

# **FX WORX Healthy Choices Food Substitutions Lists**

## **Carbohydrate Choices**

- Oatmeal, oat bran
- Sweet potato, yam
- Wild rice, brown rice
- Couscous
  
- Legumes: kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans, lentils
  
- Fruit: apples, oranges, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, bananas, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
  
- Light Yogurt (no sugar added)
- Whole Grain Breads: 100% Whole Wheat, Ezekiel, Millet
- 100% whole wheat tortilla wraps
- Quinoa
- Potatoes
- Corn, Peas, Carrots

## **Protein Sources**

- Beef (steak, ground beef, etc) Grass fed preferred
- Cottage Cheese
- Deer/Venison
- Eggs (whole or whites)
- Fish (salmon, tilapia, haddock, mackerel, cod, tuna, herring, etc)
- Ham (fresh)
- Lamb
- Milk protein powders (whey and/or casein)
- Pork (tenderloin, chop, etc)
- Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc)
- Skinless Chicken breast
- Turkey breast

## Fat Sources

### Dairy

- Butter
- Cheese
- Cottage Cheese
- Cream

### Oils

- Coconut Oil
- Extra Virgin Olive oil
- Flax-seed oil
- Marine/Fish oils
- Hemp Oil

### Raw Nuts 6-

#### 12 pcs

- Almonds
- Brazil Nuts
- Hazelnuts
- Peanuts (in moderation)
- Pecans
- Walnuts

## Other fats

- All Natural Peanut Butter (in moderation)
- Almond Butter
- Avocado
- Flax seeds (ground)
- Egg yolks

## Veggies

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Repine
- Green Onion
- Leek
- Lettuce – any type
- Mushroom
- Okra
- Onion
- Pepper, Bell
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

# Healthy Choices Food Substitutions Lists

## Authorized Proteins and Veggie Choices for Deplete Days

### Veggies for Deplete Days

- Asparagus
- Broccoli
- Cucumber
- Lettuce
- Cabbage
- Cauliflower
- Spinach
- Radishes
- Celery
- Mushrooms
- Peppers
  
- Limit tomatoes
- No Squash
- No Zucchini
- No Peas, Corn, or Carrots

### Proteins for Deplete Days

- Eggs and egg whites
- Cottage cheese
- Lean beef
- Turkey breast
- Chicken breast
- Whey protein powder
- Fresh fish: Salmon, Trout, Tuna, Cod

### Fats for Deplete Days

- Flaxseed Oil
- [Krill oil](#)
- Olive oil
- Mayo
- Cheese
- Butter
- Avocado
- Coconut oil
- Watch portion sizes on nut butters
- Walnuts

### Deplete Days

- You may use condiments, but remember to always check and count carbs.
  
- NOTE: Certain veggies are forbidden on Deplete days to help further accelerate fat loss. Stick to the list on this page. These vegetables can be consumed on baseline days and are normally “healthy” choices, but we want to limit calories and turn off sugars as much as possible on Deplete Days.

# Other Miscellaneous Nutrition Tips and Insights Coffee Intake

What about coffee? I get this question ALL the time.

**The good news about coffee:** In moderation it can help enhance the process of liberating fatty acids for fat loss. It's also been shown to increase the absorption of post workout carbohydrate intake.

**The bad news about coffee:** Most people abuse coffee by drinking way too much or adding creamers and sweeteners that are unhealthy and promote fat storage. Any type of excess caffeine intake can wreak havoc on the adrenal glands and create a very acidic environment inside the body. This can definitely affect your fat-loss goals negatively if not monitored properly.

**Coffee Guidelines:** Feel free to have a cup or two per day, but try to avoid artificial sweeteners and creamers that have sugar and preservatives. I recommend using black coffee with a little bit of stevia. You can also add a little organic heavy cream, almond or coconut milk. *Just don't overdo it.*