

The SWOP list

Don't like the meals or snacks suggested in your BodyGoals meal plan? No problem! Use the SWOP List below, developed by the BodyGoals dietitian, to choose alternatives.

Each of these columns represent the different food groups as indicated on your meal plan, you can use this list to swop out foods you might not like on your meal plan. Use this SWOP List below to make swops to suit your budget, time constraint and of course taste buds.

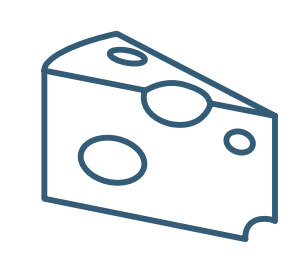
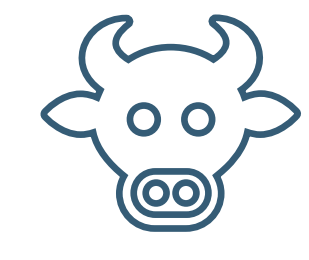
Example

Let's say for example you don't like to eat salmon you can:



Swop 90g of salmon
(which is equivalent to 3 portions of protein)

for



90g of beef or even 90g of cheese.

Full cream milk	Protein	Starch (can be interchanged with fruit)	Fruit (can be interchanged with starch)	Fats	Vegetables
<ul style="list-style-type: none"> 250ml full cream milk 200ml (250g) full cream plain yogurt 30g cheese and 1 fruit portion (see fruit portion list) 	<p>30g meat or fish (cooked)</p> <ul style="list-style-type: none"> Beef (grass-fed), lamb, all wild game e.g. ostrich Extra lean ground or minced meat or chicken Lean biltong Poultry (skinless) including chicken, turkey, duck 2 streaks 'shaved cold' chicken or turkey White fish including halibut, herring, tuna, sole, cod Oily fish including mackerel, salmon, trout, sardines, -anchovies (2 tbsp mashed) Shellfish including clams, shrimp, scallops 1 whole egg or 2 egg whites <p>Dairy products:</p> <ul style="list-style-type: none"> 30g cheese 15g hard cheese 1/2 ring feta cheese crumbled 1/4 cup low fat cottage cheese 2 tbsp. Parmesan cheese 1/4 cup low fat ricotta cheese 200ml yogurt 2 tbsp. reduced fat tzatziki <p>Plant protein</p> <ul style="list-style-type: none"> 45-60g firm or extra firm tofu 90g soft or silken tofu <p>Whey protein:</p> <ul style="list-style-type: none"> 1 serving isolated whey protein (1 protein serving = 5g) 1 serving egg, hemp, pea, rice or soy or whey - Check label for #grams/scoop (1 protein serving = 7g) 	<p>Starchy vegetables (cooked)</p> <ul style="list-style-type: none"> 1/2 cup butternut 1/2 cup corn kernels or 1/2 corn on the cob 3 baby potatoes or 1 medium or 1/2 cup mashed potato 1/2 sweet potato (90g) 1 cup roasted vegetables 1 cup legumes (chickpeas, lentils, beans etc.) (counts as 1 portion of protein as well) 1/3 cup hummus (counts as 1 portion of fat as well) <p>Gluten containing (cooked):</p> <ul style="list-style-type: none"> 1/3 cup pasta 1/3 cup barley (can eat on wheat free diet) 1/2 cup bulgur (can eat on wheat free diet) 1/2 cup whole-wheat cereal 1/3 cup couscous 2-4 rye crackers <p>Gluten free (cooked):</p> <ul style="list-style-type: none"> 1/2 cup oats (rolled, steel-cut) 1/2 cup quinoa 1/3 cup rice including basmati, black, brown, wild 1/3 cup amaranth 1/2 cup buckwheat 1/2 cup millet <p>Individual portions:</p> <ul style="list-style-type: none"> 1 slice Low GI bread or rye bread 50g muesli 3 provitas 2 ryvitas 3 rice cakes 1/2 pita 	<ul style="list-style-type: none"> 1 small apple 3-4 apricots 1 small banana 1/2 cup fruit salad 1 cup blackberries 1 cup blueberries 12 cherries 1 cup or 12 cranberries 3 dates 2 tbsp. dried fruit 2-3 fresh figs 1/2 grapefruit 15-17 grapes 2 tbsp. goji berries (dried is fine) 1 medium or 2 small kiwi 1/2 small or 1/2 cup mango 1 small nectarine 1 small orange 1 cup cubed papaya 1 small peach 1 small pear 1/2 persimmon 3/4 cup cubed pineapple 2 small plums 1/2 cup pomegranate seeds 3 medium prunes 2 tbsp. raisins 1 cup raspberries 1 cup strawberries 2 small or 1 large tangerines 	<ul style="list-style-type: none"> 2 tbsp or 1/4 avocado 10 olives: black/green 1 tsp olive, avocado, flaxseed, grapeseed oil 1 tsp butter 1 tbsp cream 2 tsp mayonnaise 1 tbsp Homemade salad dressing made with quality oils 1 tbsp nut butters 100ml coconut milk Nuts: 1/4 cup almonds, brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnut Seeds: 1 tbsp. chia seeds, flaxseed (ground), hemp seeds, pumpkin seeds, sesame seeds, sunflower seeds 	<ul style="list-style-type: none"> Artichoke Asparagus Beans: green, wax, Italian Bok choy Broccoli Brussels sprout Cabbage Carrots Cauliflower Celery Chard / Swiss chard Chervil Cucumbers Eggplant Fennel Greens and green leafy: arugula, beet, collard, dandelion, endive, kale, mustard, spinach, Swiss chard, radicchio, turnip, etc. Leeks Lettuce, all Microgreens Mushrooms Onions Peppers Radishes Rocket (Arugula) Scallions / green onions Sea vegetables e.g. seaweed Shallots Snap peas, snow peas Spinach or baby spinach Sprouts, all Squash, summer, yellow zucchini, Tomato Tomato juice - 3/4 cup Turnips Watercress