

Get On Track Fitness & Nutrition

Food Exchanges:

Hi Fat Days

Hi Fat Proteins :

- Whole Eggs (Not Egg Whites) Rotisserie Chicken with Skin
- Steak (any red meat)
- Ground Beef (Hamburger Pattie)
- Brisket
- Pork Chops
- Veal
- Veal Chop
- Hot Dogs (Beef)
- Sausage
- Lamb
- Chicken Wings (Not Breaded) Fried with Hot Sauce
- Salmon
- Ahi Tuna
- Sausage (Pork or Turkey)
- Bacon (Pork or Turkey)
- Salami
- Pepperoni
- Roast Beef
- Corn Beef
- Tuna Salad , Egg Salad, Chicken Salad with Regular Mayo

Hi Fat Cheeses:

- Kraft Deli Deluxe American Cheese
- Boars Head Lacey Swiss Cheese
- Boars Head Vermont Cheddar Cheese
- Boars Head Munster Cheese
- Mozzarella Cheese
- Blue Cheese
- Feta Cheese
- Boars Head Monterey Jack cheese
- Boars Head Picante Sharp Provolone Cheese

Fats:

- Regular Salad Dressings (Only Caesar, Blue Cheese, Ranch or Olive Oil & Vinegar)
- Olive Oil
- Vegetable Oil
- Canola Oil
- Butter
- Mayonnaise

Hi Fat Vegetables:

- Lettuce Only with Caesar Dressing
 - Lettuce Only with Blue Cheese Dressing
 - Lettuce Only with Olive Oil & Vinegar
 - Lettuce Only with Ranch Dressing
 - Broccoli with Olive Oil or Butter or Cheese
 - Green Beans with Olive Oil or Butter
 - Spinach with Olive Oil or Butter
 - Cream Spinach
 - Zucchini with Olive Oil or Butter
 - Asparagus with Olive Oil or Butter
 - Egg Plant with Olive Oil / Tomato Sauce/ Cheese
- Mushrooms
Onions
Peppers
Garlic

Hi Fat Low Carb Protein Bars and Shakes (0--3 grams of sugar or 3 Net carb)

- Pure Protein Bars * Think Thin Bar
 - Atkins Protein Bars
 - Atkins Day Break Bars
 - EAS Carb Control Bars
 - Supreme Protein Bars
 - Atkins Advantage Shake
 - Lean Body Milk Shake(LABRADA NUTRITION)
- “ANY BAR OR SHAKE CAN BE EXCHANGED WITH ANY HI FAT PROTEIN OR HI FAT CHEESE”**

Equal Days (Modified High Day)

Proteins:

- Whole Eggs (as indicated) Egg Whites or Egg Beaters
 - Grilled or Baked Chicken (Breast or Thigh “ No Skin “)
 - Grilled or Baked Pork Chops
 - Baked Pork Loin
 - Grilled or Baked or Raw Salmon
 - Grilled or Baked Shrimp (15 Med)
 - Chilled Shrimp Cocktail with Cocktail Sauce
 - Grilled or Baked Snapper
 - Grilled or Baked Grouper
 - Grilled or Seared or Raw Ahi Tuna
 - Grilled or Baked Tilapia
 - Grilled or Baked Mahi Mahi
 - Grilled or Baked Flounder
 - Turkey Burger
 - Turkey Tenderloin
 - Deli Turkey Breast
 - Deli Deluxe Ham
 - Deli Chicken Breast
 - Star Kist (Salmon or Tuna Creations)
 - Cottage Cheese (2 %)
- “LEAN DELI MEATS CAN BE EATTEN AT ANY MEAL OR SNACK OR IF YOU'RE STILL HUNGRY”**

Equal Day Low Carb Protein Bars and Shakes (0--3 grams of sugar or 3 Net carb)

- Pure Protein Bars
- Atkins Protein Bars
- Atkins Day Break Bars
- EAS Carb Control Bars
- Supreme Protein Bars
- EAS Advantage Edge “Carb Control” Drink Shake

Equal Day Vegetables:

- Large or Medium Salad
(Lettuce , Tomato,Cucumber ,Peppers,Onions ONLY !)
- Steamed Broccoli Mushrooms
- Steamed Green Beans Peppers
- Zucchini Garlic
- Spinach Brussel Sprouts
- Cabbage
- Cauliflower
- Asparagus
- Red or Green Peppers
- Onions
- Egg Plant
- Yellow Squash
- Cucumbers
- Tomato

AT ANY LUNCH 2 SLICES OF 40 CALORIE BREAD (WHOLE WHEAT) CAN BE EXCHANGED FOR A LARGE SALAD OR GREEN VEGETABLE

Always Steam your veggies first then add the indicated amount of either Oil or Butter add salt and pepper for taste .Other Seasoning are okay .

Equal Day Fats :

- Olive Oil (Please measure Indicated Amount)
- Butter (Please measure Indicated Amount)
- Mayonnaise (Please measure as indicated)
- Light Mayonnaise (Please use as indicated)
- Pam Spray
- I can't Believe it's not Butter Spray

(use very lightly if needed **or** in exchange for 1 Tbsp of Olive Oil or Butter)

Low Calorie Day (Very Low Fat / Moderate Carbohydrates)

Low Fat Proteins: Pam Spray For All Your Cooking! “NO BUTTER OR OIL”

- Egg Whites or Egg Beaters
- Grilled or Baked or Breaded and Baked Chicken (Breast “ No Skin “)
- Grilled or Baked or Breaded and Baked Pork Loin
- Grilled or Baked or Breaded and Baked Shrimp (15-22 Med)
- Chilled Shrimp Cocktail with Cocktail Sauce (6-15)
- Grilled or Baked or Breaded and Baked Snapper
- Grilled or Baked or Breaded and Baked Grouper
- Grilled or Baked or Breaded and Baked Tilapia
- Grilled or Baked or Breaded and Baked Mahi Mahi
- Grilled or Baked or Breaded and Baked Flounder
- Steamed or Baked Clams or Scallops or Lobster (No Oil)
- Turkey Burger (White Meat)
- Turkey Meat Loaf (White Meat)
- Turkey Tenderloin
- Deli Turkey Breast “LEAN DELI MEATS CAN BE EATTEN AT ANY
- Deli Deluxe Ham MEAL OR SNACK OR IF YOU’RE STILL HUNGRY”
- Deli Chicken Breast
- Star Kist (Salmon or Tuna Creations)

Vegetables:

- Large or Medium Salad
(Lettuce , Tomato,Cucumber ,Peppers,Onions ONLY !)
- Steamed Broccoli Mushrooms
- Steamed Green Beans Peppers
- Zucchini
- Spinach
- Cabbage
- Cauliflower
- Asparagus
- Red or Green Peppers
- Onions
- Egg Plant
- Yellow Squash
- Cucumbers
- Tomato

**All Vegetables Must Be Steamed! Add Any Seasoning You Like.
If Needed Use Very Little Spray Butter for Taste**

Complex Carbohydrates :

Starches

- Baked Potato (You Can Mash It With Skim Milk and Fat Free Sour Cream, Molly Mc Butter, Salt and Pepper)
- Red Potatoes
- Sweet (Baked Potato)
- Steamed White Rice (No Oil Added)
- Steamed Brown Rice (NO Oil Added)
- Steamed Yellow Rice (No Oil Added)
- Corn (Canned or Frozen)
- Corn on the Cob (2 Ears)

Cereals:

- Cheerio's (Regular or Honey Nut) (1 ½ cups)
- Corn Flakes (1 cup)
- Rice Krispies (1 ½ cup)
- Special K ((1 cup)
- Honey Bunches of Oats (1cup)
- Instant Oatmeal Plain (1 Packet)
- Instant Grits Plain (1 Packet)

Bread:

- Nature's Own Whole Wheat "40 Calorie Bread"
- Plain Unsalted Rice Cakes (2)

Fruits:

- Apple (Medium to Large)
- Pear
- Orange
- Peach (2 Medium or 1 Large)
- Plums (2 Medium)
- Strawberries or Any Berries (1 cup)
- Kiwi (2 -3)
- Grapes (10-15)
- Pineapple (1 cup)
- Cantaloupe (¼ or 1 cup)
- Banana
- Apple Sauce " No Sugar Added" (1 cup)

NO MANGO'S or WATERMELON

Seasoning and Condiments: “Fat Free Products are to be Used on Low Calorie Days”

- Fat Free Salad Dressings (Any Kind)
- Regular Salad Dressings (Only Caesar, Blue Cheese, Ranch or Olive Oil & Vinegar) (Hi Days)
- Balsamic Vinegar (Not with Oil)
- Rice Vinegar
- Lemon Juice
- Garlic
- Onion
- All Seasonings
- Tomato Sauce (Low fat)
- Salsa
- Fat Free Sour Cream
- BBQ Sauce
- Teriyaki Sauce
- Soy Sauce
- Sweet & Sour Sauce
- Hot Sauce
- Ketchup
- Fat Free Sour Cream
- Fat Free Tartar Sauce
- Molly Mc Butter (Sprinkle)
- Cooking Wine
- Mustard / Fat Free Mayo / Fat Free Miracle Whip
- Sugar Free Jelly

**WHEN BREADING YOUR CHICKEN OR FISH USE EGG WHITES
AS YOUR BATTER THEN USE ANY TYPE OF BREAD CRUMBS YOU LIKE.**

**LOW FAT TOMATO SAUCE AND FAT FREE CHEESE CAN BE ADD TO
CREATE A FAT FREE CHICKEN PARMESEAN.**