

Habit Smart carb choices

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

✓✓ SMART TYPE #1

High-fiber, low-starch carbs

- Most vegetables such as leafy green salad and cruciferous vegetables
- Most fruits such as berries, canteloupe, watermelon and peaches
- Legumes such as beans and lentils

✓ SMART TYPE #2

Starchy carbs

- Sweet/starchy fruits such as bananas, figs and dates
- Starchy tubers such as potatoes, sweet potatoes, squash, pumpkin, carrots
- Whole grain rice (brown, wild, white)
- Oats

× NOT SO SMART

Processed carbohydrates

- Pastries
- Cookies and cakes
- Sweets, candy and chocolate
- Fruit juice
- Soda and soft drinks
- Dried fruits

What to do now?

01.

AVOID REFINED CARBS

Avoid ALL refined carbohydrates. Refined carbohydrates, or refined carbs, are grain products that have been processed by a food manufacturer so that the whole grain is no longer intact. The refining or milling process removes dietary fiber, vitamins, and minerals from a food product.

02.

SUBSTITUTIONS

- Replace oatmeal, toast, potatoes, rice and pasta with 1-2 cups of veggies.
- Replace toast with fruit and veggies
- Replace rice and pasta with spiralized veggies or sautéed veggies

03.

POST WORKOUT

Save high-carb whole foods for post-workout meals