

Carbohydrates:

Non-Starchy Vegetable Carbs

<ul style="list-style-type: none">• Kale• Collard greens<ul style="list-style-type: none">• Spinach• Brussels sprouts<ul style="list-style-type: none">• Broccoli• Asparagus• Bok Choy• Tomatoes• Squash(summer)• String Beans• Snow Peas<ul style="list-style-type: none">• Cabbage• Peppers, sweet• Cauliflower	<ul style="list-style-type: none">• Artichokes• Eggplant<ul style="list-style-type: none">• Okra• Celery• Cucumbers<ul style="list-style-type: none">• Lettuce• Mushrooms• Radishes• Onions• Salsa• Sprouts• Jicama• Tomato Sauce• Vegetable soup• Lettuce, iceberg
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Starchy Vegetable Carbs

<ul style="list-style-type: none">• Beets• Squash(winter)<ul style="list-style-type: none">• Carrots• Sweet Potato<ul style="list-style-type: none">• Yams• Potato• Corn on the cob

Fruit Carbs

<ul style="list-style-type: none">• Raspberries• Blueberries• Blackberries• Strawberries• Watermelon• Cantaloupe<ul style="list-style-type: none">• Orange• Tangerine	<ul style="list-style-type: none">• Grapes• Kiwifruit• Mango• Peach• Nectarine<ul style="list-style-type: none">• Pear• Pineapple• Banana
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<ul style="list-style-type: none"> • Apple • Apricots • Grapefruit • Cherries 	<ul style="list-style-type: none"> • Papaya • Figs • Honeydew melon • Dried Fruit
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Legume Carbs

<ul style="list-style-type: none"> • Beans • Lentils • Edamame • Peas • Refried beans, nonfat • Hummus
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Beverage Carbs

<ul style="list-style-type: none"> • P90X3 Results and Recovery Formula <ul style="list-style-type: none"> • Cococut Water • Hemp Milk • Almond Milk • Coconut Milk Beverage <ul style="list-style-type: none"> • Rice Milk

Grain Carbs

<ul style="list-style-type: none"> • Quinoa • Rice,brown • Wild Rice • Amaranth • Millet • Buckwheat • Barley • Wheat berries • Bulgur • Muesli • Oatmeal,Steel-cut • Oatmeal, rolled 	<ul style="list-style-type: none"> • Bread, Whole Grain • Pita Bread, whole wheat • Waffles, whole grain • Pancakes,whole grain • English muffin, whole grain <ul style="list-style-type: none"> • Bagel, whole grain • Pasta, whole grain • Couscous, whole wheat • Cereal, whole grain low sugar • Tortilla, whole wheat/corn
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