

PURE CHANGE PROGRAM FOOD LIST

VEGETABLES: Phase 1 & 2 // Days 1-21

VEGETABLES 1 cup (8 oz.)	Calories (Cooked)	Calories (Raw)
Arugula	n/a	6
Asparagus	40	27
Bean sprouts	n/a	62
Bell peppers (chopped)	n/a	39
Bok choy (shredded)	20	9
Broccoflower	n/a	47
Broccoli	54	31
Brussels sprouts	56	38
Cabbages (shredded)	34	22
Cauliflower	28	25
Celery	28	15
Collard greens (chopped)	49	11
Cucumber	n/a	16
Eggplant	35	21
Endive	n/a	8
Escarole	n/a	8
Green Beans	44	34
Green Leaf Lettuce	n/a	5
Kale	36	33
Leeks	38	54
Mushrooms	44	15
Okra	36	40
Onions (chopped)	88	67
Radish	n/a	13
Romaine	n/a	10

VEGETABLES (CONTINUED) 1 cup (8 oz.)	Calories (Cooked)	Calories (Raw)
Salsa (sugar-free)	n/a	67
Snow peas (whole)	n/a	26
Spinach	41	7
Swiss chard (chopped)	35	7
Tomatoes	n/a	32
Zucchini	29	20

PROTEIN: Phase 2 // Days 8-21

PROTEIN	Calories in 3 oz.	Calories in 6 oz.	Protein in 3 oz.	Protein in 6 oz.
Beef (95% lean)	164	328	24.8 g	49.6 g
Lamb	172	344	22.6 g	45.2 g
Chicken (breast meat)	139	278	27.3 g	54.6 g
Turkey (breast meat)	145	290	24.9 g	49.8 g
Salmon	155	310	21.6 g	43.3 g
Tilapia	109	218	22.2 g	44.4 g
Shrimp	101	202	19.4 g	38.8 g
Eggs (2 whole)	144	n/a	12.6 g	n/a
Egg Whites (6)	104	n/a	21.6 g	n/a
Tofu	59	119	7.0 g	13.9 g

HEALTHY OILS: Phase 2 // Days 8-21

- 1 tablespoon of extra virgin olive oil
- 1 tablespoon of coconut oil
- ¼ of an avocado