



# THE HYBRID DIET

## MEAL PLANS



**RAPIDLY BUILD MUSCLE  
& BURN FAT  
SIMULTANEOUSLY**

**ELLIOTT HULSE, CSCS**

**[WWW.LEANHYBRIDMUSCLE.COM](http://WWW.LEANHYBRIDMUSCLE.COM)**



## LEGAL STUFF

© 2011 Elliott Hulse  
All Rights Reserved. International Copyright  
[www.LeanHybridMuscle.com](http://www.LeanHybridMuscle.com)

This publication is fully copyrighted and does not come with giveaway or resale rights. You may not sell or redistribute this report. It is reserved solely for paid members of [LeanHybridMuscle.com](http://LeanHybridMuscle.com). Copyright and illegal distribution violations will be prosecuted. This document has been watermarked with a digital GPS identification tag.



## NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise or nutrition program. This information is not a prescription. Consult your doctor, nutritionist or dietician for further information.



## THE HYBRID DIET

### DAYS ONE - TWO: BODYBUILDING INSPIRED

(Low Fat, Low Carbs, High Protein)

8% FAT

11% CARBOHYDRATES

80% PROTEIN

Drink up to 2 Gallons of Water

### DAY THREE: WARRIOR INSPIRED

(One Meal Low Fat, High Carbs, High Protein)

NOTE: Fast until dinner. Make sure to eat at least one sweet potato.

6% FAT

50% CARBOHYDRATES

44% PROTEIN

Drink up to 2 Gallons of Water

### DAYS FOUR - SIX: GIRONDA INSPIRED

(High Fat, Low Carbs, High Protein)

NOTE: FREE Veggies

40% FAT

11% CARBOHYDRATES

49% PROTEIN

Drink up to 1 Gallon of Water

### DAY SEVEN: METABOLIC LOADING

(Cheat: Low-Moderate Fat, High Carbs, Low-Moderate Protein)

NOTE: This is a moderate cheat day. Cheat within reason, do not gorge and binge. It is mandatory that you get a lot of carbohydrates on this day to refuel your glycogen levels. Whether or not you want to add protein or fat on this day is up to you.

0-30% FAT

70% CARBOHYDRATES

0-30% PROTEIN

Drink up to 1/2 Gallon of Water



## MEAL PLAN 1900 – DAYS ONE - TWO

X-CH	FOOD ITEM	PRO	CARB	FAT	CAL
7	12 Egg whites	40	5	0	180
3	1 cup Broccoli	3	5	0	32
Totals for Meal: 1		43	10	0	212
7	1 can of Tuna, in water	49	0	1	203
3	2 cup Broccoli	5	9	1	63
Totals for Meal: 2		54	9	2	266
7	9 oz. Chicken Breast no skin	61	0	4	283
3	1 cup Green Beans	2	8	0	40
Totals for Meal: 3		63	8	4	323
7	3 scop Whey Protein	75	9	3	372
Totals for Meal: 4		75	9	3	372
7	9 oz. Chicken Breast no skin	61	0	4	283
1	2 cup Lettuce, romaine	2	3	0	20
3	1 Tomato	1	5	0	28
Totals for Meal: 5		64	8	5	331
7	3 scop Whey Protein	75	9	3	372
Totals for Meal: 6		75	9	3	372
DAILY TOTALS		374	52	17	1,875

**PROTEIN 80% – CARBS 11% – FAT 8%**

TIME YOUR MEALS BY EVERY THREE HOURS AND DRINK UP TO 2 GALLON OF WATER EACH DAY.



## DAY THREE- ONE MEAL AT NIGHT

X-CH	FOOD ITEM	PRO	CARB	FAT	CAL
7	9 oz Chicken Breast no skin	61	0	4	283
6	2 Sweet potatoes	4	56	0	236
15	1 cup Black beans	11	31	1	173
3	1 cup Broccoli	3	5	0	32
Totals for Meal: 1		79	92	5	724
DAILY TOTALS		79	92	5	724

**PROTEIN 44% – CARBS 50% – FAT 6%**

DRINK UP TO 2 GALLON OF WATER EACH DAY.





## MEAL PLAN 2800 – DAYS FOUR - SIX

X-CH	FOOD ITEM	PRO	CARB	FAT	CAL
9	2 Whole large eggs (any style)	13	1	10	146
9	0.7 oz Slice American Cheese	4	2	5	69
12	1 container (6 oz) Greek Yogurt Plain	18	7	0	100
	3 oz Veggie Breakfast Sausage Links	17	6	6	146
<b>Totals for Meal: 1</b>		52	16	21	461
12	8 oz (1 cup) whole milk	16	26	16	312
7	2 Scoop Whey Protein	42	8	4	236
13	1 tbsp Cream, Fluid, Heavy Whipping	1	1	6	62
<b>Totals for Meal: 2</b>		59	35	26	610
1	3 oz (2 cups) romaine lettuce	1	3	0	16
3	1 Cup raw tomato	2	6	0	32
7	6 oz turkey breast	51	0	2	222
3	1 cup peeled cucumber	1	3	0	16
<b>Totals for Meal: 3</b>		55	9	2	286
	2 oz Dry roasted almonds	12	12	32	384
8	2 chicken thighs (4.4 oz)	31	0	19	295
<b>Totals for Meal: 4</b>		49	6	42	598
9	4 oz Beef T-Bone Steak	64	0	16	400
3	1 cup cooked spinach	6	5	1	53
10	3.9 oz Ham, Extra Lean	21	1	2	106
<b>Totals for Meal: 5</b>		91	6	19	559
	0.5 oz (1 tbs) Peanut Butter, no salt, smooth	11	3	5	101
10	1 container (6 oz) Greek Yogurt Plain	18	7	0	100
<b>Totals for Meal: 6</b>		29	10	5	201
<b>DAILY TOTALS</b>		329	91	124	2796

**PROTEIN 47% – CARBS 11% – FAT 42%**

TIME YOUR MEALS BY EVERY THREE HOURS AND DRINK UP TO 1 GALLON OF WATER EACH DAY.



## MEAL PLAN 2800 – DAY SEVEN

X-CH	FOOD ITEM	PRO	CARB	FAT	CAL
6	2 cup Oatmeal, Quaker cooked	12	50	5	293
4	2 Bananas	2	53	1	233
Totals for Meal: 1		14	104	6	526
5	2 cup Brown Rice cooked	10	103	2	472
7	1 can Tuna, in water	49	0	1	203
Totals for Meal: 2		59	103	3	675
5	2 cup Brown Rice cooked	10	103	2	472
6	2 cup Peas, green	8	21	1	120
Totals for Meal: 3		18	124	3	593
5	2 cup Brown Rice cooked	10	103	2	472
6	2 cup Peas, green	8	21	1	120
Totals for Meal: 4		18	124	3	593
7	3 oz. Chicken Breast no skin	20	0	1	94
6	1 Lrg. Baked Potatoes w/skin	4	33	0	149
Totals for Meal: 5		24	33	1	243
6	1 Lrg. Baked Potatoes w/skin	4	33	0	149
1	1 cup Lettuce, romaine	1	1	0	10
1	2 tbs. Vinegar	0	2	0	7
13	½ tbs. Olive Oil	0	0	7	61
Totals for Meal: 6		5	36	7	226
DAILY TOTALS		130	501	23	2,855

**PROTEIN 15% – CARBS 70% – FAT 15%**

TIME YOUR MEALS BY EVERY THREE HOURS AND DRINK UP TO ½ GALLON OF WATER EACH DAY.



## EXCHANGE LIST ONE — FREE FOODS

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
1	1 cup	Cabbage, Chinese	12	1	2	0	0
1	1 cup	Cabbage, green	18	2	4	0	0
1	1 tbs.	Catsup, Ketchup	17	0	4	0	0
1	2 oz.	Club Soda	0	0	0	0	0
1	6 oz.	Coffee	2	0	0	0	0
1	2 oz.	Diet Drink	2	0	0	0	0
1	8 oz	Gatorade Drink	60	0	15	0	0
1	1 tbs.	Lemon juice	5	0	0	0	0
1	1 cup	Lettuce, Romaine	10	0	1	0	1
1	1 cup	Lettuce, Iceberg	13	0	2	0	1
1	1 tbs.	Lime juice	6	0	1	0	0
1	1 tbs.	Mustard	15	0	0	0	0
1	1 large	Pickle, Dill	12	0	2	0	0
1	1 cup	Popcorn	56	2	11	0	0
1	1 tbs.	Sauce, Soy	12	2	2	0	0
1	8 oz.	Tea	0	0	0	0	0
1	1 tbs.	Vinegar	4	0	0	0	0

## EXCHANGE LIST TWO INTENTIONALLY LEFT BLANK

## EXCHANGE LIST THREE — VEGETABLES

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
3	½ med	Artichoke, Globe	39	2	8	0	3
3	¼ cup	Artichoke, Jerusalem	29	0	7	0	2
3	1 cup	Asparagus	39	4	5	0	2
3	1 cup	Beans, green	40	2	8	0	2
3	½ cup	Beets	32	1	7	0	2
3	½ cup	Broccoli	22	2	4	0	2
3	¾ cup	Carrot	37	1	8	0	2
3	½ cup	Carrot juice	49	1	11	0	0
3	1 cup	Cauliflower	29	2	5	0	2





## EXCHANGE LIST THREE – VEGETABLES

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
3	1½ cup	Celery	39	3	7	0	1
3	2 cups	Cucumber	31	1	6	0	6
3	1 cup	Eggplant	28	1	7	0	3
3	1 cup	Kale	42	2	8	0	1
3	¼ cup	Marinara Tomato Sauce	48	1	6	2	0
3	1 cup	Mushrooms	21	1	3	0	0
3	½ cup	Onions, mature	30	1	7	0	0
3	1 cup	Peppers, sweet	29	0	5	0	1
3	4 tbs.	Salsa, dip Tostitos	28	3	4	0	2
3	1 cup	Sauerkraut	50	2	9	0	2
3	½ cup	Soup, vegetable - Vegetarian	32	1	6	0	0
3	1½ cup	Spinach, baby	20	1	5	0	3
3	1 cup	Sprouts, alfalfa	40	1	1	0	1
3	1 cup	Sprouts, Brussels	47	3	8	0	1
3	½ cup	Sprouts, lentils	40	3	8	0	1
3	½ cup	Sprouts, soybean	43	5	3	2	0
3	2 cups	Squash, zucchini raw	53	4	8	0	3
3	1 each	Tomato	26	1	6	0	1
3	1 cup	Tomato juice	52	2	10	0	1
3	1 cup	Turnips	50	2	12	0	1
3	1 cup	Vegetable juice cocktail	45	2	9	0	0

## EXCHANGE LIST FOUR – FRUIT

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
4	1 each	Apple	89	0	21	0	5
4	½ each	Apple, dried	86	0	21	0	2
4	½ cup	Apple, juice	60	0	15	0	0
4	½ cup	Applesauce, unsweetened	56	0	14	0	2
4	3 each	Apricot	56	1	12	0	1
4	3¾ each	Apricot, dried	70	0	16	0	2
4	1 each	Banana	109	1	28	0	3



## EXCHANGE LIST FOUR — FRUIT

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
4	1 cup	Blackberries	74	2	18	0	6
4	1 cup	Blueberries	82	1	20	0	0
4	½ cup	Cherries	58	1	12	0	0
4	1 cup	Cranberries	51	0	12	0	1
4	2½ each	Dates	63	0	15	0	0
4	1½ each	Fig	79	0	19	0	1
4	½ cup	Grape, juice	79	0	19	0	0
4	1 each	Grapefruit	86	2	19	0	2
4	½ cup	Grapefruit, juice	49	0	11	0	0
4	10 each	Grapes, with skin	36	0	9	0	0
4	½ cup	Juice, cranberry	86	0	22	0	0
4	1 each	Kiwi	46	1	11	0	3
4	½ each	Mango	75	0	18	0	0
4	1 each	Orange	81	1	15	2	3
4	½ cup	Orange, juice	57	0	13	0	0
4	2 each	Peach	84	1	19	0	2
4	½ cup	Peach, nectar	71	0	17	0	0
4	¾ each	Pear	98	1	25	1	4
4	½ cup	Pear, nectar	79	0	20	0	0
4	1 cup	Pineapple	77	1	19	0	2
4	1 tbs.	Polaner All Fruit	40	0	8	0	0
4	½ cup	Prune juice	93	0	22	0	1
4	2½ each	Prunes	56	0	13	0	3
4	1 cup	Raspberries	61	1	14	1	0
4	2 cups	Rhubarb	57	2	11	0	2
4	1 cup	Strawberries	45	1	10	1	4
4	2 each	Tangerine	82	1	19	0	1
4	¾ cup	Tangerine, juice	82	0	19	0	0
4	1 cup	Watermelon	56	0	12	0	1
4	1 slice	Melon, honeydew	46	1	12	0	1



## EXCHANGE LIST FIVE — STANDARD CARBOHYDRATE

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
5	½ each	Bagel, egg 3 inch diameter	79	3	16	0	1
5	½ each	Bagel, plain 3 inch diameter	79	3	16	0	1
5	1 each	Biscuit, 2 oz.	191	4	28	7	1
5	¼ cup	Bisquick, mix-dry	120	2	19	4	0
5	¾ cup	Bran flakes, post or Kellogg	90	4	22	1	3
5	¾ slice	Cake, angel food	91	2	20	0	0
5	1 cup	Corn flakes, Kellogg	72	2	16	0	0
5	½ cup	Corn grits, enriched, cooked	72	2	16	0	1
5	1 slice	Cornbread, whole ground	94	3	13	3	0
5	1 slice	Cracked, wheat bread, enriched	65	2	12	1	1
5	5 each	Cracker, Ritz	85	0	10	5	0
5	7 each	Cracker, saltine	56	0	14	0	0
5	4 each	Cracker, triscuits	84	0	12	4	0
5	10 each	Cracker, wheat thins	90	0	20	0	1
5	¾ cup	Cream of Wheat, cooked	98	3	21	0	0
5	1 cup	Croutons, herb-seasoned	186	4	25	7	2
5	½ cup	Egg noodles, enriched cooked	99	3	19	1	0
5	1 slice	French bread	78	3	15	1	1
5	1 slice	Italian bread	81	3	15	1	1
5	1 cup	Frosted flakes, Kellogg	136	2	32	0	0
5	¾ cup	Frosted mini wheats, Kellogg	90	3	19	0	2
5	1½ each	Graham cracker	87	2	16	2	0
5	1 each	Granola bar	134	3	18	7	2



## EXCHANGE LIST FIVE — STANDARD CARBOHYDRATE

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
5	¼ cup	Granola, Nature Valley	140	3	25	5	2
5	½ cup	Grape nuts cereal	200	7	47	1	6
5	½ each	Bagel, egg 3 inch diameter	79	3	16	0	1
5	½ each	Bagel, plain 3 inch diameter	79	3	16	0	1
5	1 each	Biscuit, 2 oz.	191	4	28	7	1
5	¼ cup	Bisquick, mix-dry	120	2	19	4	0
5	¾ cup	Bran flakes, post or Kellogg	90	4	22	1	3
5	¾ slice	Cake, angel food	91	2	20	0	0
5	1 cup	Corn flakes, Kellogg	72	2	16	0	0
5	½ cup	Corn grits, enriched, cooked	72	2	16	0	1
5	1 slice	Cornbread, whole ground	94	3	13	3	0
5	1 slice	Cracked, wheat bread, enriched	65	2	12	1	1
5	5 each	Cracker, Ritz	85	0	10	5	0
5	7 each	Cracker, saltine	56	0	14	0	0
5	4 each	Cracker, triscuits	84	0	12	4	0
5	10 each	Cracker, wheat thins	90	0	20	0	1
5	¾ cup	Cream of Wheat, cooked	98	3	21	0	0
5	1 cup	Croutons, herb-seasoned	186	4	25	7	2
5	½ cup	Egg noodles, enriched cooked	99	3	19	1	0
5	1 slice	French bread	78	3	15	1	1
5	1 slice	Italian bread	81	3	15	1	1
5	1 cup	Frosted flakes, Kellogg	136	2	32	0	0
5	¾ cup	Frosted mini wheats, Kellogg	90	3	19	0	2



## EXCHANGE LIST FIVE — STANDARD CARBOHYDRATE

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
5	1½ each	Graham cracker	87	2	16	2	0
5	1 each	Granola bar	134	3	18	7	2
5	¼ cup	Granola, Nature Valley	140	3	25	5	2
5	½ cup	Grape nuts cereal	200	7	47	1	6

## EXCHANGE LIST SIX — HIGH FIBER CARBOHYDRATES

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
6	¼ cup	Auburn Farms, toaster pastry	90	2	21	0	2
6	¼ cup	Bean, baked 99% fat free	75	3	14	1	3
6	½ cup	Beans, lima cooked	88	5	17	0	5
6	½ cup	Beans, navy cooked	148	10	27	1	1
6	½ cup	Bran flakes	89	3	19	0	3
6	1 slice	Bread, stone ground wheat	94	4	16	2	2
6	½ cup	Fiber One, cereal, General Mills	109	2	24	1	14
6	½ cup	Cereal, Kellogg All Bran	115	6	21	0	13
6	½ cup	Lentils, cooked	108	8	19	1	1
6	1 each	English Muffin, whole wheat	134	6	27	1	4
6	1 cup	Pasta, wheat	174	7	37	1	4
6	½ cup	Oatmeal, Quaker	150	5	27	3	4
6	½ cup	Peas, green	59	4	11	0	2
6	1 cup	Raisin Bran, Total Cereal	170	2	41	1	5
6	1 each	Shredded Wheat, large	85	3	19	0	2
6	2 cups	Squash, summer	60	3	11	0	2





## EXCHANGE LIST SIX — HIGH FIBER CARBOHYDRATES

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
6	¾ cup	Squash, winter	109	3	24	0	2
6	¾ cup	Wheatena wheat cereal	118	4	24	0	2
The following carbohydrates are not high in fiber.							
6	¾ cup	Corn	114	4	22	0	2
6	1 each	Potato, large	220	2	27	0	2
6	1 each	Potato, sweet	118	2	28	0	3
6	½ cup	Rice, brown	109	3	22	1	2
6	½ cup	Rice, white	103	2	26	0	0

## EXCHANGE LIST SEVEN — LOW FAT PROTEIN

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
7	2 oz.	Bacon, Canadian Style	86	12	2	12	0
7	½ cup	Beans, kidney cooked	105	7	19		4
7	3 oz.	Chicken Breast, w/o skin	105	20		2	0
7	9 large	Clams	133	23	5	2	0
7	6 each	Egg whites	90	20	2	0	0
7	1 each	Veggie Burger	130	10	18	1	5
7	3 oz.	Fish, Bass	97	16	0	3	0
7	3 oz.	Fish, Bluefish	135	22	0	5	0
7	3 oz.	Fish, cod	89	19	0	1	0
7	3 oz.	Crab	84	17	0	1	0
7	3 oz.	Fish, flat, flounder, sole	99	21	0	1	0
7	3 oz.	Fish, Haddock	95	21	0	1	0
7	3 oz.	Fish, Halibut	119	23	0	1	0
7	3 oz.	Fish, Pollack	100	21	0	1	0
7	3 oz.	Fish, Swordfish	103	17	0	3	0
7	3 oz.	Fish, Whitefish	146	20	0	1	0
7	3 oz.	Lobster	83	17	1	1	0
7	12 med	Oysters	116	12	4	6	0



## EXCHANGE LIST SEVEN — LOW FAT PROTEIN

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
7	½ cup	Peas, black-eyed	90	6	1	16	0
7	3 oz.	Scallops	75	14	2	1	0
7	3 oz.	Shrimp	102	20	0	2	0
7	½ can	Tuna, in water	98	21	0	1	0
7	2 oz.	Turkey, light meat	92	18	0	2	0
7	8 oz.	Yogurt, plain skim	127	13	17	1	0
7	½ cup	Cheese, cottage low fat 1%	82	14	3	1	0

## EXCHANGE LIST EIGHT — MED FAT PROTEIN

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
8	½ cup	Bean, soy curd (tofu)	94	6	2	6	1
8	½ cup	Beans, soy	387	34	28	19	1
8	5 oz.	Chicken, dark meat w/o skin	250	33	0	12	0
8	5 oz.	Chicken, white meat w/o skin	214	38	0	6	0
8	3 oz.	Fish, Salmon	155	22	0	7	0
8	3 oz.	Fish, Trout	162	23	0	7	0
8	3 oz.	Flank, steak	224	23	0	14	0
8	3 oz.	Lamb, leg	219	22	14	14	0
8	3 oz.	Turkey, dark meat	170	26	0	7	0
8	3 oz.	Veal, cutlet	172	31	0	4	0



## EXCHANGE LIST NINE HIGH FAT PROTEIN

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
9	0.5 Pce	Hot Dog, Pork	71	3	1	7	0
9	1 oz	Lamb Chops	70	4	0	6	0
9	1 oz	Lamb, Shoulder	67	4	0	6	0
9	4 Slices	Pepperoni, Luncheon	108	5	1	10	0
9	1 oz	Pork, Leg	72	5	0	6	0
9	0.5 Chop	Pork, Loin Chop	169	10	0	14	0
9	1 oz	Pork, Shoulder	76	5	0	6	0
9	1 oz	Porterhouse Steak	79	5	0	7	0
9	1 Slice	Roast Beef, Lean	172	25	0	7	0
9	1 oz	Sirloin Steak	72	5	0	6	0
9	1 oz	T-Bone Steak	86	5	0	7	0
9	1 oz	Tenderloin Steak	67	5	0	5	0
9	1 oz	Veal, Breast	51	4	0	4	0
9	1 oz	Veal, Chuck	38	4	0	2	0
9	2 oz	Veal, Cutlet	82	9	0	5	0
9	1 oz	Bologna, Beef	88	3	1	8	0
9	1 oz	Bologna, Pork	69	4	0	6	0
9	1 oz	Chuck Roast	71	5	0	6	0
9	1.5 oz	Chicken, Dark Meat w/ Skin	93	7	0	7	0
9	1 Whole	Egg	77	6	1	6	0
9	1 oz	Ground Beef, Lean	73	5	0	6	0
9	1 oz	Ground Beef, Regular	86	5	0	8	0
9	1 Slice	Ham, Boiled Rgular 11% Fat	50	5	1	3	0
9	1 Cup	Ham, Lean Roasted	101	10	2	6	0
9	.05 Pce	Hot Dog, Beef	72	3	1	7	0



## EXCHANGE LIST TEN — LOW FAT DAIRY

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
10	½ cup	Cheese, Cottage Low fat 1%	82	14	3	1	0
10	1 cup	Milk, nonfat (skim)	86	8	12	0	0
10	½ cup	Sherbet	132	1	29	2	0
10	8 oz.	Yogurt, plain Skim	127	13	17	0	0
10	½ cup	Cheese, Cottage Low fat 2%	101	16	4	2	0
10	1 cup	Milk, Low fat 2%	121	8	12	5	0
10	8 oz.	Milk, Rice Dream	140	8	14	5	0
10	6 oz.	Yogurt, low fat Dannon	170	6	28	2	0
10	½ cup	Yogurt, frozen chocolate	115	3	18	4	0
10	8 oz.	Yogurt, low fat fruit	225	9	42	3	0
10	8 oz.	Yogurt, low fat plain	144	12	16	4	0
Dairy higher in fat							
10	½ cup	Cheese, Ricotta part skim	80	7	2	5	0

## EXCHANGE LIST ELEVEN — INTENTIONALLY LEFT BLANK

## EXCHANGE LIST TWELVE — HIGH FAT DAIRY

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
12	1 oz	Cheese, American	94	6	2	7	0
12	1 oz	Cheese, Processed	107	6	0	9	0
12	1 oz	Cheese, Blue	100	6	1	8	0
12	1 oz	Cheese, Cheddar	114	7	0	9	0
12	0.5 cup	Lowfat Cottage Cheese	113	14	3	5	0
12	1 oz	Cheese, Mossarella	80	6	1	6	0



## EXCHANGE LIST TWELVE — HIGH FAT DAIRY

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
12	1 oz	Cheese, Parmesan	110	10	1	7	0
12	1 oz	Cheese, Provolone	99	7	1	8	0
12	0.25 cup	Cheese, Ricotta	107	7	2	8	0
12	1 oz	Cheese, Romano	109	9	1	8	0
12	0.25 cup	Cream, 1/2 & 1/2	80	2	3	7	0
12	0.25 cup	Egg Nog	87	2	9	5	0
12	0.25 cup	Ice Cream	69	1	8	4	0
12	0.5	Milk, Whole	75	4	6	4	0
12	0.75 cup	Yogurt, Plain	105	6	8	6	0

## EXCHANGE LIST THIRTEEN — UNSATURATED FAT

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
13	1 tbsp.	Mayonnaise, light Kraft	34	0	3	2	0
13	1 tbsp.	Oil, corn	120	0	0	14	0
13	1 tbsp.	Oil, olive	120	0	0	14	0
13	1 tbsp.	Oil, peanut	119	0	0	14	0
13	1 tbsp.	Oil, soybean	120	0	0	14	0
13	1 tbsp.	Salad dressing, blue cheese	77	1	1	8	0
13	1 tbsp.	Salad dressing, French	67	0	3	6	0
13	1 tbsp.	Salad dressing Italian	69	0	2	7	0
13	1 tbsp.	Salad Dressing, Russian	76	0	2	8	0
13	1 tbsp.	Salad Dressing, Thousand Islands	59	0	2	6	0
13	¼ cup	Sauce, Barbecue	47	1	8	1	0
13	1 cup	Soup, cream of asparagus	87	1	11	4	0





## EXCHANGE LIST FIFTEEN — LEGUMES / VEGETARIAN

NO.	QTY.	FOOD NAME	CAL	PRO	CARB	FAT	FIBER
15	0.25 cup	Beans, Black	173	11	31	1	0
15	0.25 cup	Beans, Garbonzo	185	10	31	2	0
15	0.25 cup	Beans, Pinto	170	11	30	1	0
15	1 cup	Soup, Black Bean	115	6	20	2	0
15	1 cup	Soup, Lentil	143	9	20	3	0
15	0.75 cup	Soup, Pea	145	8	21	3	0



## This Amazing Cardio Secret Forces Your Body To Melt Fat, Like Butter In A Microwave!

We took regular, boring and unproductive cardio... and began adding resistance activities.

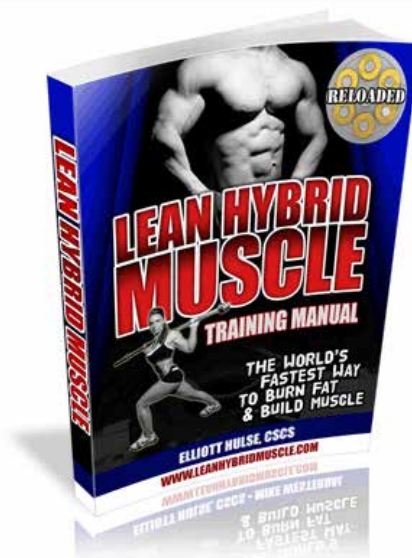
Lean Hybrid Muscle is different, the approach is new and unique, and you'll approach training with a new intensity.

In fact, it's dramatically effective at **burning body fat without any negative impact on building muscle.**

These hybrid exercises push our muscles to undergo a reconfiguration and increase the number of mitochondria in the cells.

When you combine our PowerBuilding and Hybrid Cardio exercises... this training causes such an intense "metabolic shift" that your body becomes a fat-burning, muscle-loading machine — turning you into the equivalent of an ancient warrior...

**Hard, lean, muscular, and constantly pumped.**



Visit <http://www.LeanHybridMuscle.com/build-muscle.php>