



**White Mountain CrossFit
2018
Healthy Challenge**



First Line Therapy Serving & Menu Guide

Calories per Day	1600-2000	2000-2400
	Servings Allowed	Servings Allowed
Concentrated Protein	5	5-6
Legumes	2	2-3
Dairy	1	1-2
Nuts & Seeds	1-2	2
Category 1 Vegetables	4+	4+
Category 2 Vegetables	1-2	2
Fruits	2-3	3
Grains	1	1-2
Oil	4-6	6
Sugar*	50 Grams	75 Grams
Alcohol**	1 Serving Not to exceed 3/week	1 Serving Not to exceed 3/week

*** Although an amount of sugar daily is now allowed, attempting to avoid all sugars is still desirable**

**** 1 Serving of alcohol equals 12oz Beer / 5oz of wine / 1.5oz Hard liquor
As with sugar although this is now allowed attempting to avoid it is still desirable.**

**** For scoring purposes a 2nd drink in the same day is a "Major cheat" and a single drink on a separate day is a "Minor cheat".**

Concentrated Protein ____ servings/day

Serving size: 3-4 oz. cooked, or as indicated

1 serving = approximately 150 calories

- Meat, poultry, and fish should be grilled, baked, or roasted; fish may also be poached
- Eggs, 2 whole, or 3 egg whites plus 1 whole egg
- Egg substitute, 2/3 cup
- Fish, shellfish, 3 oz. fresh or 3/4 cup canned in water
- Poultry: chicken or Cornish hen (breast only), turkey
- Leg of lamb, lean roast
- Beef, very lean (5% or less fat); buffalo, venison, elk
- Tofu, 5-6 oz. or 1 cup (fresh), or 2-3 oz. cube (baked)
- Tempeh, 3 oz. or 1/2 cup -Seitan, 1/3 cup
- Soy or veggie burger, 4 oz.
- Cottage cheese, nonfat or lowfat, 3/4 cup
- Ricotta, part skim or nonfat, 1/2 cup
- Mozzarella, part skim or nonfat, 2 oz. or 1/2 cup shredded
- Parmesan cheese (grated), 6 tbsp.
- Keep cheese intake low due to saturated fat

Legumes ____ servings/day

Serving size: 1/2 cup cooked, or as indicated

1 serving = approximately 110 calories

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried, green soy beans
- Bean soups, 3/4 cup
- Hummus, 1/4 cup
- Split peas, sweet green peas, lentils

Dairy/Dairy Alternatives ____ servings/day

Serving size: 6 oz., or as indicated

1 serving = approximately 80 calories

- Almond milk, plain, 8 oz.
- Buttermilk, nonfat, 1% or 2%
- Hemp milk, plain, 6 oz.
- Unsweetened coconut milk, 8 oz. (in carton)
- Milk, nonfat or 1%, 6 oz., soy milk, plain, 8 oz.
- Sour cream, nonfat, 6 tbsp.
- Yogurt (soy), plain unsweetened, 4 oz.
- Yogurt (also goat milk or Greek), plain unsweetened, 6 oz. nonfat
- Fat-free feta cheese, 2 oz.

Nuts & Seeds ____ servings/day

Serving size as indicated

1 serving = approximately 100 calories

- Almonds or hazelnuts, 12-14 or 1/2 oz.
- Coconut, unsweetened grated, 3 tbsp.
- Nut butter, 1 tbsp. made from above nuts
- Peanuts, 18 nuts or 2 tbsp.
- Pine nuts, 2 tbsp.
- Pistachios, sunflower, pumpkin, or sesame seeds, 2 tbsp.
- Walnut or pecan halves, 8-10

Category 1 Vegetables ____ servings/day

(minimum of 5 per day)

Serving size: 1/2 cup

Fresh juices made from these are allowed

1 serving = approximately 10-25 calories

- Artichokes, asparagus, bamboo shoots
- Bean sprouts, bell or other peppers
- Broccoli, broccoflower, brussels sprouts
- Cabbage (all types), cauliflower, celery
- Chives, cucumber
- Eggplant, garlic, green beans
- Greens - bok choy, escarole, Swiss chard, kale, collards, spinach, dandelion, mustard and beet greens
- Leeks, kohlrabi
- Lettuce/mixed greens - romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms, okra, onion, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts
- Squash - zucchini, yellow, summer, spaghetti
- Tomatoes or mixed vegetable juice (low sodium)
- Water chestnuts, 5 whole

Category 2 Vegetables ____ servings/day

Serving size: 1/2 cup, or as indicated

1 serving = approximately 45 calories

- Beets, winter squash (acorn, butternut)
- Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots
- Sweet potatoes or yams, 1/2 medium baked
- Yukon Gold, new or red potato, 1/2 medium

Fruits ____ servings/day

Serving size as indicated

1 serving = approximately 80 calories

- Apple, 1 medium -apricots, 3 medium
- Berries - blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups
- Cantaloupe, 1/2 medium -cherries, 15
- Fresh figs, 2
- Grapefruit, 1 whole
- Grapes, 15 -honeydew melon, 1/4 small
- Kiwi, 2 medium
- Mango, 1/2 medium -nectarines, 2 small
- Orange, 1 large -peaches, 2 small
- Pear, 1 small -plums, 2 small
- Persimmon, 1/2
- Tangerines, 2 small -watermelon, 2 cups

Grains ____ servings/day

Serving size: 1/2 cup cooked, or as indicated

1 serving = approximately 75-100 calories

- Basmati or other brown rice, wild rice
- Barley, buckwheat groats, or millet
- Bulgur (cracked wheat)
- Quinoa

Grains (continued)

- Teff
- Whole oats, raw, 1/3 cup; cooked oatmeal 3/4 cup; steel-cut oats 1/4 cup
- Whole wheat, spelt, or kamut berries
- 100% whole wheat, spelt, or kamut
- Whole grain rye crackers, 2 each
- Bread - mixed whole grain or 100% whole rye, 1 slice
- Whole wheat tortilla or pita, 1/2 large
- Low-carb tortillas, 2 small or 1 large
- Kashi® 7 Whole Grain Puffs cereal, 1 cup

Oils ____ servings/day

Serving size: 1 tsp. or as indicated

Oils should be cold pressed

1 serving = approximately 40 calories

Plant Oils

- Avocado (fruit), 1/8
- Coconut milk (canned), light, 3 tbsp.
- Coconut milk (canned), regular, 1 1/2 tbsp.
- Flaxseed oil (refrigerate)
- Olives, 8-10 medium
- Olive oil, extra virgin (preferable)
- Sesame oil

Cooking Oils

- Olive oil
- Canola oil (best if organic)
- Coconut oil, 1 tsp -ghee (clarified butter) 1 tsp.
- Grapeseed oil, 1 tsp.
- High oleic safflower oil
- Earth Balance® spread, 1 1/2 tsp.

Medical Foods ____ servings/day

Servings per day

Condiments

- Unsweetened tomato sauce or salsa - mustard - mayonnaise (unsweetened, canola or grapeseed oil) 1 tsp
- Fresh or dried herbs - any (e.g. dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Fresh or dried spices (any) (e.g. curry, paprika, chili powder, etc.)

Beverages

Up to 8 glasses, 8 oz. each

- Water (ideally filtered)
- Mineral water (still or carbonated)
- Roiboos tea (unsweetened)
- Non-caffeinated herbal teas (mint, camomille, hibiscus, etc.)

Total Calories/Day _____