



## How Do Condiments Fit in?

A Lean & Green meal must have a balanced number of protein, fat and carbohydrates in order to meet the macro-nutrients and calories to stay on program. It's easy to figure out what counts as what with the protein and the fat, but the carbohydrates can be a wild card and can sabotage your program quickly if you don't pay attention. That's why watching condiments is really important.

## Not all Condiments are Created Equal

Because of the wide variety of condiments, their portion sizes will vary depending on one thing: the quantity of carbohydrates in them. As Optavia is a carb-controlled program, the guidelines dictate that one serving of condiments (and you're entitled to 3 servings per day) be no more than 1 gram of carbohydrate per serving.

It can get confusing and the BEST way to avoid problems is to simply use recipes that already have it calculated out for you. The second best way avoid problems is to read nutrition labels and figure out what a 1g net carb\* portion is.

Things like ketchup and other sauces can have TONS of sugar in them and won't be worth eating. Look for sugar-free alternatives (but try to stay away from artificial sweeteners) or substitutions that will give an equal amount of flavor.

Spices and seasonings can also have hidden sugars. Stacey Hawkins spices are specially formulated for the Optavia program and have been designed to meet the qualifications, easily and flavorfully.

For a complete, printable list of condiments, visit the Stacey Hawkins website by clicking the QR code below.



Condiments Download

[StaceyHawkins.com](http://StaceyHawkins.com)



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