

Healthy Dinner Options

Protein Sources:

4oz* Beef, lean	25g	Tofu ($\frac{1}{4}$ block)	7g
4oz* Chicken Breast	25g	Soy/Garden Burger (1 patty)	12g
4oz* Turkey Breast	25g	Veggie Burger (<i>varies by brand</i>)	5-20g
4oz* Pork, lean	25g	Hmong Bean Fettuccine (1 serving)	25g
5oz* Chicken Burger	22g	Black Bean Spaghetti (1 serving)	25g
Chicken Sausage (1 serving)	13g	4 Egg Whites + 2 Yolks	20g

4oz* Fish, <i>Ocean Caught</i>	28g
4oz* Shrimp/Crab/Lobster	22g
4oz* Scallops	25g

**Cooked weight*

Healthy Carbohydrates:

Green Vegetables
Black Beans
Lentil Beans
Baked Sweet Potato
Quinoa/Couscous



Things To Avoid:

White Bread	White Rice	White Potatoes
Alcohol	Refined Sugars	Baked Goods & Candy