

The Ultimate Eat This, Not That Guide

Eat This

Not That

Salsa ----- Ketchup

Oatmeal ----- Cereal

Quinoa ----- Rice

Almonds ----- Pretzels

Sweet Potatoes ---- White Potatoes

Leafy Greens ----- Iceberg Lettuce

Greek Yogurt ----- Sour Cream

Egg Whites ----- Whole Eggs

Brought to you from GirlPower Fitness

Eat This

Not That

Whole Fruit ----- Fruit Juice

Spaghetti Squash ----- Spaghetti

Popcorn ----- Chips

EVOO ----- Vegetable Oil

Sparkling Water ----- Cola

Lemon + EVOO ----- Salad Dressing

Homemade Granola ---- Store Bought

Grilled Chicken ----- Chicken Nuggets

BONUS!

If you want more protein

Chicken, Turkey, Egg Whites, Fish, Whey Protein, Lean Beef, Cottage Cheese, Greek Yogurt

If you want more carbs

Quinoa, Couscous, Potatoes, Oats, Beans, Peas, Pumpkin, Berries, Fruit, Squash, Whole Grains

If you want more fat

Eggs, Salmon, Bacon, Chia Seeds, Yogurt, Avocado, Nut Butter, Olives, Flaxseed