

LEAN OPTIONS

LEANEST

Lean Meat with < 6 grams of fat per serving

Fish - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi, etc.

Shellfish - Crab, Scallop, Shrimp, Lobster

Game Meat - Deer, Buffalo, Elk

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

CHOOSE A 7 OUNCE PORTION and 2 ADDITIONAL FAT SERVINGS NEEDED *

LEANER

Lean Meat with 6 - 9 grams of fat per serving

Fish - Swordfish, Trout

Chicken - breast or white meat without skin

Pork Tenderloin

Ground Turkey or other meat 99% lean

Light Meat Turkey

MEATLESS OPTIONS

Tofu, extra firm, 15 ounces

2 whole eggs plus 4 egg whites

CHOOSE A 6 OUNCE PORTION and 1 ADDITIONAL FAT SERVING NEEDED *

LEAN

Lean Meat with > 9 grams of fat per serving

Fish - Salmon

Lean Beef - Beef steak, roast and ground beef

Lamb

Pork Chop

Ground Turkey or other meat 80- 98% lean

Dark Meat - Turkey or Chicken

MEATLESS OPTIONS

3 Whole Eggs (*limit to 1 time per week*)

Tofu, firm and soft variety, 15 ounces

CHOOSE A 5 OUNCE PORTION and NO ADDITIONAL FAT SERVINGS NEEDED

* Each fat serving below = 1 fat allotment. Add 0-2 servings daily based on your meat choices

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- 5 black olives
- Up to 2 tablespoons of low carbohydrate salad dressing
- 1 teaspoon of trans fat-free margarine