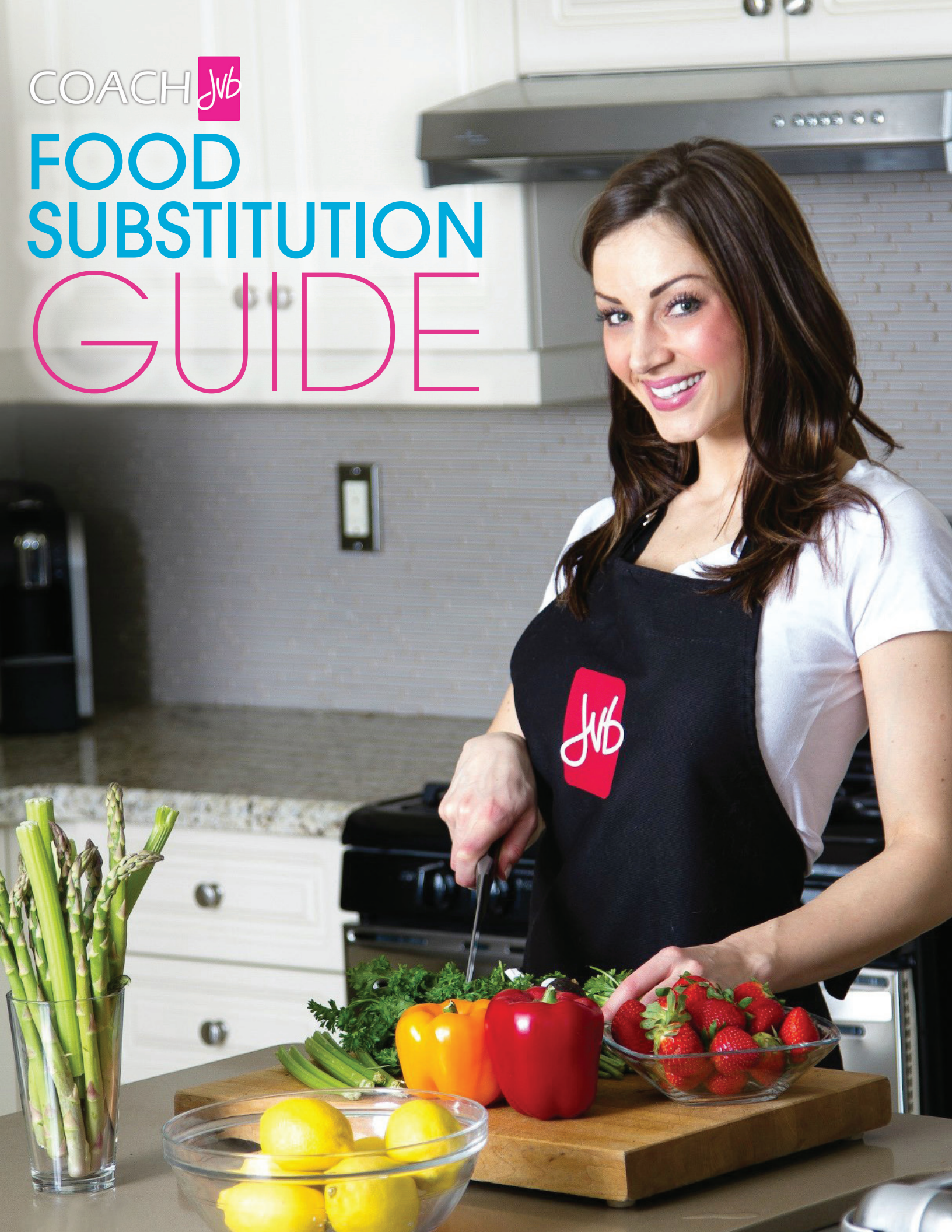


COACH 

# FOOD SUBSTITUTION GUIDE





# *Hello!*

Thank you for visiting my website and using my Food Substitution Calculator!

BOOKMARK THIS LINK: [www.coachjvb.com/food-substitution-calculator](http://www.coachjvb.com/food-substitution-calculator)

I put together this Food Substitution Calculator to help give you an exceptional amount of food flexibility for your Fitness and Weight Loss Goals and this guide will better help you understand what's an appropriate substitution for your food.

If you're on weight loss plan, your actual program will be the fastest route to get to your goals but, for long term success, food substitutions will prevent you from feeling deprived from the foods that you love and keep the process fun and exciting.

The Food Substitution Calculator subs for calories but your findings will also provide you with your macronutrient numbers.

Again use the Food Substitution Calculator to add more variety into your Eating Plan if you are getting bored.

If you're a STRONG GIRLS Coaching Client, continue to track your meals in the Dietary Adherence form and Biweekly Reports.

If I no longer recognize your program, you're subbing too often.

Here is an instructional video on how to navigate through the Food Substitution Calculator:

[www.youtube.com/watch?v=DnzxfTeyllg](http://www.youtube.com/watch?v=DnzxfTeyllg)



## PROTEIN SOURCES

Eggs	Fish/Seafood
Egg Whites	Tilapia
Chicken	Cod
Turkey	Halibut
Steak - Sirloin, Filet Mignon	Sole
Bison patties	Orange Roughy
Ground Bison (Lean)	Tuna fresh or canned
Ground Chicken (Extra Lean)	Salmon
Ground Turkey (Extra Lean)	Trout
Ground Beef (Extra Lean)	Shrimp
Yogurt	Mussels
Greek Yogurt (Plain 0% Fat)	
Cottage Cheese (Plain 0% Fat)	
1-2 Scoops Protein Powder	

## CARB SOURCES

Sweet Potato	Cream of Rice
White Potatoes	Quinoa Flakes
Squash - Spaghetti, Butter nut etc.	Black Beans (Occasionally)
Quinoa	Whole Grain Bread or Ezekiel Bread
Rice (Any kind)	Bagels
Rice Noodles	Cream of Rice
Oatmeal	



## FAT SOURCES

Natural Peanut Butter	Pumpkin Seeds
Almond Butter	Sunflower Seeds
Cashew Butter	Chia Seeds
Almonds	Flax Seeds
Walnuts	Avocado
Cashews	Olive Oil
Pecans	Coconut Oil
Brazil Nuts	Flax Oil

## VEGETABLE SOURCES

Bok Choy	Broccoli
Dandelion leaves	Green Peas
Spinach	Snow Peas
Kale	Sugar Snap Peas
Mixed Greens	Radishes
Cucumber	Lettuce (Any type)
Zucchini	Celery
Asparagus	Onions
Green beans	Peppers
Cauliflower	Tomato (in moderation)
Brussels sprouts	

## FRUIT SOURCES

You can include any fruit you wish in substitution for the fruit I suggested on your plan.

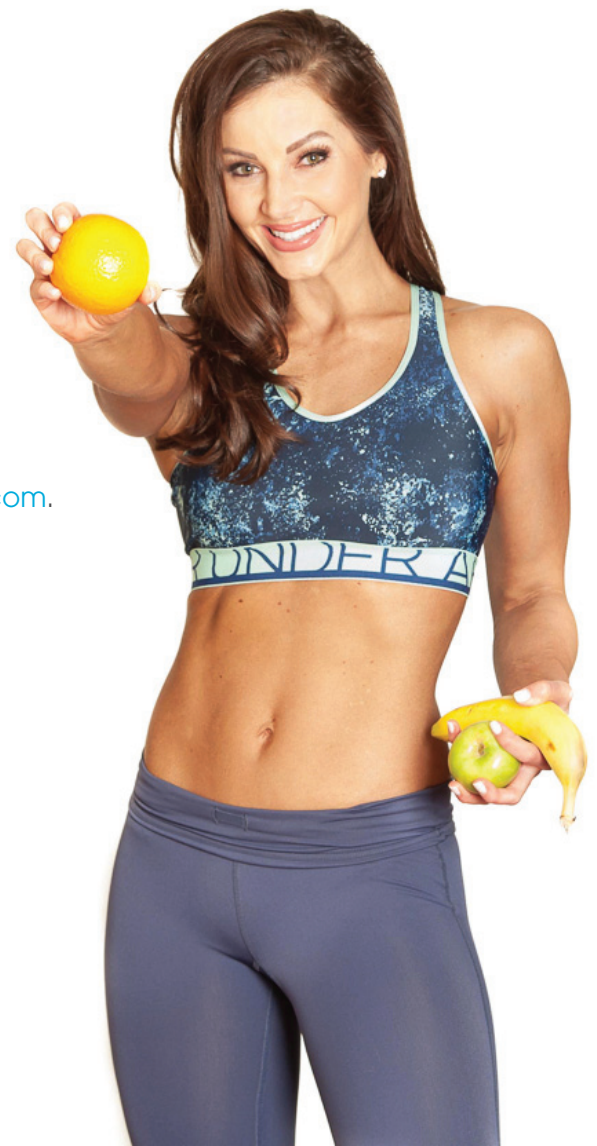
## CONDIMENTS ALLOWED

Hot Sauce - no sugar added	Garlic or Chili Powder
Sea Salt	Mrs. Dash
Black Pepper	Vinegar
Any dried or fresh herbs	Low sugar Ketchup (in moderation)
Lemon or lime juice	Salsa (No sugar added and in moderation)
Mustard - no sugar added	Stevia
1 tbsp Organic Maple Syrup (for pancake)	Garlic or Chili Powder

I hope my Food Substitution Calculator provides you with even more food flexibility for your fitness goals the same way it has for thousands of my Success Story Clients.

And if you have a Success Story using my Food Substitution Calculator, I'd love to hear from you and feature your testimonial.

Please feel free to send your testimonial to [info@coachjvb.com](mailto:info@coachjvb.com).



## GET CONNECTED!

Please join my community and get more information on Strong Girls Fitness and Nutrition Programs and Exclusive Coaching [www.coachjvb.com](http://www.coachjvb.com)



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