

# **Cheat Your Way Thin Quick Reference Cards**

**(Printable on 5x8 Index Cards)**

# Low-Carb Quick Reference

## Basic Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack
- Zero portions of carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

## Free Veggies

- |                    |                |
|--------------------|----------------|
| • Asparagus        | • Leek         |
| • Broccoli         | • Lettuce      |
| • Brussels Sprouts | • Mushroom     |
| • Cabbage          | • Okra         |
| • Cauliflower      | • Onion        |
| • Celery           | • Pepper, Bell |
| • Collard Greens   | • Radish       |
| • Cucumber         | • Snow Peas    |
| • Eggplant         | • Spinach      |
| • Fennel           | • Tomato       |
| • Green Onion      | • Zucchini     |

# Low GI/GL

## Quick Reference

### Basic Guidelines

- One portion of lean protein per meal/snack
- One portion of fat per meal/snack
- One portion of low GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

### Acceptable Carbohydrates on Low GI/GL Days

- **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, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries
- No-sugar added apple sauce; Light Yogurt (no sugar added)
- **Other Vegetables:** artichoke, beets, pumpkin, rutabaga, squash
- **Whole Grain Breads:** 100% Whole Wheat, Pumpernickel, Rye, Oat Bran, Buckwheat, Barley Kernal (limit to a max of one per day during low-GI/GL days)
- **Other Grains:** barley, basmati, quinoa, oatmeal, oat bran, 100% whole wheat tortilla wraps (limit to a max of one per day during low-GI/GL days)
- Oatmeal, oat bran (limit to a max of one meal per day on low GI/GL days)
- Sweet potato, yam (limit to a max of one per day on low GI/GL days)

# Higher GI/GL Quick Reference

## Basic Guidelines

- One portion of lean protein per meal/snack
- Zero portions of fat per meal/snack
- One portion of higher GI/GL carbohydrates per meal/snack
- One pre-bedtime protein shake
- Free veggies as desired

## Acceptable Carbohydrates on Higher GI/GL Days

- Any carb source from the low GI/GL list
- Wild rice, brown rice
- Couscous
- Cornmeal
- Cereals: All-Bran, Special K, Cheerios, Fiber One, Bran Chex, Bran Flakes
- Pasta – any type
- New potatoes
- Corn, Peas, Parsnips
- Bananas

The majority of carbs on these days should come from various grains, breads, potatoes, and pastas (again, fruit and legumes are okay, but limit their use on these days in favor of the “starchier” carbs/grains listed above).

Also, given that we are limiting fat intake with each meal/snack on higher GI/GL days, you'll want to choose lean protein sources such as chicken or turkey breast and avoid things like “dark meat” chicken and anything but extremely lean cuts of red meat.