

ONE FOR ONE SUB LIST



Here is the “one for one” list. Use this list to size out the correct portions of protein, veggies, fats, and carbs so that you can get the foods you love the most into each and every recipe!

CARBS

- ¼-½ cup cooked quinoa
- ¼-½ cup cooked farro
- ¼-½ cup cooked barley
- ¼-½ cup cooked brown rice
- 2 brown rice cakes
- ½ cup cooked steel cut oatmeal
- ½ cup cooked oats
- 1/3 cup couscous
- 1/3 cup whole wheat or gluten free pasta
- 1/3 cup polenta
- 3 cups popped popcorn (made at home, not microwaveable)

STARCHY VEGETABLES

- ½ cup corn
- ½ cup peas
- 1/3 cup ripe plantain
- ½ boiled or baked potato
- ½ boiled or baked sweet potato or yam
- 1 cup canned or fresh pumpkin
- 1 cup canned or fresh winter squash (acorn, butternut, etc.)

FRUITS

- 1 small apple
- ½ cup applesauce (unsweetened)
- ½ large or 1 small banana
- 2/3 cup berries
- 1 cup melon
- 2 tbsp dried fruit
- ½ large or 3/4 small grapefruit
- 15 grapes
- ½ cup mango
- 1 small orange
- 1 cup papaya

- 1 small peach
- ½ large pear
- ¾ cup fresh pineapple
- 2 tbsp raisins

LEGUMES

- ½ cup beans (black, kidney, garbanzo, pinto, etc.)
- 1/3 cup baked beans
- ½ cup lentils
- ½ cup peas (split)

FATS

- 1 oz raw, unsalted nuts or seeds (approximately 1 small handful or 1/8 cup, or 26-28 nuts). Could include almonds, walnuts, cashews, pumpkin seeds, etc.
- 1 tbsp almond, peanut, or other nut butter (natural, no sugar added)
- 1 tbsp olive, coconut, flax, or avocado oil
- 1 tbsp grass-fed butter or ghee
- ½ Avocado
- 10 olives

PROTEINS

- 4 oz meat (about 1 deck of cards, includes chicken, beef, pork, fish, lamb, turkey, etc.)
- 1 serving of protein powder (as few artificial ingredients as possible, whey, hemp and pea are good options)
- ½ cup non-fat cottage cheese
- ½ cup non-fat plain Greek yogurt
- 3-5 egg whites or 1-2 whole eggs
- 1 cup organic, non-fat milk
- 2 oz cheese
- ½ cup tempeh
- ½ cup tofu