



Meal Plan

Meal	Food	Portion	Calories
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Glycemic Index

Food	Glycemic Index
White Bread	75
White Rice	70
White Pasta	65
White Sugar	60
White Flour	55
White Corn	50
White Potatoes	45
White Beans	40
White Lentils	35
White Chickpeas	30
White Kidney Beans	25
White Navy Beans	20
White Pinto Beans	15
White Black Beans	10
White Soybeans	5
White Mung Beans	0
White Adzuki Beans	-5
White Lentil Soup	-10
White Bean Soup	-15
White Chickpea Soup	-20
White Kidney Bean Soup	-25
White Navy Bean Soup	-30
White Pinto Bean Soup	-35
White Black Bean Soup	-40
White Soybean Soup	-45
White Mung Bean Soup	-50
White Adzuki Bean Soup	-55
White Lentil Curry	-60
White Bean Curry	-65
White Chickpea Curry	-70
White Kidney Bean Curry	-75
White Navy Bean Curry	-80
White Pinto Bean Curry	-85
White Black Bean Curry	-90
White Soybean Curry	-95
White Mung Bean Curry	-100
White Adzuki Bean Curry	-105
White Lentil Salad	-110
White Bean Salad	-115
White Chickpea Salad	-120
White Kidney Bean Salad	-125
White Navy Bean Salad	-130
White Pinto Bean Salad	-135
White Black Bean Salad	-140
White Soybean Salad	-145
White Mung Bean Salad	-150
White Adzuki Bean Salad	-155
White Lentil Dressing	-160
White Bean Dressing	-165
White Chickpea Dressing	-170
White Kidney Bean Dressing	-175
White Navy Bean Dressing	-180
White Pinto Bean Dressing	-185
White Black Bean Dressing	-190
White Soybean Dressing	-195
White Mung Bean Dressing	-200
White Adzuki Bean Dressing	-205
White Lentil Sauce	-210
White Bean Sauce	-215
White Chickpea Sauce	-220
White Kidney Bean Sauce	-225
White Navy Bean Sauce	-230
White Pinto Bean Sauce	-235
White Black Bean Sauce	-240
White Soybean Sauce	-245
White Mung Bean Sauce	-250
White Adzuki Bean Sauce	-255
White Lentil Paste	-260
White Bean Paste	-265
White Chickpea Paste	-270
White Kidney Bean Paste	-275
White Navy Bean Paste	-280
White Pinto Bean Paste	-285
White Black Bean Paste	-290
White Soybean Paste	-295
White Mung Bean Paste	-300
White Adzuki Bean Paste	-305
White Lentil Butter	-310
White Bean Butter	-315
White Chickpea Butter	-320
White Kidney Bean Butter	-325
White Navy Bean Butter	-330
White Pinto Bean Butter	-335
White Black Bean Butter	-340
White Soybean Butter	-345
White Mung Bean Butter	-350
White Adzuki Bean Butter	-355
White Lentil Oil	-360
White Bean Oil	-365
White Chickpea Oil	-370
White Kidney Bean Oil	-375
White Navy Bean Oil	-380
White Pinto Bean Oil	-385
White Black Bean Oil	-390
White Soybean Oil	-395
White Mung Bean Oil	-400
White Adzuki Bean Oil	-405
White Lentil Fat	-410
White Bean Fat	-415
White Chickpea Fat	-420
White Kidney Bean Fat	-425
White Navy Bean Fat	-430
White Pinto Bean Fat	-435
White Black Bean Fat	-440
White Soybean Fat	-445
White Mung Bean Fat	-450
White Adzuki Bean Fat	-455
White Lentil Protein	-460
White Bean Protein	-465
White Chickpea Protein	-470
White Kidney Bean Protein	-475
White Navy Bean Protein	-480
White Pinto Bean Protein	-485
White Black Bean Protein	-490
White Soybean Protein	-495
White Mung Bean Protein	-500
White Adzuki Bean Protein	-505
White Lentil Fiber	-510
White Bean Fiber	-515
White Chickpea Fiber	-520
White Kidney Bean Fiber	-525
White Navy Bean Fiber	-530
White Pinto Bean Fiber	-535
White Black Bean Fiber	-540
White Soybean Fiber	-545
White Mung Bean Fiber	-550
White Adzuki Bean Fiber	-555
White Lentin Carbs	-560
White Bean Carbs	-565
White Chickpea Carbs	-570
White Kidney Bean Carbs	-575
White Navy Bean Carbs	-580
White Pinto Bean Carbs	-585
White Black Bean Carbs	-590
White Soybean Carbs	-595
White Mung Bean Carbs	-600
White Adzuki Bean Carbs	-605
White Lentin Fat	-610
White Bean Fat	-615
White Chickpea Fat	-620
White Kidney Bean Fat	-625
White Navy Bean Fat	-630
White Pinto Bean Fat	-635
White Black Bean Fat	-640
White Soybean Fat	-645
White Mung Bean Fat	-650
White Adzuki Bean Fat	-655
White Lentin Protein	-660
White Bean Protein	-665
White Chickpea Protein	-670
White Kidney Bean Protein	-675
White Navy Bean Protein	-680
White Pinto Bean Protein	-685
White Black Bean Protein	-690
White Soybean Protein	-695
White Mung Bean Protein	-700
White Adzuki Bean Protein	-705
White Lentin Fiber	-710
White Bean Fiber	-715
White Chickpea Fiber	-720
White Kidney Bean Fiber	-725
White Navy Bean Fiber	-730
White Pinto Bean Fiber	-735
White Black Bean Fiber	-740
White Soybean Fiber	-745
White Mung Bean Fiber	-750
White Adzuki Bean Fiber	-755
White Lentin Carbs	-760
White Bean Carbs	-765
White Chickpea Carbs	-770
White Kidney Bean Carbs	-775
White Navy Bean Carbs	-780
White Pinto Bean Carbs	-785
White Black Bean Carbs	-790
White Soybean Carbs	-795
White Mung Bean Carbs	-800
White Adzuki Bean Carbs	-805
White Lentin Fat	-810
White Bean Fat	-815
White Chickpea Fat	-820
White Kidney Bean Fat	-825
White Navy Bean Fat	-830
White Pinto Bean Fat	-835
White Black Bean Fat	-840
White Soybean Fat	-845
White Mung Bean Fat	-850
White Adzuki Bean Fat	-855
White Lentin Protein	-860
White Bean Protein	-865
White Chickpea Protein	-870
White Kidney Bean Protein	-875
White Navy Bean Protein	-880
White Pinto Bean Protein	-885
White Black Bean Protein	-890
White Soybean Protein	-895
White Mung Bean Protein	-900
White Adzuki Bean Protein	-905
White Lentin Fiber	-910
White Bean Fiber	-915
White Chickpea Fiber	-920
White Kidney Bean Fiber	-925
White Navy Bean Fiber	-930
White Pinto Bean Fiber	-935
White Black Bean Fiber	-940
White Soybean Fiber	-945
White Mung Bean Fiber	-950
White Adzuki Bean Fiber	-955
White Lentin Carbs	-960
White Bean Carbs	-965
White Chickpea Carbs	-970
White Kidney Bean Carbs	-975
White Navy Bean Carbs	-980
White Pinto Bean Carbs	-985
White Black Bean Carbs	-990
White Soybean Carbs	-995
White Mung Bean Carbs	-1000
White Adzuki Bean Carbs	-1005

Dairy Products

Product	Weight (g)	Calories
Whole Milk	250	160
2% Milk	250	120
1% Milk	250	100
Non-fat Milk	250	80
Whole Cream Yogurt	250	150
2% Yogurt	250	110
1% Yogurt	250	90
Non-fat Yogurt	250	70
Whole Cream Cheese	250	320
2% Cheese	250	240
1% Cheese	250	200
Non-fat Cheese	250	160
Whole Cream Butter	100	900
2% Butter	100	800
1% Butter	100	700
Non-fat Butter	100	600