

PROTEIN OPTIONS AND MEALS

Protein Based and Complex Carb Foods

LEAN MEATS

- Extra Lean Turkey Burger Patties (20 - 35 grams of protein)
- Lean Beef (96%), Chicken, Fish, Turkey, Pork Tenderloin (4 oz. = 25g protein)
- Rotisserie Chicken (no skin)
- Grilled Chicken Strips
- Deli Sandwich Meat (2 oz. 9 grams of protein)
- Beef Jerky
- Canned Chicken (2 oz. 13 grams of protein)

FISH

- Wild Salmon Patties (20 grams of protein)
- Canned Albacore (2 oz. 15 grams at protein)
- Ocean-caught fish (4 oz. 25-31 grams of protein)
- Shrimp, crab, lobster (4 oz. 22-24 grams of protein)
- Scallops (4 oz. 22-24 grams of protein)

FRUITS AND VEGGIES

- Whole Fruits
- Salads in a bag (just add chicken and watch the dressing)
- Frozen/fresh/canned vegies: Sweet Potato/Yams, Asparagus, Broccoli, Green Beans, Zucchini, Squash, Bell Peppers)
- Veggie burger (varies by brand) 5 to 20 grams of protein

LEAN BALANCED MEAL OPTIONS

- 4 Egg Whites and 1 yolk and ½-1 cup fruit
- 4-5 oz. chicken breast/tofu/turkey + 1 cup of mashed cauliflower + 10 asparagus spears
- 4-5 oz. tilapia/salmon + a 3 oz. yam/sweet potato + 1 cup of broccoli
- 4-5 oz. Tofu + ½ cup of brown rice + 1 cup of eggplant
- 1 hard-boiled egg + 1 can of tuna
- 4 oz. of tuna in a wrap + 1 cup of baby carrots + 2 tbsp. Hummus
- 4 oz. ground turkey in a wrap + 1 tbsp. olive oil + hot sauce
- 4-5 oz. chicken breast + 2 cups of spinach + 1/3 cup of mushrooms + 1/3 cup of peas
- 4 oz. salmon + 1 cup of zucchini and squash + side salad with 1 tbsp. Balsamic Vinaigrette
- 15 shrimp and bean pasta (from vitacost.com or fresh market) with 1/3 cup marinara sauce and ½ bell pepper

* 1 yolk per every 4 eggs

* Consider mashed cauliflower, sweet potatoes, spaghetti squash, zucchini pasta instead of Bread, Pasta, Rice or White Potatoes