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Take your pick! Here are some simplified menu options to make a balanced meal and stay on your weight-loss plan.



1 Start With Protein							25 g of Protein / 400 Calories	40 g of Protein / 600 Calories
							3 oz., cooked	5 oz., cooked
Chicken or turkey	Fish	Lean beef	Shellfish	Pork or lamb (loin)				
2 Add Vegetables								
							Choose 1	Choose 2
Cooked vegetables, vegetable soup, tomato sauce (1 cup)								
							Any amount	Any amount
Raw vegetables								
3 Add Healthy Carbohydrates								
							Choose 1	Choose 2
Rice (brown or wild) ½ cup, cooked	100% whole-grain bread or crackers 1 slice, ½ pita bread, ½ English muffin, 4 medium crackers	2 corn, 1 medium-sized flour (whole-grain)	Beans, peas, corn or lentils ½ cup, cooked	Potato (white or sweet) ½ medium	Pasta, quinoa, millet, barley or bulgur ½ cup, cooked	Fruit 1 cup (chopped) or 1 medium sized	Lower Carb Option	
							Choose 0	Choose 1
4 Add Some Healthy Fat for Flavor								
							Choose 1	Choose 2
Olive oil 1 TBSP	Nuts 1 oz.	Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette 2 TBSP	Avocado ½ small	Parmesan or low-fat feta cheese 2 TBSP	Seeds or nut butter 1 TBSP		Lower Carb Option	
							Choose 2	Choose 2
5 Season It Up								
							Any amount	Any amount
Herbs and spices	Lemon	Garlic	Vinegar	Salsa and hot sauce	Mustard			

This tool was created by a Registered Dietitian and is only valid and applicable for US and Puerto Rico Distributors and Customers.

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