

# Condiment List

## Condiment Recommendations:

Use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can have up to 3 condiment servings per lean and green meal per day on all plans.

### Fresh Herbs

Basil (whole leaves): 1 cup	Ginger root: 2 tsp
Basil (chopped): ½ cup	Lemongrass: 2 tsp
Capers: 2 Tbsp	Parsley: ¼ cup
Chives (chopped): ¼ cup	Peppermint: ¼ cup
Cilantro: 1 cup	Rosemary: 2 Tbsp
Dill weed: 1 cup	Sage: 2 Tbsp
Garlic (minced): 1 tsp	Spearmint: 2 Tbsp
Garlic (whole): 1 clove	Thyme: 1 Tbsp

### Dried Herbs & Spices

Allspice: ½ tsp	Mace: 1 tsp
Anise seed: ½ tsp	Marjoram: 2 tsp
Basil (whole leaves): 2 tsp	Mustard seed (ground): 1 tsp
Basil (ground): 1 tsp	Nutmeg: ½ tsp
Bay leaf: 2 tsp	Onion powder: ½ tsp
Caraway seed: ½ tsp	Oregano (whole leaves): 1 tsp
Cardamom: ½ tsp	Oregano (ground): ½ tsp
Cayenne pepper: ½ tsp	Paprika: ½ tsp
Celery seed: 1 tsp	Parsley: 1 Tbsp
Chili powder: ½ tsp	Pepper: ½ tsp
Cilantro: 1 Tbsp	Poppy seed: 1 tsp
Cinnamon: ½ tsp	Poultry seasoning: 1 tsp
Cloves (whole): 1 tsp	Pumpkin pie spice: ½ tsp
Cloves (ground): ½ tsp	Rosemary: 1 tsp
Coriander seed: 1 tsp	Saffron: 1 tsp
Crushed red pepper: ½ tsp	Sage: 2 tsp
Cumin seed (whole or ground): 1 tsp	Salt: ¼ tsp
Curry powder: ½ tsp	Savory: 1 tsp
Dill seed: ½ tsp	Spearmint: 1 Tbsp
Dill weed: 1 tsp	Spice mixes: ½ tsp
Fennel seed: ½ tsp	Tarragon (whole leaves): 1 Tbsp
Fenugreek seed: ¼ tsp	Tarragon (ground): 1 tsp
Garlic powder: ½ tsp	Thyme (whole leaves or ground): 1 tsp
Ginger (ground): ½ tsp	Turmeric: ½ tsp

### Sauces & Syrups

Barbecue sauce (regular): ½ tsp	Soy sauce (regular or low sodium): 1 Tbsp
Barbecue sauce (sugar-free): 1 Tbsp	Sriracha: 1 tsp
Catsup (regular): ½ tsp	Steak sauce: 1 tsp
Catsup (reduced sugar): 1 Tbsp	Sweet and sour sauce: ½ tsp
Cocktail sauce (regular): ½ tsp	Syrups/flavorings (sugar-free Torani® and Walden Farms, Inc.): 2 Tbsp
Fish sauce: 1 Tbsp	Teriyaki sauce: 1 tsp
Honey mustard sauce: ½ tsp	Tomato paste: 1 tsp
Horseradish: 1 tsp	Vinegar (cider, white, wine): ¼ cup
Hot sauce: 2 Tbsp	Vinegar (balsamic): 1 tsp
Mustard (dijon): 1 tsp	Wasabi: ½ tsp
Mustard (yellow): 1 Tbsp	Worcestershire sauce: ½ tsp
Oyster sauce: 1 tsp	
Salsa (tomato): 1 Tbsp	



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## Dairy, Cheese & Milk Substitutes

Butter Buds\*: ½ tsp  
Cheese - blue, feta, parmesan (regular): 1 Tbsp  
Cheese - blue, feta, parmesan (reduced-fat): 2 Tbsp  
Cream cheese (regular): ½ Tbsp  
Cream cheese (light): 1 Tbsp  
Cream substitute (liquid or powdered, regular): ½ tsp  
Cream substitute (liquid or powdered, sugar-free): 1 tsp  
Greek yogurt (plain, nonfat or low-fat): 2 Tbsp  
Sour Cream (regular or light): 1 Tbsp  
The Laughing Cow Spreadable Cheese: 1 wedge  
Whipped Topping (Cool Whip®): 1 Tbsp  
Whipped Topping (pressurized, Reddi-whip®): 2 Tbsp

Milks:  
Almond (refrigerated, unsweetened original or unsweetened vanilla): 1 cup  
Cashew (refrigerated, unsweetened original or unsweetened vanilla): 1 cup  
Coconut (canned, regular): 1 Tbsp  
Coconut (canned, light): 2 Tbsp  
Coconut (refrigerated, unsweetened original or unsweetened vanilla): ½ cup  
Cow's (unflavored): 1 Tbsp  
Rice (unsweetened): 1 Tbsp  
Soy (unsweetened): 2 Tbsp

## Baking & Cooking Ingredients

Almond flour: 2 tsp  
Baker's yeast: ½ tsp  
Baking powder: ½ tsp  
Baking soda: 1 tsp  
Bouillon: 1 cube  
Broth or stock: ⅓ cup - 1 cup (varies based on brand and flavor - use serving size for 1g carb or less)  
Bran - wheat, rice, corn: ½ tsp  
Cocoa powder (unsweetened): 1 tsp  
Coconut (shredded, unsweetened): 2 tsp  
Cooking oil spray (Pam®): 10, ¼ second sprays  
Cornmeal: ½ tsp  
Cream of tartar: ½ tsp  
Extracts: 1 tsp  
Imitation butter: 10 sprays  
Lemon or lime juice: 2 tsp

Lemon or lime zest: 1 Tbsp  
Liquid egg substitute: 3 Tbsp  
Nutritional yeast (small flakes): 1 tsp  
Nutritional yeast (large flakes): 2 tsp  
Onion (chopped): 1 Tbsp  
Pine nuts: ⅓ ounce (~20 kernels)  
Ranch dressing mix: ½ tsp  
Seaweed (dried): 1 Tbsp  
Seaweed (fresh): 2 Tbsp  
Seeds:  
Chia: ½ tsp  
Hemp: 1 tsp  
Flax (whole or ground): 1 tsp  
Poppy: 1 tsp  
Pumpkin: 1 tsp  
Sesame: 1 tsp  
Sunflower (kernel only): 1 tsp  
Slivered almonds: 2 tsp  
Wheat germ: ½ tsp

## Flavor Enhancers

Calorie-free sweetener: 1 packet  
Crystal Light® "On the Go" sticks: ½ packet  
Liquid stevia: 5 drops  
Mio®: ½ tsp  
Monk Fruit In The Raw® Sweetener: 1 packet

Stevia In The Raw® Sweetener: 1 packet  
True Lemon® or True Lime®: 1 packet  
Truvia®: ⅓ packet



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# Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

## Monounsaturated Fats

Almond flour: 1 ½ Tbsp

Avocado: 1 ½ oz

Guacamole: 2 Tbsp

Milks:

Almond (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Cashew (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

Oils:

Avocado: 1 tsp

Canola: 1 tsp

Olive: 1 tsp

Peanut: 1 tsp

Nuts:

Almonds: ⅓ oz (~8 pieces)

Brazil nuts: ⅓ oz (~2 pieces)

Cashews: ⅓ oz (~6 pieces)

Hazelnuts: ⅓ oz (~6 pieces)

Macadamia: ⅓ oz (~3 pieces)

Peanuts: ⅓ oz (~12 pieces)

Pecans: ⅓ oz (~5 halves)

Pistachios: ⅓ oz (~18 pieces)

Pesto: 1 Tbsp

Seeds:

Sesame Seeds: 1 Tbsp

## Polyunsaturated Fats

Margarine (regular): ½ Tbsp

Margarine (reduced-fat): 1 Tbsp

Mayonnaise (regular): ½ Tbsp

Mayonnaise (light): 1 ½ Tbsp

Mayonnaise (reduced-fat with olive oil): 1 Tbsp

Nuts:

Pine: ⅓ oz (~55 kernels)

Walnuts: ⅓ oz (~4 halves)

Oil:

Flaxseed: 1 tsp

Grapeseed: 1 tsp

Safflower: 1 tsp

Sesame: 1 tsp

Soybean: 1 tsp

Seeds:

Chia: 1 Tbsp

Flax (ground): 2 Tbsp

Flax (whole): 1 Tbsp

Hemp: 1 Tbsp

Poppy: 1 Tbsp

Pumpkin: 1 Tbsp

Sunflower (kernel only): 1 Tbsp



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## Saturated Fats

Butter: ½ Tbsp

Coconut (shredded, unsweetened): 1 ½ Tbsp

Cream (half & half): 3 Tbsp

Cream cheese (regular): 1 Tbsp

Cream cheese (low-fat): 2 Tbsp

Milks:

Coconut (canned, regular): 2 Tbsp

Coconut (canned, light): ¼ cup

Coconut (refrigerated, unsweetened original or unsweetened vanilla): 1 cup

Sour cream: 2 Tbsp

The Laughing Cow Spreadable Cheese Original Swiss: 1 wedge

Salad Dressings	1 TBSP	2 TBSP
<b>Annie's Naturals</b>	<ul style="list-style-type: none"> <li>· Goddess</li> <li>· Organic Cowgirl Ranch</li> <li>· Organic Roasted Garlic Vinaigrette</li> <li>· Organic Green Goddess</li> <li>· Organic Goddess</li> <li>· Organic French</li> <li>· Organic Caesar</li> <li>· Organic Balsamic</li> <li>· Organic Asian Sesame</li> <li>· Cowgirl Ranch</li> <li>· Balsamic Vinaigrette</li> <li>· Woodstock</li> <li>· Lemon &amp; Chive Vinaigrette</li> <li>· Tuscany Italian</li> <li>· Artichoke Parmesan</li> <li>· Organic Smoky Tomato</li> </ul>	<ul style="list-style-type: none"> <li>· Roasted Red Pepper</li> <li>· Lite Goddess</li> </ul>
<b>Hidden Valley</b>	<ul style="list-style-type: none"> <li>· Avocado Ranch</li> <li>· Cucumber Ranch</li> <li>· Sweet Chili Ranch</li> <li>· Roasted Garlic Ranch</li> <li>· Fiesta Salsa Ranch</li> <li>· Cracked Peppercorn Ranch</li> <li>· Simply Ranch</li> <li>· Cucumber Basil</li> <li>· Simply Ranch</li> <li>· Classic Ranch</li> <li>· Simply Ranch Chili Lime</li> </ul>	<ul style="list-style-type: none"> <li>· Buttermilk Ranch Light</li> <li>· Cucumber Ranch Light</li> <li>· Fiesta Salsa Ranch Light</li> <li>· Original Ranch</li> <li>· Homestyle Light</li> <li>· Greek Yogurt Spinach &amp; Feta</li> <li>· Greek Yogurt Lemon Garlic</li> <li>· Greek Yogurt Ranch</li> <li>· Greek Yogurt Cucumber Dill</li> </ul>



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Salad Dressings	1 TBSP	2 TBSP
<b>Ken's</b>	<ul style="list-style-type: none"> <li>· Balsamic Vinaigrette</li> <li>· Creamy French</li> <li>· Greek</li> <li>· Honey Mustard</li> <li>· Italian</li> <li>· Red Wine Vinegar &amp; Olive Oil</li> <li>· Three Cheese Italian</li> <li>· Chef's Reserve French</li> <li>· Chef's Reserve Italian</li> </ul>	<ul style="list-style-type: none"> <li>· Light Options Balsamic Vinaigrette</li> </ul>
	1 TBSP	2 TBSP
<b>Kraft</b>	<ul style="list-style-type: none"> <li>· Buttermilk Ranch</li> <li>· Red Wine Vinaigrette</li> <li>· Peppercorn Ranch</li> <li>· Classic Ranch</li> <li>· Classic Caesar</li> <li>· Roka Blue Cheese</li> <li>· Ranch with Bacon</li> <li>· Cucumber Ranch</li> <li>· Thousand Island</li> </ul>	<ul style="list-style-type: none"> <li>· Sun Dried Tomato</li> <li>· Tuscan House Italian</li> <li>· Greek Vinaigrette</li> <li>· Zesty Lime Vinaigrette</li> <li>· Caesar Vinaigrette</li> <li>· Zesty Italian</li> </ul>
	1 TBSP	2 TBSP
<b>Newman's Own</b>	<ul style="list-style-type: none"> <li>· Balsamic Vinaigrette</li> <li>· Greek Vinaigrette</li> <li>· Honey French</li> <li>· Parmesan &amp; Roasted Garlic</li> <li>· Three Cheese Balsamic Vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>· Lime Lite Vinaigrette</li> <li>· Lite Caesar</li> <li>· Lite Italian</li> <li>· Lite Red Wine Vinegar &amp; Olive Oil</li> </ul>
	1 TBSP	2 TBSP
<b>Wishbone</b>	<ul style="list-style-type: none"> <li>· House Italian</li> <li>· Creamy Italian</li> <li>· Spicy Caesar</li> <li>· South of the Border Ranch</li> <li>· Thousand Island</li> <li>· Sweet &amp; Spicy Honey Mustard</li> <li>· Sweet &amp; Spicy French</li> <li>· Deluxe French</li> <li>· Creamy Italian</li> </ul>	<ul style="list-style-type: none"> <li>· Mediterranean Italian</li> <li>· Bruschetta Italian</li> <li>· Balsamic Italian Vinaigrette</li> <li>· Romano Basil Vinaigrette</li> <li>· Olive Oil Vinaigrette</li> <li>· Greek Vinaigrette</li> <li>· Balsamic Vinaigrette</li> <li>· Light Thousand Island</li> <li>· Light Ranch</li> <li>· Light Parmesan Peppercorn Ranch</li> <li>· Light Creamy Caesar</li> <li>· Light Buffalo Ranch</li> <li>· Light Blue Cheese</li> </ul>



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