Maverick Physique Exchange Lists

The lists here allow you to use the Maverick Physique Meal Planning Pyramids to guide you for planning your meals. You can simply exchange one serving for another in a recipe and record your food based on simple exchanges. Once you have established proper food habits and you commit to a more detailed program, these can be fine tuned to more detailed macronutrient tracking. For these purposes, you could substitute 1 cup of raw alfalfa sprouts for ½ cup of sauerkraut.

Low-Glycemic Vegetables

1 Vegetable Exchange

5 g Carb/2 g Pro/0 g Fat 25 Calories

All vegetables 1 cup raw or ½ cup cooked

Alfalfa Sprouts	Cucumbers (unlimited)	Radish
Asparagus	Eggplant	Raw Spinach (unlimited)
Bamboo Shoots	Green Bean	Sauerkraut
Broccoli	Green Peppers	Summer Squash
Cabbage	Mushrooms	Celery
Cauliflower	Onion	Zucchini

Low-Glycemic Root Vegetables

1 Starch Exchange

15 g Carb/3 g Pro/1 g Fat 80 Calories

All vegetables 1 cup raw or ½ cup cooked

Carrots, raw (½ cup)	Sweet Potato (3oz)
New Potatoes (3oz)	White Potatoes, boiled (3oz)
Pontiac Potatoes, boiled (3oz)	Yams, baked (2oz)
Russet Potatoes, baked no skin (3oz)	

Low-Glycemic Beans

1 Very Lean Starch

15-20 g Carb/7-10 g Pro/1 g Fat 115 Calories

All beans cooked w/o salt (½ cup)

Baked Beans	Lentils	Peas
Butter Beans	Lima Beans	Pinto Beans
Kidney Beans	Marrowfat Beans	Soya Beans
Kidney Beans (white)	Mung Beans	Split Peas

Low-Glycemic Fruits

1 Fruit

15 g Carb 60 calories

Apple, small (4oz)	Grapefruit, ½ large (11oz)	Peach, medium (6oz)
Apples, dried (4 rings)	Grapes, 17 small (3oz)	Pear, medium
Apricots, dried (8 halves)	Kiwi (3.5oz)	Pineapple (¾ cup)
Banana, small (4oz)	Mandarin Orange (½ cup)	Strawberries, whole (1 ¼ cup)
Cherries (⅓ cup)	Mango, ½ small (8oz)	Other Berries (¾ cup)

Low-Glycemic Grains

1 Starch

15 g Carb/3 g Protein/1 g Fat 80 Calories

Amaranth, uncooked (2T)	Pasta (Seminola), cooked ½ cup
Barley, cooked (½ cup)	Pita, whole wheat, 6” (½)
Brown Rice, steamed (⅜ cup)	Pumpernickel Bread (1 slice)

Buckwheat, uncooked (2T)	Rye Bread (1 slice)
Bulgur, cooked (⅓ cup)	Semolina or Durum, uncooked (2T)
Corn Tortilla, 6”	Wheat Tortilla, 6”
Oatmeal (½ cup)	Whole-Wheat Bread, 1 slice

Low-Glycemic, Low-Fat Dairy

Exchange 1 Dairy

12 g Carb/8 g Pro/0-3 g Fat 90 Calories

Skim Milk (1 cup)	Plain Yogurt (½ cup)
Greek Yogurt (½ cup) *only 25% carb*	

Meat and Meat Substitutes

1 Very Lean Meat per ounce

7 g Pro/0-3 g Fat 35 Calories

Chicken	Turkey
Buffalo	Ostrich
Duck, Pheasant	Clams, Crab, Lobster, Scallops, Shrimp
Fresh Cod, Flounder, Haddock, Trout	Tuna (canned in water)
Egg Whites	Fat-Free Cheese
Non-fat Cottage Cheese (¼ cup)	

1 Lean Meat per ounce

7 g Pro/3 g Fat 55 Calories

Goose (no skin)	Lamb, roast, chop, or leg
Rabbit	Herring, Salmon, Catfish

Lean Pork	Veal, lean chop, roast
USDA Select or Choice Lean Beef, trimmed of fat	Any cheese with 3 g or less fat per ounce
Grated Parmesean (2T)	Low-Fat Cheddar Cheese (1oz)

1 Moderate Fat Meat

7 g Pro/5 g Fat 75 Calories

Beef, most cuts and ground	chicken, dark meat with skin
Feta	Mozzarella
Ricotta (¼ cup)	Whole Egg
Regular Cheese	Pork Spare Ribs

Fats

1 Fat Exchange

5 g Fat

Avocado, medium (1oz)	Peanut Butter (2t)
Almonds, Cashews, (6 nuts)	Peanuts (10 nuts)
Oil: canola, olive, peanut (1 tsp)	Pecans, Walnuts (4 halves)
Olives, black (8 olives)	Seeds: sesame, pumpkin, sunflower (1T)
Flaxseeds (1T)	Oil: corn, safflower, soybean (1tsp)
Butter (1tsp)	Reduced Fat Cream Cheese (1oz)
Reduced Fat Sour Cream (3T)	