

30 Days of Power - Carbohydrate Cheat Sheet

Removing grains, legumes and refined foods from your diet doesn't mean that carbohydrates need to all disappear!! This is a compilation of Tribal Plan friendly dense sources of carbohydrates that you can cycle through your week.

While fruit and nuts are fairly high in carbohydrates, this list sticks to the safest starches and starchy vegetables to eat. These are your "good carbs"....

FOOD	SERVING SIZE	CARBOHYDRATE GRAMS	OTHER NOTABLE NUTRIENTS
WHITE POTATO	PER 1 CUP, PEELED	29G	TRACE VIT C.
SWEET POTATO	PER 1 CUP, MASHED	58G	VIT A, C, B6. POTTASIMUM, MANGANESE, MAGNESIUM & IRON.
PARSNIPS	PER 1 CUP, PEELED	22G	VIT C. MANGANESE.
BEETROOT	PER 1 CUP, SLICED	17G	FOLATE, MANGANESE.
CARROTS	PER 1 CUP, CHOPPED	13G	VITAMIN A, K1.
BUTTERNUT SQUASH	PER 1 CUP	22G	VITAMIN A, C.
PUMPKIN	PER 1 CUP, MASHED	12G	VIT C, E. POTASSIUM
PLANTAIN	PER 1 CUP, MASHED	62G	VIT A, C, B6. MAGNESIUM POTASSIUM.
WHITE RICE	PER 1 CUP, COOKED	45G	IRON, CALCIUM TRACE.
GLUTEN FREE PORRIDGE OATS	PER 1 CUP, COOKED IN WATER	25G	IRON, CALCIUM TRACE.