



A BALANCED YOU



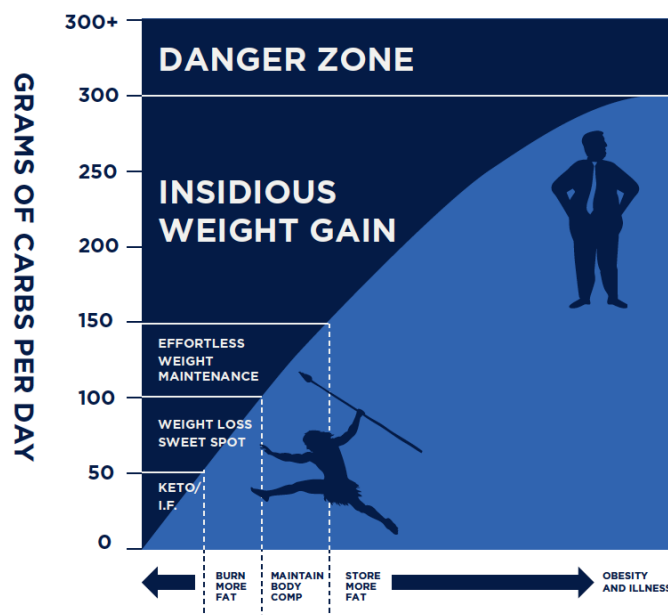
NUTRITIONAL PROFILES and Target Zones

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Nutrition Profiles and Target Zones

If your weight and your health are perfect, you sleep like a baby and you have more energy and more resiliency than you know what to do with, you probably don't need this information. For the rest of us mortals what we eat has a significant impact on how we look and how we feel. I'm not suggesting that you carry a scale around with you and weigh everything before you eat – but what I am suggesting is that if your health, weight or energy levels aren't where you want them to be, you might want to understand the impact of your food choices.

I've included Mark Sisson's Primal Blueprint Carb Curve below because it does a great job of spelling out why you should give a damn about how many grams of carbs are in a bowl of cereal vs a plate of scrambled eggs.



WHAT'LL IT BE? THE "SWEET SPOT" OR THE "DANGER ZONE"?

Carb intake is the decisive factor in weight loss and disease prevention!

- **0-50g/day:** Rapid fat loss via intermittent fasting/ketosis.
- **50-100g/day:** Lose 1-2 lbs of fat per week, and enjoy satisfying Primal meals.
- **100-150g/day:** Lifelong health, effortless weight management.
- **150-300g/day:** Default zone of grain-based diet.
- **300+g/day:** Wildly excessive insulin production, disease pathology.

Source: Mark Sisson



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Nutrition Profiles and Target Zones

The curve illustrates how various levels of average daily carbohydrate intake impact your health and weight management. Moderating the wildly excessive carbohydrate intake from the Standard American Diet down to genetically optimal levels is your key to weight loss success, and avoiding today's prevalent diet-related health problems and disease.

0 to 50 grams per day: *Ketosis and Accelerated Fat Burning*

Excellent catalyst for quick reduction of excess body fat through Intermittent Fasting and/or devoted carb restriction.

150 to 300 grams per day: *Steady, Insidious Weight Gain*

Continuous insulin-stimulating effects inhibit fat metabolism and contribute to widespread health conditions. The de facto recommendation of many popular diets and health authorities (including the USDA Food Pyramid!) and easy to default into when grains are a dietary centerpiece.

300 or more grams per day: *Danger Zone!*

Zone of the average American's diet, based on grains and with soda and other sugars added on. Promotes Metabolic Syndrome, type 2 diabetes, obesity, and numerous other significant health problems. Immediate and dramatic reduction of grains, sugars, sweetened beverages and other processed carbs is critical.

50 to 100 grams per day: *Primal Sweet Spot for Effortless Weight Loss*

Minimizes insulin production and accelerates fat metabolism. Supports abundant intake of vegetables, reasonable intake of seasonal fruits, nuts, and seeds, and occasional indulgences. Enables steady reduction of excess body fat (4-8 pounds per month; 1.8-3.6 kilos) with no deprivation.

100 to 150 grams per day: *Primal Blueprint Maintenance Range*

Allows for genetically optimal fat burning, muscle development, and effortless weight maintenance. Rationale supported by humans eating and evolving in this range or below for 2.5 million years. Dietary emphasis on animal foods and vegetables, with grains and processed sugars eliminated.

Carb Curve Variables: *The 50-gram/200-calorie range within each zone on the curve*

Allows for individual disparities in body weight and metabolic rate (e.g. - small female - low end; large male - upper end). Athletes or other mega-calorie burners can adjust curve values upward by perhaps 100 grams of carbs per hour of vigorous exercise. This will ensure proper fueling for and recovery from workouts, and likely support effortless weight maintenance. Keep in mind that the curve values represent averages over the long-term. Relax, enjoy Primal-approved meals, and don't obsess about macronutrient breakdowns at each meal.

Source: Mark Sisson



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Nutrition Profiles and Target Zones

Generally, my carb level stays under about 50 grams per day. Some days it's closer to 20 grams. On carb refeed days it will be closer to 100 -150 grams. But gone are the days where I'm routinely eating 250-300 grams of carbs a day. Also gone are the days where I feel like I HAVE to eat every 2-4 hours. I routinely do an Intermittent Fast of 16+ hours and when noon or 1:00 rolls around I'm ready to eat, but I'm not losing my mind hungry. I love food, but I also love not being held hostage by food. It's just one of the perks of training my body to be able to burn fat for fuel.

There are items included in the profiles that I would not recommend. They were included to provide reference. In the old days my breakfast used to be a giant bowl of cereal similar to Ancient Grains - I probably had a 1 ½ cups at a minimum, 1 ½ cups of vanilla yogurt and maybe a banana and some honey. My breakfast probably clocked in somewhere between 150-200 grams of carbs. It's not surprising that I was gaining weight and setting the stage for my heart problems.

Rarely a day goes by that I'm not reminded of how lucky I am to have been introduced to an ancestral way of eating. My goal is to help people understand that being healthy doesn't have to be a joyless ass-whip. You can eat great tasting food and get lean and healthy. What's not to like?

Jim Brown



SCHEDULE A CALL



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Reasonable effort was taken to gather accurate macronutrient information for the nutritional profiles. For branded products, the information used was obtained from those brands information pages or from product packages. This information is for general frame of reference; it is not intended to diagnose, treat or prevent disease or to replace the advice of your physician.



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VEGETABLES

Sweet Potato



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 grams	21 g	3 g	18 g	2 g	0 g	90
1 cup	41 g	6 g	35 g	4 g	0 g	180

Potato - Red



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	16 g	2 g	14 g	2 g	0 g	71
1 cup	24 g	2.5 g	21.5 g	3 g	0.25 g	108

Potato - Russet



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	21 g	2 g	19 g	3 g	0 g	97
1 cup	27 g	2 g	25 g	3 g	0 g	118

Squash - Summer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	3 g	1 g	2 g	1 g	0 g	16
1 cup	4 g	1 g	3 g	1 g	0 g	18

Squash - Zucchini



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	3 g	1 g	2 g	1 g	0 g	17
1 cup	4 g	1.5 g	2.5 g	1.5 g	0 g	20

Squash - Butternut



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	12 g	2 g	10 g	1 g	0 g	45
1 cup	16 g	2.5 g	13.5 g	1.4 g	0 g	63



Squash - Acorn



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	10 g	2 g	8 g	1 g	0 g	40
1 cup	14.5 g	2 g	12.5 g	1 g	0 g	56

Squash - Spaghetti



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	6 g	1 g	5 g	0.5 g	2.5 g	47
1 cup	10 g	2 g	8 g	1 g	4 g	75

Onion - Yellow



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	15 g	3 g	12 g	2 g	0 g	64

Onion - Red



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	16 g	2 g	14 g	1 g	0 g	68

Onion - Sweet



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	12 g	1 g	11 g	1 g	0 g	51

Garlic



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 clove	1 g	0 g	1 g	0 g	0 g	4



Snow Peas



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	2 g	4 g	2 g	0 g	35

Sugar Snap Peas



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	10.5 g	3 g	7.5 g	3 g	0 g	60

Green Beans



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	8 g	4 g	4 g	2 g	0 g	40

Kale - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	9 g	4 g	5 g	4 g	1 g	49

Swiss Chard



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	4 g	2 g	2 g	2 g	0 g	19

Baby Bok Choy



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	3 g	1 g	2 g	2 g	2 g	30



Spinach - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	1 g	1 g	0 g	1 g	0 g	7

Spinach - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	8 g	4 g	4 g	6 g	0 g	50

Celery



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	3 g	2 g	1 g	1 g	0 g	16

Carrots



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	12 g	4 g	8 g	1 g	0 g	52

Cauliflower



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	5 g	3 g	2 g	2 g	0 g	25

Bell Peppers - Green



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	2 g	4 g	1 g	0 g	24



Bell Peppers - Red



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	2 g	4 g	1 g	0 g	31

Broccoli



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	2 g	4 g	3 g	0 g	31

Broccolini



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	2 g	4 g	3 g	0 g	30

Cabbage - Green



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	5 g	2 g	3 g	1 g	0 g	21

Cabbage - Red



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	7 g	2 g	5 g	1 g	0 g	28

Asparagus



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	5 g	3 g	2 g	3 g	0 g	27



Okra



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	7 g	3 g	4 g	2 g	0 g	31

Celeriac Root



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	14 g	2.8 g	11.2 g	2.3 g	0.5 g	66
100 grams	9 g	1.8 g	7.2 g	1.5 g	0.3 g	42



FRUITS

Banana



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	34.3 g	4 g	30.3 g	1.6 g	0.5 g	134

Plantain



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
100 g	32 g	2 g	30 g	1 g	0 g	122
1 cup	47 g	3.5 g	43.5 g	2 g	0.5 g	181

Watermelon



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	11.5 g	0.5 g	11 g	1 g	0.25 g	46

Cantaloupe



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	12.5 g	1.25 g	11.25 g	1.3 g	0.3 g	53

Red Grapes – Seedless



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	28 g	2 g	26 g	2 g	0 g	120

Green Grapes – Seedless



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	29 g	1.4 g	27.6 g	1.2 g	0.25 g	110



Mango



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	28 g	3 g	25 g	0.85 g	0.5 g	107

Cherries - Sweet



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	23.2 g	3 g	20.2 g	1.5 g	0.3 g	91

Blueberries



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	21 g	3.5 g	17.5 g	1 g	0.5 g	83

Strawberries



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	11.7 g	3 g	8.7 g	1 g	0.5 g	49

Raspberries



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	14.7 g	8 g	6.7 g	1.5 g	0.8 g	64

Blackberries



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	13.85 g	7.6 g	6.25 g	2 g	0.7 g	62



Plums



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	18.8 g	2.3 g	16.5 g	1.2 g	0.5 g	76

Pluot



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	20 g	2 g	18 g	2 g	0 g	90

Peaches



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	16.2 g	2.6 g	13.6 g	1.5 g	0.5 g	66

Nectarines



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	14.5 g	2.3 g	12.2 g	1.5 g	0.5 g	61

Kiwi



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	26 g	5.3 g	20.7 g	2 g	1 g	108

Papaya



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	13.7 g	2.5 g	11.2 g	0.8 g	0.2 g	55



Navel Oranges



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	20.7 g	3.6 g	17.1 g	1.5 g	0.25 g	81

Clementine



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 fruit	8.9 g	1.3 g	7.6 g	0.6 g	0 g	35

Grapefruit



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	18.6 g	2.5 g	16.1 g	1.5 g	0.25 g	74

Lemon



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 fruit	5.4 g	1.6 g	3.8 g	0.65 g	0 g	17

Lime



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 fruit	7 g	2 g	5 g	0.5 g	0 g	20

Apple – Fuji



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	15 g	2.5 g	12.5 g	0.3 g	0.2 g	57



Apple – Red Delicious



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	17.25 g	3 g	14.25 g	0.3 g	0.2 g	66

Apple – Granny Smith



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	15.2 g	2.6 g	12.6 g	0.3 g	0.2 g	57

Pineapple



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	21.6 g	2.3 g	19.3 g	0.9 g	0.2 g	82.5



MEAT, POULTRY AND FISH

Hamburger Meat – 80%



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
4 oz	0 g	0 g	0 g	20 g	21 g	270

Beef Sirloin Steak



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	27 g	16 g	275

Beef Rib Eye – Grilled



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	42 g	36 g	492

Beef Rib Eye – Grass Fed



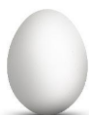
Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	40 g	22 g	360

Chuck Roast – Grass Fed



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	42 g	24 g	390

Egg



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 large egg	0.4 g	0 g	0.4 g	6.3 g	5 g	71.5



Chicken Breast - Grilled



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	38 g	6 g	280

Chicken Thigh - Roasted



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	43.5 g	18 g	354

Lamb Leg - Boneless



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	6 g	228

Ground Lamb 80%



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
4 oz	0 g	0 g	0 g	19 g	26 g	320

Pork Chop



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	6 g	198

Ground Pork 80%



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
4 oz	0 g	0 g	0 g	24 g	20 g	252



Pork Tenderloin



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	6 g	180

Turkey Breast



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	30 g	3 g	180

Turkey Thigh



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	30 g	14 g	264

Salmon – Wild Coho



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	12 g	240

Salmon – Farmed Atlantic



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	24 g	354

Rainbow Trout - Wild



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	6 g	204



Trout - Speckled



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	24 g	6 g	156

Swordfish



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	36 g	12 g	246

Tuna - Ahi



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	40 g	13 g	180

Tuna – Canned – Wild Albacore



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
2 oz	0 g	0 g	0 g	13 g	3.5 g	90

Sardines – Canned – Wild



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
2oz	0 g	0 g	0 g	12 g	6 g	100

Flounder



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	24 g	12 g	180



Shrimp - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	1.5 g	0 g	1.5 g	35 g	3 g	180

Lobster



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	32 g	2 g	151

Cod



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	30 g	1 g	138

Crab – Alaska King



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	32 g	2 g	142

Scallops



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	4.2 g	0 g	4.2 g	28 g	1 g	148

Halibut – Alaskan



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	0 g	0 g	0 g	34 g	5 g	181



Squid



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	5 g	0 g	5 g	26 g	2.4 g	156

Octopus



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	4 g	0 g	4 g	25 g	2 g	140

Oysters – Pacific - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
6 oz	8 g	0 g	8 g	10 g	4 g	136



NUTS, SEEDS AND FLOUR

Almond - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	7 g	4 g	3 g	7 g	17 g	200

Almond Butter



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
2 tbsp	7 g	3 g	4 g	6 g	18 g	210

Cashews - Roasted



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	11 g	1 g	10 g	5 g	16 g	197

Pili Nuts



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	1 g	1 g	0 g	3 g	24 g	210

Macadamia Nuts – Dry Roasted – Salt Added



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	4 g	2 g	2 g	2 g	24 g	230

Pecans – Dry Roasted



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	4 g	2.5 g	1.5 g	2.5 g	20 g	188



Brazil Nuts - Raw



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	4 g	2.5 g	1.5 g	5 g	22 g	218

Pine Nuts



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	4.4 g	1.3 g	3.1 g	4.6 g	23 g	227

Walnuts



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	4 g	2 g	2 g	4.5 g	19 g	191

Pumpkin Seeds



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	6 g	1 g	5 g	8.5 g	16 g	187

Flax Seeds



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	12 g	11.5 g	0.5 g	8 g	18 g	224

Chia Seeds



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/4 cup	5.5 g	2 g	3.5 g	2.7 g	2.3 g	53



Buckwheat



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	84.7 g	12 g	72.7 g	15 g	3.7 g	402

Coconut Flour



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	64 g	40 g	24 g	16 g	16 g	480

Almond Flour



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	24 g	14 g	10 g	24 g	56 g	648

Casava Flour



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	112 g	12 g	100 g	4 g	0 g	440

Organic 7-Seed Blend



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	32 g	28 g	4 g	24 g	48 g	600

All Purpose Flour



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	96 g	4 g	92 g	12 g	0 g	440



Whole Wheat Flour



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	87 g	14.5 g	72.5 g	16 g	2 g	407

Corn Meal



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	94 g	9 g	85 g	10 g	4 g	442



DAIRY, FATS AND OILS

Whole Milk



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	11 g	0 g	11 g	8 g	8 g	146

Skim Milk



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	11 g	0 g	11 g	8 g	0 g	80

Coconut Milk – Full Fat (Native Forest Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	6 g	0 g	6 g	3 g	45 g	420

Yogurt – Whole Milk



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	11 g	0 g	11 g	9 g	8 g	149

Butter (Kerrygold Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	11 g	100

Coconut Oil



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	15 g	130



Olive Oil



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	14 g	120

Avocado Oil



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	14 g	130

Lard - Pastured



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	14 g	130

Ghee – Grass Fed



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
tablespoon	0 g	0 g	0 g	0 g	15 g	135

Ice Cream - Chocolate (Breyers Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/2 cup	17 g	1 g	16 g	2 g	7 g	140

Ice Cream – Chocolate (Halo Top Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/2 cup	12 g	2 g	10 g	5 g	2.5 g	70



Non-Dairy Coconut Milk Ice Cream – Vanilla (Nada Moo Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1/2 cup	19 g	5 g	14 g	0 g	7 g	120

DUBLINER Cheese (Kerrygold Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0 g	0 g	0 g	7 g	9 g	110

Feta Cheese (Kolios Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	<1 g	0 g	<1 g	5 g	7 g	80

Manchego Cheese (Kirkland Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	2 g	1 g	1 g	7 g	10 g	120

Pecorino Romano Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	1 g	0 g	1 g	8 g	9 g	110

Cheddar Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0.36 g	0 g	0.36 g	7 g	9.3 g	113



Provolone Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0.6 g	0 g	0.6 g	7.2 g	7.5 g	98

Cream Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0.75 g	0 g	0.75 g	2.1 g	9.9 g	99

Goat Cheese (Kirkland Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	1 g	0 g	1 g	4 g	6 g	70

American Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	2 g	0 g	2 g	5.4 g	7.4 g	96

Gouda Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0.6 g	0 g	0.6 g	7 g	7.8 g	101

Swiss Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	1.5 g	0 g	1.5 g	7.5 g	7.8 g	106



Brie Cheese



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 oz	0.13 g	0 g	0.13 g	5.88 g	7.85 g	95



CEREALS AND GRAINS

White Rice - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	45 g	1 g	44 g	4 g	0 g	205

Brown Rice - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	46 g	4 g	42 g	5 g	2 g	218

Quinoa - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	39 g	5 g	34 g	8 g	4 g	229

Whole Wheat Bread (Oroweat Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
slice	18 g	2 g	16 g	4 g	1 g	90

White Bread (Mrs Bairds Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
slice	13 g	1 g	12 g	2 g	1 g	70

Whole Wheat Spaghetti - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	37 g	6 g	31 g	7 g	1 g	174



Spaghetti - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	43 g	3 g	40 g	8 g	1 g	220

Oatmeal - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	27 g	4 g	23 g	5 g	3 g	150

Oatmeal – Steelcut - Cooked



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	22 g	10 g	12 g	46 g	16 g	410

Cereal (Wheaties Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	29 g	4 g	25 g	3 g	1 g	133

Cereal (Natures Path Ancient Grains Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
cup	52 g	8 g	44 g	7 g	12 g	333



JUICES

Orange Juice (Simply Orange Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
11.5 oz	37 g	0 g	37 g	2 g	0 g	160

Grape Juice



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	38 g	0 g	38 g	1.4 g	0 g	154

Pomegranate Juice (POM Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	38 g	0 g	38 g	<1 g	0 g	150

Apple Juice - Organic



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	30 g	0 g	30 g	0 g	0 g	120

Pineapple Juice



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	32 g	5 g	27 g	1 g	0.3 g	132

Prune Juice (Sunsweet Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	42 g	3 g	39 g	3 g	0 g	180



Tomato Juice



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 cup	10.3 g	1 g	9.3 g	1.85 g	0 g	41

Vegetable Juice (V8 Brand)



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5.5 oz	14 g	3 g	11 g	2 g	0 g	70



ALCOHOL

Heineken Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	11.3 g	0 g	11.3 g	0 g	0 g	149

Goose Island IPA



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	21.5 g	0 g	21.5 g	0 g	0 g	206

Trippel Ale - New Belgium Brewing



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	20 g	0 g	20 g	0 g	0 g	215

Dos Equis Lager



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	9 g	0 g	9 g	0.4 g	0 g	130

Michelob Ultra Light Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	2.6 g	0 g	2.6 g	0.6 g	0 g	95

Corona Extra Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	13 g	0 g	13 g	0 g	0 g	146



Corona Light Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	5 g	0 g	5 g	0.8 g	0 g	99

Budweiser Light Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	6.6 g	0 g	6.6 g	1 g	0 g	110

Miller Light Beer



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	3.2 g	0 g	3.2 g	1 g	0 g	96

Stella Artois Lager



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12 oz	6.3 g	0 g	6.3 g	0 g	0 g	154

Guinness Draught



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
12	9.8 g	1 g	8.8 g	1 g	0 g	125

Wine – Cabernet Sauvignon



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5 oz	3.8 g	0 g	3.8 g	0.1 g	0 g	123



Wine – Chardonnay



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5 oz	3.4 g	0 g	3.4 g	0.1 g	0 g	122

Wine – Pinot Noir



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5 oz	3.4 g	0 g	3.4 g	0.1 g	0 g	122

Wine – Zinfandel



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5 oz	4.2 g	0 g	4.2 g	0.1 g	0 g	131

Wine – Rose



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5 oz	4.24 g	0 g	4.24 g	0.25 g	0 g	73



OTHER STUFF

Gatorade Thirst Quencher



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
20 oz	36 g	0 g	36 g	0 g	0 g	140

Powerade Berry Blast



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
20 oz	35 g	0 g	35 g	0 g	0 g	130

Jamba Juice Caribbean Passion



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	61 g	2 g	59 g	2 g	1 g	270

Jamba Juice Acai Primo Bowl



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
bowl	99 g	11 g	88 g	8 g	10 g	490

Jamba Juice Island Pitaya Bowl



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
bowl	100 g	12 g	88 g	6 g	8 g	470

Jamba Juice Protein Berry Workout with Whey



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	54 g	3 g	51 g	17 g	1 g	290



Starbucks Dark Mocha Frappuccino



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	71 g	3 g	68 g	8 g	17 g	450

Starbucks Vanilla Latte



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	37 g	0 g	37 g	12 g	6 g	250

Starbucks Caramel Frappuccino



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	67 g	0 g	67 g	4 g	15 g	420

Starbucks Pumpkin Spice Latte



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	52 g	0 g	52 g	14 g	14 g	380

Starbucks Iced Brewed Coffee



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	20 g	0 g	20 g	0 g	0 g	80

Starbucks Pike Place Roast



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	0 g	0 g	0 g	1 g	0 g	5



Starbucks Chai Latte



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
16 oz	45 g	0 g	45 g	8 g	4.5 g	240

Starbucks Blueberry Scone



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 scone	61 g	2 g	59 g	5 g	17 g	420

Starbucks Cranberry Orange Scone



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 scone	64 g	1 g	63 g	6 g	15 g	420

McDonalds Big Mac



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 burger	46 g	3 g	43 g	25 g	28 g	540

McDonalds Sweet BBQ Bacon Burger



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 burger	52 g	3 g	49 g	38 g	38 g	700

McDonalds Fries - Large



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
5.9 oz	66 g	6 g	60 g	7 g	24 g	510



McDonalds Filet-O-Fish



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
sandwich	39 g	2 g	37 g	18 g	20 g	410

McDonalds McFlurry w/ Oreo Cookies



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
regular size	60 g	1 g	59 g	12 g	17 g	510

Coke - Medium



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
Medium	57 g	0 g	57 g	0 g	0 g	220

Papa John's 8" Original Curst – The Works



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
8" pizza	104 g	4 g	100 g	36 g	40 g	960

Pizza Hut Personal 6" Pan Supreme Pizza



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 pie	69 g	4 g	65 g	30 g	36 g	720

Pizza Hut 6" Personal Pan Cheese Lovers Pizza



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 pie	68 g	3 g	65 g	29 g	30 g	660



Pizza Hut Hershey's Hot Chocolate Brownie



Quantity	Carbs	Fiber	Net Carbs	Protein	Fat	Calories
1 brownie	45 g	2 g	43 g	3 g	11 g	290



About A Balanced You

A Balanced You provides a strategy for getting healthier and feeling better that lines up with our original owner's manual.

Whether your goals are losing weight, improving your energy levels or getting stronger, an ancestral eating and moving strategy can help make those your new normal.

Here's how we help our clients:



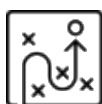
Set You Up For Success

We show you how to use great tasting food to support your health and fitness goals



Get The Real Truth About Staying Fit

We prove that you don't have to kill yourself in the gym or on the running trail to get in great shape



Create Short and Long Term Wellness Strategy

We work with you to build a fitness strategy that doesn't sabotage your health goals



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We introduce you to a bio-hack that will have your body making its own antioxidants

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