

# the 1 MEAL™

## Approved Vegetable Chart

While some **Members** prefer to use measuring cups to measure their vegetables for **the One Meal**, others prefer to use a food scale to get an exact measure of weight. If you choose to weigh your vegetables, this chart will help you convert a vegetable's volume (in cups) to its weight on a food scale (in grams and ounces).

### Here's how it works:

- 1 | Pick which vegetable(s) you would like to have for **the One Meal**.
- 2 | Find the vegetable in the list below for the gram and ounce equivalent to one serving of that vegetable (½ cup unless otherwise specified).
- 3 | You need 3 servings of vegetables for **the One Meal**. If you plan to only have one type of vegetable, multiply the gram or ounce amount by 3 for a total of 3 servings. If you plan to have a combination of vegetables, you can adjust the amounts accordingly.

As you use this chart, keep in mind that the raw weight listed is not representing how much raw vegetable will yield a ½ cup cooked. The raw weight represents how much raw vegetable equates to a ½ cup portion, and the cooked weight represents how much cooked vegetable equates to a ½ cup portion.

Some **Members** prefer to weigh their vegetables in the form they are going to eat it in, while others find it easier to weigh prior to cooking. It is fine to use either approach; the nutritional differences between the two will be negligible. Both methods will result in a healthy portion of vegetables that complies with the nutritional parameters for the green portion of **the One Meal** (one serving = ≤25 calories and ≤5g carbohydrate).

**ALL VEGGIES ON THIS LIST ARE SKINNY BOX PROGRAM APPROVED. ALL ARE CONSIDERED LOW CARB VEGGIES OVERALL. THOSE MARKED HIGH ON THE CHART ARE ONLY HIGH COMPARED TO THE REST OF THE ONES LISTED HERE.**



Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Arugula	Raw	.5 cup (chopped)	10	0.35	Low
Asparagus	Raw	.5 cup	67	2.36	Moderate
Asparagus	Cooked from frozen variety	.5 cup	90	3.17	Moderate
Asparagus	Cooked from fresh variety	.5 cup	90	3.17	Moderate
Asparagus	Cooked from canned variety	.5 cup	121	4.27	Moderate
Broccoli	Raw	.5 cup	44	1.55	High
Broccoli	Cooked from frozen variety	.5 cup	92	3.24	High
Broccoli	Cooked from fresh variety	.5 cup	78	2.75	High
Broccoli, Chinese	Cooked from fresh variety	.5 cup	44	1.55	High
Broccoli, Raab	Raw	.5 cup (chopped)	20	.71	High
Broccoli, Raab	Cooked from fresh variety	.5 cup	44	1.55	High
Cabbage	Raw	.5 cup (chopped)	44.5	1.57	Moderate
Cabbage	Raw	.5 cup (shredded)	35	1.23	Moderate
Cabbage, Chinese (Bok-Choy)	Raw	.5 cup (shredded)	35	1.23	Moderate
Cabbage, Chinese (Bok-Choy)	Cooked from fresh variety	.5 cup (shredded)	85	3	Moderate
Cabbage, Chinese (Pe-Tsai)	Raw	.5 cup (shredded)	38	1.34	Moderate
Cabbage, Chinese (Pe-Tsai)	Cooked from fresh variety	.5 cup	59.5	2.1	Moderate
Cabbage, Common	Cooked from fresh variety	.5 cup	75	2.65	Moderate
Cabbage, Napa	Cooked from fresh variety	.5 cup	54.5	1.92	Moderate
Cabbage, Red	Raw	.5 cup (shredded)	35	1.23	High
Cabbage, Red	Cooked from fresh variety	.5 cup	75	2.65	High
Cabbage, Savoy	Raw	.5 cup (shredded)	35	1.23	Moderate

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Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Cabbage, Savoy	Cooked from fresh variety	.5 cup	72.5	2.56	Moderate
Cabbage, Swamp	Cooked from fresh variety	.5 cup	49	1.73	Moderate
Cabbage, Swamp	Raw	.5 cup (chopped)	28	0.99	Moderate
Cauliflower	Raw	.5 cup	50	1.76	Moderate
Cauliflower	Cooked from frozen variety	.5 cup	90	3.17	Moderate
Cauliflower	Cooked from fresh variety	.5 cup	62	2.19	Moderate
Cauliflower, Green	Raw	.5 cup	32	1.13	Moderate
Cauliflower, Green	Cooked from fresh variety	.5 cup	62	2.19	Moderate
Celery	Raw	.5 cup (chopped)	50.5	1.78	Low
Celery	Cooked from fresh variety	.5 cup	75	2.65	Low
Chard, Swiss	Raw	.5 cup	18	.63	Low
Collard Greens	Raw	1 cup (chopped)	36	1.27	Low
Cucumber, no peel	Raw	.5 cup (slices)	59.5	2.1	Low
Cucumber, with peel	Raw	.5 cup (slices)	52	1.83	Low
Eggplant	Raw	.5 (cubes)	41	1.45	Moderate
Eggplant	Cooked from fresh variety	.5 cup	49.5	1.75	Moderate
Escarole	Raw	.5 cup (shredded)	25	.88	Low
Fennel bulb	Raw	.5 cup (slices)	43.5	1.53	Moderate
Green Beans	Raw	.5 cup	55	1.94	High
Green Beans	Cooked from frozen variety	.5 cup	67.5	2.38	High
Green Beans	Cooked from fresh variety	.5 cup	62.5	2.2	High
Green Beans	Cooked from canned variety	.5 cup	67.5	2.38	High

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Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Green, Mustard	Cooked from frozen variety	.5 cup	75	2.65	Low
Green, Mustard	Cooked from fresh variety	.5 cup	70	2.47	Low
Green, Mustard	Raw	1 cup (chopped)	56	1.98	Low
Green, Turnip	Raw	.5 cup (chopped)	27.5	.97	Low
Green, Turnip	Cooked from frozen variety	.5 cup	82	2.89	Low
Green, Turnip	Cooked from fresh variety	.5 cup	72	2.54	Low
Green, Turnip NSA	Cooked from canned variety	.5 cup	72	2.54	Low
Heart of Palm	Canned	.5 cup	73	2.57	High
Jalapeno	Raw	.5 cup (slices)	45	1.59	Low
Jicama	Raw	.5 cup	65	2.29	High
Jicama	Cooked from fresh variety	.5 cup	65	2.29	High
Kale	Raw	.5 cup (chopped)	33.5	1.18	Moderate
Kale	Cooked from frozen variety	.5 cup	65	2.29	Moderate
Kale	Cooked from fresh variety	.5 cup	65	2.29	Moderate
Kale, Scotch	Raw	.5 cup (chopped)	33.5	1.18	Moderate
Kale, Scotch	Cooked from fresh variety	.5 cup (chopped)	65	2.29	Moderate
Kohlrabi	Raw	.5 cup	67.5	2.38	High
Kohlrabi	Cooked from fresh variety	.5 cup	82.5	2.91	High
Lettuce, Butterhead (including Boston and Bibb)	Raw	1 cup (shredded or chopped)	55	1.94	Low
Lettuce, Endive	Raw	1 cup (chopped)	50	1.76	Low
Lettuce, Iceberg	Raw	1 cup (shredded)	72	2.54	Low
Lettuce, Romaine	Raw	1 cup (shredded)	47	1.66	Low

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Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Lettuce, Spring Mix	Raw	1 cup (shredded)	42.5	1.5	Low
Mushroom	Cooked from fresh variety	.5 cup	78	2.75	Low
Mushroom	Cooked from canned variety	.5 cup	78	2.75	Low
Mushroom, Brown, Italian or Crimini	Raw	.5 cup (sliced)	36	1.27	Low
Mushroom, Portabella	Raw	.5 cup (sliced)	43	1.52	Moderate
Mushroom, Portabella	Cooked from fresh variety	.5 cup (sliced)	60.5	2.13	Moderate
Mushroom, Straw	Cooked from canned variety	.5 cup	91	3.21	Low
Mushroom, White	Raw	.5 cup (pieces)	35	1.23	Low
Mushroom, White	Cooked from fresh variety	.5 cup	78	2.75	Low
Nopales	Raw	.5 cup (slices)	43	1.52	Low
Okra	Raw	.5 cup	50	1.76	High
Okra	Cooked from frozen variety	.5 cup	92	3.25	High
Okra	Cooked from fresh variety	.5 cup	80	2.82	High
Peppers, Green Sweet	Raw	.5 cup (chopped)	74.5	2.63	High
Peppers, Green Sweet	Cooked from frozen variety	.5 cup	68	2.4	High
Peppers, Green Sweet	Cooked from fresh variety	.5 cup	68	2.4	High
Peppers, Green Sweet	Cooked from canned variety	.5 cup	70	2.47	High
Peppers, Red Sweet	Raw	.5 cup (chopped)	74.5	2.63	High
Peppers, Red Sweet	Cooked from frozen variety	.5 cup	68	2.4	High
Peppers, Red Sweet	Cooked from fresh variety	.5 cup	68	2.4	High
Peppers, Red Sweet	Cooked from canned variety	.5 cup	70	2.47	High
Peppers, Yellow Sweet	Raw	.5 cup (chopped)	74.5	2.63	High

Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Radishes	Raw	.5 cup (slices)	58	2.05	Low
Radishes, Oriental	Raw	.5 cup (slices)	58	2.05	Low
Radishes, Oriental	Cooked from fresh variety	.5 cup (slices)	73.5	2.59	Low
Sauerkraut (low sodium)	Raw	.5 cup	71	2.5	High
Scallions	Raw	.5 cup	50	1.76	High
Shirataki Noodles	N/A	.5 cup	113	3.99	High
Spinach	Cooked from frozen variety	.5 cup	95	3.35	Moderate
Spinach	Cooked from fresh variety	.5 cup	90	3.77	Moderate
Spinach	Cooked from canned variety	.5 cup	107	3.77	Moderate
Spinach, Malabar	Cooked from fresh variety	.5 cup	90	3.17	Moderate
Spinach, Mustard (Tendergreen)	Cooked from fresh variety	.5 cup (chopped)	90	3.17	Low
Spinach, Mustard (Tendergreen)	Raw	1 cup (chopped)	150	5.29	Moderate
Spinach, New Zealand	Cooked from frozen variety	.5 cup (chopped)	90	3.17	Moderate
Spinach, New Zealand	Raw	1 cup (chopped)	56	1.97	Low
Spinach	Raw	1 cup	30	1.06	Low
Sprouts, Alfalfa	Raw	.5 cup	16.5	.58	Low
Sprouts, Mung Bean Sprouts	Raw	.5 cup	52	1.83	Low
Sprouts, Mung Bean Sprouts	Cooked from fresh variety	.5 cup	62	2.19	Low
Squash, Summer, Crookneck and Straightneck	Raw	.5 cup (sliced)	65	2.29	High
Squash, Summer, Crookneck and Straightneck	Cooked from frozen variety	.5 cup (slices)	96	3.39	High
Squash, Summer, Crookneck and Straightneck	Cooked from fresh variety	.5 cup (slices)	90	3.17	High
Squash, Summer, Crookneck and Straightneck	Cooked from canned variety w/skin	.5 cup	105	3.7	High

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Item	Variety	Quantity	GM Wt.	Oz. .Wt.	Carb Count
Squash, Summer Scallop	Raw	.5 cup (sliced)	65	2.29	Moderate
Squash, Summer Scallop	Cooked from frozen variety	.5 cup (slices)	90	3.17	Moderate
Squash, Summer, Zucchini	Raw w/skin	.5 cup (sliced)	56.5	1.99	Moderate
Squash, Summer, Zucchini	Cooked from fresh variety w/skin	.5 cup	90	3.17	Moderate
Squash, Summer, Zucchini	Cooked from frozen variety w/skin	.5 cup	111.5	3.93	Moderate
Squash, Spaghetti	Raw	.5 cup (cubes)	50.5	1.78	High
Squash, Spaghetti	Cooked from fresh variety	.5 cup	77.5	2.73	High
Tomato, Red Ripe	Raw	.5 cup (chopped or sliced)	90	3.17	High
Tomato, Red Ripe	Raw	.5 cup (cherry)	74.5	2.63	High
Tomato, Red Ripe packed in tomato juice	Cooked from canned variety	.5 cup (with juice)	120	4.23	High
Tomato, Red Ripe	Cooked from fresh variety	.5 cup	120	4.23	High
Turnips	Raw	.5 cup (cubes)	65	2.29	High
Turnips	Cooked from frozen variety	.5 cup	78	2.75	High
Turnips	Cooked from fresh variety	.5 cup	78	2.75	High
Watercress	Raw	1 cup (chopped)	34	1.2	Low