled and chopped
  - 1 large zucchini, chopped, or 1-<sup>1</sup>/<sub>4</sub> cup chopped asparagus
  - 2 cups kale, ribs removed, chopped
  - 1 cup frozen corn kernels, defrosted
  - 1 15-oz. can low-sodium white beans, rinsed
- Salt, pepper, and herbs *(to taste)*

**TO PREPARE:** In a large pot, heat broth and tomatoes. Heat oil in a large nonstick frying pan over medium high heat; add onion and garlic and cook until onion is translucent. Add zucchini and cook until lightly brown on edges and still firm. Add contents of frying pan, along with kale, corn, beans, and seasonings, to broth mixture in pot. Heat, stirring, until kale is wilted, then serve. (Makes 2 servings; share, or cover and place in fridge for later.)

391 calories / 8 g fat / 1 g saturated fat / 68 g carbohydrate / 18 g sugar / 15 g fiber / 17 g protein / 0 mg cholesterol / 470 mg sodium

## BIG SALAD

*(When you eat well, you can eat more!)*

- 1 Tbsp. balsamic vinegar or sherry vinegar
- 1 clove garlic, peeled and minced
- 1 Tbsp. olive oil
- 1 tsp. Dijon mustard
- Salt and pepper *(to taste)*
- 3 cups mixed greens
- 2 hard-boiled egg whites, sliced
- 4 canned artichoke hearts, rinsed and quartered
- <sup>1</sup>/<sub>2</sub> cup canned corn, rinsed
- <sup>1</sup>/<sub>4</sub> cup shredded carrot
- <sup>1</sup>/<sub>2</sub> cup fresh peas or defrosted frozen peas
- 1 Tbsp. grated Parmesan cheese

**TO PREPARE:** In a small bowl, combine vinegar and garlic. Set aside for 5 minutes, then add oil and mustard and mix well. Taste and season with salt and pepper as desired. In a large bowl, combine next six ingredients and toss gently. Add as much or as little dressing as you like to salad and toss (or serve dressing on the side and dip fork in dressing before each bite to get flavor without excess dressing). Serve on a plate and sprinkle cheese on top.

402 calories / 18 g fat / 3.5 g saturated fat / 42 g carbohydrate / 15 g sugar / 11 g fiber / 20 grams protein / 10 mg cholesterol / 750 mg sodium





## SHEPHERD'S PIE

- 4 oz. cooked ground turkey breast meat, at least 80% lean (*or try seitan or crumbled veggie burger*)
- $\frac{1}{4}$  cup fresh peas or defrosted frozen peas
- $\frac{1}{4}$  cup cooked diced parsnips
- $\frac{1}{2}$  cup cooked diced turnips
- 1 cup low-sodium vegetable broth
- 1 tsp. olive oil
- 1 medium Idaho potato, cooked and mashed
- $\frac{1}{2}$  tsp. chopped thyme
- $\frac{1}{2}$  tsp. chopped chives
- Salt and pepper (*to taste*)

**TO PREPARE:** Preheat oven to 400° F. Set aside  $\frac{1}{4}$  cup of broth to use for final step. In a small baking dish, mini-loaf pan, or 10 to 12 oz. ramekin, layer meat and vegetables, moistening each layer with broth and olive oil, and seasoning with salt and pepper as you go. Cover mixture with mashed potatoes and drizzle remaining  $\frac{1}{4}$  cup of broth over top of potatoes. Place in oven and heat through until lightly browned on top and heated through, about 15 to 20 minutes. Remove from oven and sprinkle with thyme and chives.

502 calories / 13 g fat / 3 g saturated fat / 68 g carbohydrate / 13 g sugar / 14 g fiber / 33 g protein / 65 mg cholesterol / 330 mg sodium

## COMFORTING HALIBUT AND POLENTA

- 5 oz. halibut or other firm white fish
- 1 cup instant polenta
- $\frac{1}{2}$  cup low-sodium canned organic tomatoes, diced
- Salt, pepper, and herbs (*to taste*)

**TO PREPARE:** Preheat tabletop grill or stovetop grill pan and grill halibut until it's cooked through and flakes easily with a fork. Microwave tomatoes, or warm in pan on stove until heated through. Cook polenta according to package instructions (be sure to whisk out any lumps as you add polenta to the boiling water). When done, remove polenta from heat and spoon onto a plate, then top with tomatoes and halibut.

490 calories / 22 g fat / 4 g saturated fat / 42 g carbohydrate / 5 g sugar / 4 g fiber / 26 g protein / 70 mg cholesterol / 550 mg sodium

## STIR-FRY IN MINUTES

- 2 tsp. vegetable oil
- 3 oz. sliced lean raw pork, beef, chicken, or cubed firm tofu
- $\frac{1}{3}$  cup canned water chestnuts, rinsed and drained
- $\frac{1}{3}$  cup canned bamboo shoots, rinsed and drained
- $\frac{1}{3}$  cup fresh bean sprouts
- $\frac{1}{3}$  cup fresh snow peas
- 1 Tbsp. low-sodium soy sauce
- 1 tsp. honey
- 1 tsp. fresh lime juice
- 1- $\frac{1}{2}$  Tbsp. rice wine vinegar
- 1 tsp. chili sauce
- 2 dashes sesame oil
- $\frac{3}{4}$  cup instant brown rice, cooked according to package directions

**TO PREPARE:** In a small bowl, combine soy sauce, honey, lime, vinegar, chili sauce, and sesame oil and stir to mix well; set aside. Heat vegetable oil in a large pan over high heat. Add pork or other protein and stir quickly to cook. (Make sure pork or chicken is thoroughly cooked before serving.) Push meat/tofu to sides of pan and add vegetables; stir-fry until heated through but still crisp. Place rice on a plate and spoon meat/vegetable mixture over rice. Pour sauce mixture from bowl over all and serve. Dinner in less time than getting food delivered!

518 calories / 19 g fat / 4 g saturated fat / 54 g carbohydrate / 10 g sugar / 5 g fiber / 35 g protein / 80 mg cholesterol / 620 mg sodium





## CHILI OF CHAMPIONS

[makes 2 large servings]

- 1 Tbsp. vegetable oil
- 1/2 small onion, peeled and chopped
- 1 clove garlic, peeled and chopped
- 1 15-oz. can low-sodium kidney beans, rinsed and drained
- 1/4 cup salsa
- 2 Tbsp. roasted red peppers [fresh or from jar]
- 1 cup low-sodium diced tomatoes [from can]
- 1/2 tsp. chili powder
- 1/8 tsp. ground cumin
- 1 cup warm water
- Salt and pepper [to taste]

**TO PREPARE:** Heat olive oil in a pot over medium heat. Add onion and garlic; sauté until onion is translucent. Add other ingredients to pot and stir to combine. Bring to a boil, reduce heat, and simmer until it thickens a bit.

490 calories / 17 g fat / 1 g saturated fat / 66 g carbohydrate / 15 g sugar / 16 g fiber / 19 g protein / 0 mg cholesterol / 520 mg sodium

## POULTRY GRILLED TO PERFECTION

- Fat-free cooking spray
- 4 oz. chicken or turkey breast
- 1/2 Tbsp. olive oil
- Salt, pepper, and herbs [to taste]—try sage, rosemary, or thyme
- 3/4 cup sliced zucchini
- 1 large bell pepper, cored, seeded, and cut into large slices
- 1/2 cup cooked quinoa
- 2 Tbsp. fresh Parmesan cheese

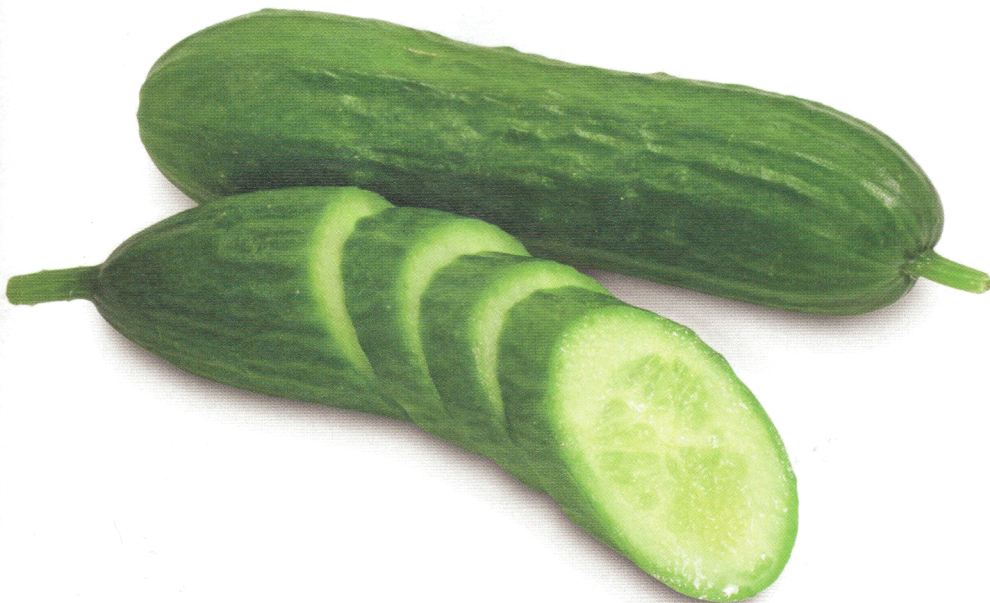
**TO PREPARE:** Spray grill [countertop or outdoor] or stovetop griddle pan with fat-free cooking spray and heat. Lightly brush chicken or turkey breast with olive oil and sprinkle salt, pepper, and herbs on both sides. Cook for 5 to 6 minutes, or until juices run clear.

Brush zucchini and pepper slices with olive oil and sprinkle salt, pepper, and herbs on both sides. Cook on grill until crispy.

It's a good idea to keep some cooked quinoa in the fridge for various recipes; 1 cup raw makes 2 to 3 cups cooked. Heat 1/2 cup cooked quinoa in nonstick pan on stovetop until heated through. Lightly sprinkle with Parmesan cheese to taste.

Place quinoa on plate. Top with grilled chicken and veggies and serve.

488 calories / 19 g fat / 5 g saturated fat / 31 g carbohydrate / 8 g sugar / 6 g fiber / 46 g protein / 115 mg cholesterol / 320 mg sodium





ENJOY 2 SNACKS EACH DAY,  
APPROXIMATELY 150 CALORIES EACH.

## YOGURT AND HEALTH

$\frac{1}{2}$  cup nonfat yogurt with  $\frac{1}{2}$  cup sliced strawberries or blueberries and 1 Tbsp. shelled walnuts

## PROTEIN POW

2 oz. sliced (low-sodium) turkey or chicken (with mustard) and a pear

## EAT THIS

4 small balls of buffalo mozzarella (about 1 ounce) and 8 grape tomatoes on skewers (season with a drizzle of olive oil and balsamic vinegar)

## VIRTUE SNACK

1 cup strawberries and  $\frac{1}{2}$  oz. unsalted almonds (about 10 to 12 almonds)

## ENERGY TO GO

1 small sliced apple with 1 Tbsp. all-natural peanut butter

## TASTES NAUGHTY

$\frac{1}{2}$  cup 1% to 2% cottage cheese with  $\frac{1}{2}$  cup chunks of pineapple (fresh, or canned and drained of juice)

## THE GARDEN

$\frac{1}{4}$  cup hummus with 5 baby carrots, 5 sliced red pepper spears, and 2 whole wheat melba toast rounds (or other whole wheat crackers)

## GO CRUNCH

$\frac{1}{2}$  oz. cheese on a rice cake, with a small sliced apple on the side

## FAR EAST

$\frac{1}{2}$  cup shelled edamame, with a small sliced peach or plum

## PARFAIT

$\frac{1}{2}$  cup unsweetened applesauce mixed with  $\frac{1}{2}$  cup nonfat vanilla yogurt, a dash of cinnamon, and 1 Tbsp. slivered almonds

## KINDA PB & J

1 Tbsp. all-natural peanut or cashew butter on a rice cake with  $\frac{1}{2}$  cup sliced strawberries





## FIGURE OUT YOUR CALORIE ALLOWANCE

**If one of your TAI CHENG™ goals is losing weight, it's helpful to know the number of calories you should consume each day.**

To get started, simply multiply your current weight by 10. The resulting number determines your calorie allowance for weight loss. For example, if you weigh 180 pounds, you'll multiply 180 by 10, meaning you should eat 1,800 calories per day to help you lose weight. This calorie equation is the simplest way to determine calorie needs without having your metabolism tested. For most individuals, this method will accurately predict their calorie allowance for weight loss within a 10 percent margin of error, but it's important to keep in mind that this is just a ballpark figure. If you're not feeling good about your diet, check out the My Meal Planner page on [TeamBeachbody.com](http://TeamBeachbody.com) and consider a change.

### ROUNDING UP AND DOWN:

No calculation is exact. So for those of you whose calorie allowance is greater than 2,000 (which would mean that your starting weight is more than 200 pounds), we suggest rounding down to 2,000 calories as your starting point. For those of you who come in below 1,400 calories (which would mean that your starting weight is less than 140 pounds), we suggest rounding up to 1,400 calories as your starting point.

You'll find that as time goes on and you lose weight, you may need to recalculate your calorie allowance. However, this can get a little tricky, because you're replacing lost fat with muscle on your frame, which now changes the way you burn calories. Logically, if you weighed 180 pounds before and now weigh 165 pounds, your new calorie allowance would be 1,650 calories per day. However, because you've been exercising, your daily caloric burn "at rest" will have increased. So to continue losing weight and compensate for that extra caloric burn, you'll want to multiply your current weight by 10, and then multiply that number by 1.2 because you're no longer a sedentary individual. That means that rather than a daily calorie allowance of 1,650, you should now be eating 1,980 calories to continually lose weight as long as you are still exercising (and why wouldn't you be?).

### MAKING HEALTHY CHOICES

Making deliberate decisions about the foods you consume is one of the most powerful tools you have to reach your health and fitness goals. As we know, it can be difficult to avoid eating any processed foods at all, since grocery store shelves offer so many canned and packaged goods. To help you make more informed choices, we're providing some basic, useful guidelines about how to read nutritional labels, as well as Michi's Ladder, an essential guide to eating whole and healthy foods.



## HOW TO READ LABELS

### MAKE SENSE OF WHAT'S IN THE PACKAGE

Most packaged foods have a Nutrition Facts label. Use this information to make healthy choices quickly and easily.

Don't get tricked. Many single-serving foods are broken into two servings to hide calories.

Calories provide a measure of how much energy you get from a serving of this food.

Nutrients in the highlighted zone: saturated fat, trans fat, cholesterol, and sodium. Limit these, as they may increase various health risks, like obesity, heart disease, and high blood pressure.

Fiber check: Fiber contains zero calories and promotes regularity. You should have at least 25 grams in your daily diet.

Daily Values footnote: Makes recommendations based on a diet of 2,000 or 2,500 daily calories. Make sure these values match your daily caloric needs.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250      Calories from Fat 110

% Daily Value\*

Total Fat 12g      18%

Saturated Fat 3g      15%

Trans Fat 1.5g

Cholesterol 30mg      10%

Sodium 470mg      20%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

Protein 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

## THE ORGANIC QUESTION

Should you eat organic or not? We think you should! It's not a must-do, but it's certainly better for you, particularly when it comes to soy and dairy. Organic soy cannot by definition be genetically modified, so paying a few extra cents for your tofu means you're simultaneously avoiding both GMOs and pesticide residues that can linger on crops.

Organic dairy is free of various hormones and antibiotics that are fed to conventionally raised cows. Also, recent studies out of England show that organic milk is more nutritionally consistent and contains a higher concentration of omega-3 fatty acids. The same generally holds true for organic and grass-fed meats.

As for organic produce, again, you're avoiding pesticide residues and any potential genetic engineering. As for increased nutritional value, the honest truth is that scientific research has yet to come up with a conclusive answer. That said, we'd put our money on the answer being yes!



# MICHI'S LADDER

PROTEIN = P CARB = C FAT = F

MICHI'S LADDER is a guideline for healthy nutrition. If you eat only from tiers 1 and 2, you'll have a near-perfect diet. Eating clean foods that properly fuel your body provides it countless health and mental benefits. As a daily range, you should strive to eat 70% from tier 1, 22% from tier 2, 5% from tier 3, 2% from tier 4 and less than 1% from tier 5. Log in to [TeamBeachbody.com](http://TeamBeachbody.com) for fantastic meal-planning tools.

## TIER 1: THE PIOUS TIER

|                             |   |   |   |
|-----------------------------|---|---|---|
| Amaranth <b>P C</b>         | Chard <b>P C</b>                            | Kiwifruit <b>C</b>                            | Radishes <b>C</b>                         |
| Apples, with skin <b>C</b>  | Cherries <b>C</b>                           | Lentils <b>P F C</b>                          | Raspberries <b>C</b>                      |
| Artichokes                  | Chickpeas <b>P C</b>                        | Lettuce (romaine, green or red leaf) <b>C</b> | Refried beans (nonfat) <b>P C</b>         |
| (without sauce) <b>P C</b>  | Citrus fruits <b>C</b>                      | Melon, <b>C</b>                               | Rice, whole grain <b>C</b>                |
| Arugula <b>C</b>            | Collard greens <b>P C</b>                   | Milk, nonfat <b>P C</b>                       | Salsa (natural, no sugar or oil) <b>C</b> |
| Asparagus <b>C</b>          | Cottage cheese, nonfat <b>P</b>             | Mushrooms <b>C</b>                            | Spelt <b>P C</b>                          |
| Barley <b>C</b>             | Cucumbers <b>C</b>                          | Mustard <b>C</b>                              | Spinach <b>P C</b>                        |
| Beans <b>P F C</b>          | Egg whites <b>P</b>                         | Natto <b>P F C</b>                            | Squash <b>C</b>                           |
| Beets <b>C</b>              | Endive <b>C</b>                             | Nectarines <b>C</b>                           | Strawberries <b>C</b>                     |
| Blueberries <b>C</b>        | Fish (broiled, steamed, grilled) <b>P F</b> | Onions <b>C</b>                               | String beans <b>P C</b>                   |
| Bok choy <b>C</b>           | Flaxseed <b>F</b>                           | Papayas <b>C</b>                              | Sweet potatoes <b>C</b>                   |
| Boysenberries <b>C</b>      | Garlic, fresh <b>C</b>                      | Peaches <b>C</b>                              | Tea (green or black, no sugar)            |
| Bran <b>C</b>               | Grapefruit <b>C</b>                         | Pears, with skin <b>C</b>                     | Tomato sauce (no sugar) <b>C</b>          |
| Broccoli <b>P C</b>         | Grapes <b>C</b>                             | Peas <b>P C</b>                               | Tomatoes <b>C</b>                         |
| Broccoli sprouts <b>P C</b> | Herbs                                       | Peppers <b>C</b>                              | Vinegar                                   |
| Brussels sprouts <b>P C</b> | Kale <b>P F C</b>                           | Pineapple <b>C</b>                            | Water                                     |
| Cabbage <b>C</b>            | Ketchup (homemade, no sugar) <b>C</b>       | Plums <b>C</b>                                | Yams <b>C</b>                             |
| Carrots <b>C</b>            |   | Prunes <b>C</b>                               | Yogurt, nonfat, no sugar <b>P C</b>       |
| Cauliflower <b>C</b>        |   | Quinoa <b>P C</b>                             | Zucchini <b>C</b>                         |
| Celery <b>C</b>             |   |   |   |

## TIER 2: THE HAPPY TIER

|   |  |   |  |
|---|--|---|--|
| Apples, skinless <b>C</b>                             | Corn <b>F C</b>                                  | Mangoes <b>C</b>                          | Seitan <b>P F C</b>                    |
| Applesauce (raw) <b>C</b>                             | Cottage cheese, low-fat <b>P F</b>               | Meat, wild game <b>P F</b>                | Squid <b>P F</b>                       |
| Avocados <b>F</b>                                     | Couscous <b>P F C</b>                            | Milk, 1% <b>P F C</b>                     | Steak, super lean <b>P F</b>           |
| Bagels, whole grain <b>C</b>                          | Cream cheese, nonfat <b>P</b>                    | Muesli, raw, no sugar <b>P F C</b>        | Stevia                                 |
| Bananas <b>C</b>                                      | Dates <b>C</b>                                   | Nut butters, raw, no additives <b>P F</b> | Sunflower seeds <b>P F</b>             |
| Bread, whole grain <b>F C</b>                         | Eggs, whole <b>P F</b>                           | Nuts, raw <b>P F</b>                      | Tahini <b>P F</b>                      |
| Broths (veggie, chicken, etc., low sodium) <b>F C</b> | Eggplant <b>C</b>                                | Oatmeal <b>P C</b>                        | Tempeh <b>P F C</b>                    |
| Buffalo, super lean (under 10% fat) <b>P F</b>        | Feta cheese, low-fat <b>P F</b>                  | Olive oil <b>F</b>                        | Tofu <b>P F C</b>                      |
| Cereal, whole-grain <b>P F C</b>                      | Fowl—skinless, white meat only <b>P F</b>        | Olives <b>F</b>                           | Vegetable juice <b>C</b>               |
| Cheese, nonfat <b>P</b>                               | Figs <b>C</b>                                    | Plantains <b>C</b>                        | Veggie burger <b>P F C</b>             |
| Coconut <b>F</b>                                      | Granola, raw, no sugar <b>P F C</b>              | Pork tenderloin <b>P F</b>                | Yacon syrup <b>C</b>                   |
| Coffee, black or cappuccino w/ nonfat milk <b>C</b>   | Hummus <b>P F C</b>                              | Raisins <b>C</b>                          | Yogurt, low fat, no sugar <b>P F C</b> |
|   | Juice, fresh-squeezed w/ pulp, no sugar <b>C</b> | Ricotta cheese, nonfat <b>P</b>           |  |
|   |  | Ry Krisp® <b>C</b>                        |  |



### TIER 3: THE SWISS TIER

Agave nectar **C**  
 Almond milk **PFC**  
 Applesauce (big brand) **C**  
 Beef, ground, super lean (under 10% fat) **PF**  
 Beef, lean cuts **PF**  
 Broths (veggie, chicken, etc.) **C**  
 Butter, unsalted **F**  
 Canola oil **F**  
 Cheese, hard  
 Cheese, low-fat **PF**  
 Chicken taco, baked **PFC**  
 Chili (no lard/or sugar added) **PF**

Crackers, whole grain **FC**  
 Cream cheese, low-fat **PF**  
 Fowl, ground, super lean (under 10% fat) **PF**  
 Fowl, skinless, dark meat only **PF**  
 French fries, baked **FC**  
 Fruit, dried **C**  
 Granola (no sugar added) **C**  
 Honey **C**  
 Jam or marmalade (no sugar added) **C**  
 Ketchup (store bought, no sugar added) **C**  
 Lamb, lean **PF**

Lettuce, iceberg **C**  
 Maple syrup (natural, no sugar added) **C**  
 Milk, 2% **PFC**  
 Molasses **C**  
 Muesli (big brand) **PC**  
 Oatmeal, flavored **PC**  
 Pancakes, buckwheat **C**  
 Pasta, whole grain **C**  
 Pickles **C**  
 Popcorn, plain **FC**  
 Potatoes, baked or boiled **C**  
 Refried beans, low-fat **PFC**  
 Rice cakes **C**  
 Rice milk **C**

Rice, white **C**  
 Sauerkraut **C**  
 Shellfish **P**  
 Shrimp **P**  
 Soy milk **PFC**  
 Soy nuts **PFC**  
 Sugar alcohols (Truvia & anything ending in -tol) **C**  
 Sushi **PFC**  
 Tortillas, whole wheat **FC**  
 Veal **PF**  
 Wine, red **C**  
 Wine, white **C**

### TIER 4: THE DODGY TIER

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)  
 Bagels, refined flour **C**  
 Beef, ground, lean (under 20% fat) **PF**  
 Beer **C**  
 Bread, refined flour **C**  
 Butter (salted) **F**  
 Caesar salad, w/ chicken **PFC**  
 Canadian bacon **PF**  
 Cheese, soft (including bleu and goat) **F**  
 Chips, low-fat, baked **C**  
 Cobb salad **PFC**  
 Coffee, iced mocha latte w/ nonfat milk **PC**

Coffee, latte w/ whole milk **PFC**  
 Coffee cake **FC**  
 Crackers **FC**  
 Cream cheese **F**  
 Fish, fried **PF**  
 Fowl, with skin **PF**  
 Fowl, ground, lean (under 20% fat) **PF**  
 Graham crackers **C**  
 Ham **PF**  
 Hot dogs, turkey **PF**  
 Ice cream, sugar-free or fat-free **FC**  
 Jell-O **C**  
 Jerky, turkey **P**  
 Juice, from concentrate **C**

Lamb chops **PF**  
 Lasagna **PFC**  
 Macaroni and cheese **FC**  
 Mayonnaise **F**  
 Meat loaf **PF**  
 Milk, whole **PFC**  
 Muffins **FC**  
 Nut butters, processed **FC**  
 Nuts, salted or roasted **F**  
 Pancakes **FC**  
 Peanut butter, not raw **FC**  
 Pizza, thin crust veggie **PFC**  
 Popcorn, w/ salt and butter **FC**  
 Pork chop **PF**  
 Potato salad or macaroni salad **FC**  
 Pretzels **C**

Pudding, w/ low-fat milk **FC**  
 Reuben sandwich **PFC**  
 Sauce, steak, etc. **C**  
 Sherbet **C**  
 Sloppy Joe, lean beef or turkey **PFC**  
 Soup, canned creamy **PFC**  
 Soy sauce  
 Spaghetti, w/ meatballs **PFC**  
 Sub sandwich **PFC**  
 Sweet-and-sour sauce **FC**  
 Tortilla, refined flour or corn **FC**  
 Tuna salad or chicken salad **PF**  
 Yogurt, frozen **C**

### TIER 5: THE NEWBURG TIER

Alcohol, hard liquor  
 Bacon **PF**  
 Baked beans **PFC**  
 Beef, ground, regular (over 20% fat) **PF**  
 Beef taco, fried **PFC**  
 "Breaded" foods **FC**  
 Breakfast sandwich, fast food **PFC**  
 Cake **FC**  
 Candy **PFC**  
 Cereal, sugared **PFC**  
 Chicken a la King **PFC**  
 Chicken, buffalo wings, nuggets, tenders **PFC**  
 Chicken or fish sandwich, fried **PFC**

Chicken fried steak **PFC**  
 Chips, potato or corn **FC**  
 Chocolate **PFC**  
 Cinnamon bun **FC**  
 Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. **FC**  
 Cookies, Oreo® etc. **FC**  
 Creamed veggies **FC**  
 Creamer, nondairy **FC**  
 Diner fare **PFC**  
 Doughnuts **FC**  
 Energy drinks **C**  
 Fowl, ground, regular (over 20% fat) **PF**  
 French fries **FC**

Gravy **PF**  
 Grilled cheese sandwich **PFC**  
 Hamburger, fast food **PFC**  
 High fructose corn syrup **C**  
 Hot dogs **PFC**  
 "Hydrogenated" foods **F**  
 Ice cream **FC**  
 Jerky, beef, pork, venison **PFC**  
 Juice, sugar added **C**  
 Lobster Newburg **PFC**  
 Margarine **F**  
 Milk, cream or half-and-half **PFC**  
 Nachos **FC**  
 Onion rings **FC**  
 Pastries **FC**  
 Pies **FC**

Pizza, delivered **PFC**  
 Potato skins, fried **FC**  
 Refried beans, w/ lard **PFC**  
 Salad dressing, creamy **FC**  
 Sausage **PF**  
 Soft drinks, diet (read the studies)  
 Soft drinks, sugared **C**  
 Sports drinks and foods (OK if playing sports)  
 Sugar, refined **C**  
 Syrup **C**  
 Tater tots **FC**  
 Toaster pastries **FC**  
 Vegetable oil (cheap big brand) **F**