

# PIYO FOOD LIST

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Enjoy healthy, nutritious foods to nourish your body!

## PRIMARY VEGGIES

**One serving equals 40 calories.**  
Serving size is *1 cup* unless otherwise noted.  
\* means unlimited

Artichokes ½ medium  
Asparagus 10 large spears  
Beets 2 medium  
Bok choy\*  
Broccoli  
Brussels sprouts 5 medium  
Cabbage 3-1/2 cups raw  
Carrots 1 cup sliced or 10 medium baby  
Cauliflower  
Celery\*  
Collard greens\*  
Cucumbers\*  
Eggplant ½ medium  
Jicama  
Kale\*  
Lettuce (not iceberg)\*  
Mushrooms\*  
Okra  
Onions  
Peppers, sweet  
Radishes\*  
Snow peas 2 cups chopped, raw  
Spinach\*  
Sprouts\*  
Squash (summer)  
String beans 2 cups cooked  
Tomatoes 2 medium or 1 cup cherry  
Winter squash

## SECONDARY VEGGIES/GRAINS

**One serving equals 95 calories.**  
Serving size is *1/2 cup cooked* unless otherwise noted.

Almond milk, unsweetened 2 cups  
Amaranth  
Barley  
Beans (kidney, black, garbanzo, white, lima, etc.)  
Bread, whole-grain 1 slice  
Brown rice  
Buckwheat  
Bulgur  
Cereal, whole-grain, low-sugar  
Coconut milk beverage, unsweetened 1 cup  
Corn on the cob 1 ear  
Couscous, whole-grain  
Crackers, whole-grain 8 small  
Edamame  
Lentils  
Millet  
Oatmeal, rolled  
Oatmeal, steel cut  
Pasta, whole-grain  
Peas  
Potato 1/2 medium or 4 oz  
Quinoa  
Refried beans, nonfat  
Rice milk 3/4 cup  
Sweet potato 1/2 cup or 4 oz  
Tortilla, corn 2 small (6 inch)  
Wild rice  
Yams 1/2 cup or 4 oz

## HEALTHY FATS

Avocado 2 tablespoon mashed  
Cheese, cheddar, provolone, jack 2 tbsp. shredded  
Cheese, Feta 2 tablespoons, crumbled  
Cheese, goat 2 tablespoons, crumbled  
Cheese, Mozzarella (low-moisture) 2 tbsp. shredded  
Cheese, Parmesan 2 tablespoons, shredded  
Coconut (unsweetened)  
Coconut milk, canned 2 tablespoons  
Coconut oil 1 teaspoon  
Flaxseed oil 1 teaspoon  
Flaxseed, ground  
Hummus

**One serving equals 50 calories.**  
Serving size is *1 tablespoon* unless otherwise noted.

Nut butters (peanut, almond, cashew, etc.) 1-1/2 tsp  
Nuts, raw 1 tablespoon, chopped  
Nuts, raw, whole 6 almonds, 4 cashews, 7 peanuts, 10 pistachios, 5 pecan halves or 4 walnut halves  
Olive oil, extra virgin 1 teaspoon  
Olives 5 medium  
Peanuts 1 tablespoon  
Pumpkin seed oil 1 teaspoon  
Seed butters (pumpkin, sunflower, sesame) 1-1/2 tsp  
Seeds, raw (pumpkin, sunflower, sesame) 1 tablespoon  
Walnut oil 1 teaspoon



# MAINTAIN

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## FRESH FRUIT

One serving equals 70 calories.  
Serving size is 1 cup unless otherwise noted.

**Apple** 1 small or 1 cup sliced  
**Apricots** 4 small  
**Banana** 1/2 large  
**Blackberries**  
**Blueberries** 3/4 cup  
**Cantaloupe**  
**Cherries** 3/4 cup  
**Figs** 2 small  
**Grapefruit** 1/2 large  
**Grapefruit sections** 3/4 cup  
**Grapes**  
**Honeydew melon**  
**Kiwifruit** 2 medium  
**Mango** 3/4 cup sliced  
**Nectarine** 1 large or 1 cup sliced  
**Orange** 1 medium  
**Orange sections** 3/4 cup  
**Papaya**  
**Peach** 1 large or 1 cup sliced  
**Pear** 1 small or 3/4 cup sliced  
**Pineapple**  
**Raspberries**  
**Strawberries**  
**Tangerine** 2 small  
**Watermelon**

**Shakeology** can make a nutritious, easy meal or snack anytime of the day. You can count **1 scoop as:**

- 1-1/2 servings Secondary Veggies/Grains
- 2 servings Fresh Fruit
- 1 serving Lean Protein

## LEAN PROTEINS

One serving equals 140 calories.  
Serving size is 3 oz cooked unless otherwise noted.

**Chicken breast, boneless skinless**  
**Clams, canned, drained** 1 cup  
**Cottage cheese, 1%** 1 cup  
**Eggs, large** 2  
**Fish fresh water (catfish, tilapia, trout)** 4 oz cooked  
**Fish, cold water (cod, salmon, halibut, tuna)**  
**Game (buffalo, bison, ostrich, venison)**  
**Game, lean ground (95%)**  
**Greek yogurt, plain, 2%** 3/4 cup  
**Greek yogurt, plain, nonfat** 1 cup  
**Ground beef (95%)**  
**Ground chicken, extra lean**  
**Ground turkey, extra lean**  
**Ham slices (lean) low sodium** 4 slices (4 oz)  
**Milk, cow's, nonfat** 1-1/2 cups  
**Milk, whole** 1 cup  
**Pork tenderloin**  
**Protein powder (whey, rice, pea)** 1 scoop (3 Tbsp, 21g)  
**Red meat, extra lean**  
**Ricotta cheese, part-skim** 1/2 cup  
**Sardines** 6 medium  
**Shellfish (crab, shrimp, lobster)** 4 oz cooked  
**Soy milk** 1 cup  
**Tempeh**  
**Tofu, firm** 6 oz  
**Tuna, canned light in water, drained** 1/2 cup  
**Turkey bacon (reduced fat)** 4 slices (4 oz)  
**Turkey breast, boneless skinless**  
**Turkey slices (lean), low sodium** 4 slices (4 oz)  
**Veggie burger** 1 medium patty  
**Yogurt, plain, 1%-2%** 1 cup

## FREE FOODS

Black coffee, unsweetened  
 Flavor extracts (pure vanilla, peppermint, almond, etc.)  
 Garlic  
 Herbs (fresh and dry)  
 Hot sauce

Eat or drink as much as you'd like from this list.  
Use them to add excitement to your diet.

Lemon juice  
 Lime juice  
 Mustard  
 Spices (except salt)  
 Tea, unsweetened  
 Vinegars



# MAINTAIN