

## Protein

**Portions:** (4.5-5 ounces of **cooked** meat or about 6 ounces of **uncooked** meat. Use 1 cup servings for dairy listed below). **Each option is 35-g.**

- Chicken or Turkey breast-skinless
- Extra lean ground turkey/hamburger (93/7) **Omit fat option based on needs**
- Pork tenderloin
- 2% or nonfat cottage cheese
- Protein powder 20 g protein and less than 3g carbs per serving,
- Tuna in water (1-3 ounce can)
- 6 Egg whites **OR** 4 eggs **Omit fat option based on needs**
- Shrimp, lobster, scallops
- Elk, venison, and antelope
- Lean beef: eye of round, flank, or sirloin. **Omit fat option based on needs.**
- Non-fat or low-fat plain Greek Yogurt
- Skinless dark meat poultry. **Omit fat option based on needs.**
- Lunch meat (turkey, ham, roast beef).
- Fatty fish such as salmon **Omit fat option based on needs.**
- Lean fish- tilapia, etc.

## Carbohydrates

**Portions:** 1 slice of bread, 1/3C cooked starch, or ½ potato, ½ banana, 1C of berries, one piece of fruit (the size of a tennis ball). **Each option is 15g.**

### 1/3 of a cup-cooked

- Lentils
- Hummus
- Beans ( kidney, black, cannelloni)
- Grains: barley, rice, quinoa, cereal, pasta, oatmeal, cream of wheat, grits.
- Winter squash (acorn, spaghetti, etc.).
- Peas
- Corn

### ½ of a Small Fruit or Vegetable

- Sweet potatoes
- Banana

### 1 Whole Fruit

- Apples, oranges, and pears.

### 1 slice/piece.

- 100% whole grain bread
- Bun (top OR bottom)
- English Muffin (top OR bottom)
- 50-80 calorie wrap or tortilla.

- 50-80 calorie frozen waffle or pancake.
- Pizza Crust (1/2 of one slice)

### 1 Cup

- Low fat or skim milk
- Berries

### Crackers, chips, and pretzels

- Crackers (5 whole crackers)
- Tortilla (10 whole chips) **Omit fat option based on needs.**
- Pretzels (10 whole pretzels)

## Vegetables

**Portions:** 1 cup.

- Asparagus
- Broccoli
- Green beans
- Romaine lettuce
- Spinach
- String beans
- Collard greens
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Kale
- Squash
- Tomatoes
- Zucchini

## Fats

**Portions:** ( 0.5 TBS, 7 nuts, 1/4 avocado, 1 teaspoon oil, 1 tablespoon dressing). **Each option is 5g of fat.**

- Nuts- 1 tablespoon (7 almonds)
- Nut butters- ½ Tablespoon
- Oils (any)- 1 teaspoon
- Avocado-1/4 of a medium.
- Olives- 5 mediums.
- Eggs -1 whole
- Salad Dressing- 1 tablespoon.
- Salami, pepperoni, etc- 2 thin slices.
- Cheese-1 ounce (2 dice) or
- Low-fat String cheese (1 stick)

## Condiments

**Little-to-no contribution to your intake:** mustard, hot sauce, sugar-free ketchup, salsa, soy sauce, herbs, and seasonings.

**Large contributions to your intake.**  
**Track accordingly:** Regular ketchup, bbq sauce, salad dressings, relish, butter, fry sauce, hummus, etc.



**Notes:**

- 1. Avoid eating between the listed meal times. This includes avoiding small pieces of candy, juices, sodas, etc.*
- 2. You do not have to choose from column B if you do not want.*
- 3. If there is a protein with 8g or fat or more per serving, do not include a choice from column D, the fat column.*
- 4. You can have unlimited "non-starchy" vegetables (anything except corn, peas, and potatoes).*
- 5. For casseroles: use 1 cup as the measurement knowing it will take 1 choice from all columns.*
- 6. It is important you eat all 5 meals to prevent yourself from being hungry due to smaller portion sizes at each meal.*