

LEAN OPTIONS

LEANEST

CHOOSE A 7 OUNCE PORTION
and 2 fat servings*

Fish - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi, Tuna (yellow fin steak or canned in water), Catfish (wild)

Shellfish - Crab, Scallop, Shrimp, Lobster

Game Meat - Deer, Buffalo, Elk

Ground Turkey or other meat - \geq 98% lean

MEATLESS OPTIONS**

14 egg whites

2 cups of Egg Beaters®

Boca Burger®, Morning Star Farms® or Garden Burger®:

choose a variety with less than 6 grams of carbohydrates per patty.
Serving size: 2 patties

*Healthy Fat Options

Add 0-2 servings daily based on your meat choices.

1 serving is equal to:

- 1 teaspoon of oil (canola, flaxseed, walnut or olive);
- 5 - 6 black or green olives;
- Up to 2 tablespoons of low carbohydrate salad dressing (should provide ~5 grams of fat and <6 grams of carbohydrates per serving); or
- 1 teaspoon of trans fat-free margarine.

Other fats can be used but we recommend choices that are lower in saturated and trans fat (such as the examples listed).

LEANER

CHOOSE A 6 OUNCE PORTION
and 1 fat serving*

Fish - Swordfish, Trout, Halibut

Chicken - breast or white meat without skin

Ground Turkey or other meat - 95 - 97% lean

Turkey - light meat

MEATLESS OPTIONS**

Tofu (extra firm variety) **15 ounces**

2 whole eggs plus 4 egg whites

LEAN

CHOOSE A 5 OUNCE PORTION
no fat servings needed*

Fish - Salmon, Tuna (blue fin steak), Catfish (farmed)

Lean Beef - Beef steak, roast and ground beef

Lamb

Pork Chop

Pork Tenderloin

Ground Turkey or other meat - 85 - 94% lean

Turkey or Chicken - dark meat

MEATLESS OPTIONS**

3 whole eggs (limit to 1 time per week)

Tofu (firm and/or soft variety) **15 ounces**

** Please refer to our Meatless Options list for additional choices and more detailed information.

Note: 5, 6 and 7 ounce portion sizes = cooked weight (not raw)