HIGH VOLUME FOODS

*AKA GET A LOT FOR A LITTLE

TIPS TO ADD VOLUME

1. Add veggies to all your meals
- *In scrambled eggs/egg whites*
- *Stir fry with proteins*
- *To pasta dishes*
- *In casseroles*
- *In smoothies*
- *Add a small salad before main meals*

2. Mix or substitute carbs
- *White rice with cauliflower rice*
- *Sweet potato and butternut squash*
- *Pasta and Spaghetti squash*

*3. BAS (Big A** Salad) every day*

4. Broth based soups and stews

5. Pump up your oatmeal
- *Add egg whites*
- *Add shredded carrots*
- *Add shredded zucchini*
- *Add canned pumpkin*

6. Choose whole protein sources in place of shakes/bars when able to

NOTES

VEGETABLES - calories/100g	
ACORN SQUASH - 40	GREEN BEANS - 31
ARTICHOKES - 47	GREEN PEAS - 81
ARUGULA - 25	ICEBURG LETTUCE - 14
ASPARAGUS - 20	KALE - 49
BELL PEPPERS - 20	MUSHROOMS - 22
BOK CHOY - 13	PICKLES - 11
BROCCOLI - 34	POTATO, BOILED - 77
BRUSSEL SPROUTS - 43	PUMPKIN - 41
BUTTERNUT SQUASH - 45	RADISHES - 16
CABBAGE - 25	ROMAINE LETTUCE - 17
CARROTS - 41	SAUERKRAUT - 19
CAULIFLOWER - 25	SPAGHETTI SQUASH - 31
CELERY - 10	SPINACH - 23
CUCUMBER - 16	TOMATO - 18
EDAMAME - 122	TURNIPS - 28
EGGPLANT - 25	WATERCRESS - 11

FRUIT - calories/100g	
APPLES - 52	ORANGES - 47
BLACKBERRIES - 43	PEACHES - 39
BLUEBERRIES - 57	PLUMS - 46
GRAPEFRUIT - 42	RASPBERRIES - 53
HONEYDEW MELON - 36	STRAWBERRIES - 33
MELON - 34	WATERMELON - 30

PROTEIN - calories/100g	MISC. - calories/100g
CHICKEN BREAST - 165 BONELESS SKINLESS	APPLE CIDER VINEGAR
	BALSAMIC VINEGAR
DELI TURKEY MEAT - 90	LENTILS, COOKED - 116
EGG WHITES - 52	OATMEAL, COOKED - 68
GROUND TURKEY - 115 (99% LEAN)	POPCORN, AIR POPPED - 31/cup
	RED WINE VINEGAR
NONFAT COTTAGE CHEESE - 72	RICE CAKES
NONFAT GREEK YOGURT - 61	SHIRATAKI NOODLES, DRY - 2/3oz
SHRIMP - 106	SOBA NOODLES, COOKED - 99
SILKEN TOFU - 76	SOUP, BROTH BASED

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HIGH FIBER FOODS

*AKA KEEPING THINGS MOVING

FRUIT - 100g serving
APPLES - 2.4g
AVOCADO - 6.7g
BANANAS - 2.6g
BLACKBERRIES - 5.3g
BLUEBERRIES - 2.4g
FIGS, DRIED - 12g
FIGS, FRESH - 4g
GRAPES - 1g
GUAVA - 5g
MANGO - 1.6g
ORANGE - 2.4g
PEAR - 3.1g
PERSIMMON - 3.6g
PRUNES - 7g
RAISINS - 3.7g
RASPBERRIES - 6.5g
STRAWBERRIES - 2g

BREADS - 100g serving
PUMPERNICKEL BREAD - 3.6g
SEVEN GRAIN BREAD - 7g
SOURDOUGH BREAD - 7g
WHOLE WHEAT BREAD - 6g

NUTS & SEEDS - 28g serving
ALMONDS - 3.5g
CASHEWS - 0.9g
PECANS - 3g
PISTACHIOS - 3g
SEEDS, CHIA - 10g
SEEDS, PUMPKIN - 5g
SEEDS, SUNFLOWER - 3g
WALNUTS - 2g

VEGETABLES- 100g serving
ARTICHOKE - 8.6g
BEETS - 2.8g
BROCCOLI - 2.6g
BRUSSEL SPROUTS - 2.6g
CABBAGE - 2.5g
CARROTS - 2.8g
CAULIFLOWER - 2.5g
GREEN BEANS - 3.4g
GREEN PEAS - 4.1-5.5g
PEAS, SPLIT - 8.3g
TOMATOES - 1.2g

GREENS - 100g serving
ARUGULA - 1.6g
BOK CHOY - 1g
COLLARD GREENS - 4g
ICEBURG - 1.2g
KALE - 3.6g
ROMAINE - 2.1g
SPINACH - 2.2g
SPRING MIX - 2.2g
SWISS CHARD - 1.6g

LEGUMES - 100g serving *cooked
BEANS, ADZUKI - 7.3g
BEANS, BAKED - 5.5g
BEANS, BLACK - 8.7g
BEANS, KIDNEY - 6.4g
BEANS, LIMA - 5.3g
BEANS, MUNG - 7.6g
BEANS, NAVY - 10.5g
BEANS, PINTO - 9g
CHICKPEAS - 7.6g
EDAMAME - 5.2g
LENTILS - 6.4g

ROOT VEGETABLES - 100g serving
PARSNIP - 4.9g
POTATOES, RED - 2.6g
POTATOES, RUSSET - 1.6g
POTATOES, SWEET - 3.8g
PUMPKIN, CANNED - 2.5g
SQUASH, WINTER - 1.5g

COOKED GRAINS - 100g serving
BARLEY, PEARLED - 3.8g
BUCKWHEAT - 2.7g
CORNMEAL (GRITS) - 1g
COUSCOUS - 1g
QUINOA - 2.8g
RICE, BROWN - 2g
RICE, WHITE - 0.3g
RICE, WILD - 1.8g
RICE BRAN - 21g

PRE-COOKED GRAINS - 100g serv.
OATS - 10.6g
CREAM OF WHEAT, 1 PKT - 1g

CEREAL - per serving on box
CORN FLAKES - 1.4g
FROSTED SHREDDED WHEAT - 6g
HONEY MAID SMORES - 1g
MULTIGRAIN CHEERIOS - 3g
POPS - 2g
RAISIN BRAN - 7g

SNACK FOOD - 100g serving
CHOCOLATE, DARK (APP 85%) - 11g
POPCORN, AIR POPPED - 13g

PRODUCTS
BANZA - 5g/serving

**Raw unless otherwise listed.*
***Recommended fiber per day for women: 25-35g*

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