

Meal Options and Suggestions

Meats: (Lean which are prepared Grilled, Baked, Broiled)....Avoid FRIED!

Or PROCESSED

Poultry: Skinless, white meat chicken or turkey; ground turkey breast

Beef: Flank steak, top loin, sirloin, porterhouse, T-bone steak and tenderloin; 90% lean ground beef

Turkey and Ham: Non-packaged/pre-cut meats

Veal: Any trimmed cut

Pork: Pork chops or tenderloin

Lamb: Look for the word "loin"

Game: Rabbit, buffalo, dove, pheasant, quail

Complex Carbohydrates: (Whole grains preferred but not mandatory)

Spaghetti (Red sauce with or without meat sauce)

Lasagna: (Ricotta, parmesan, and/or Mozzarella)

Rice (Brown preferred over White but not mandatory)

Beans (black, Lima, or pinto)

Potatoes: (Mashed or Baked- avoid French Fries)

Simple Carbohydrates: (Natural occurring sugars)

Fruits: (Any variety acceptable); avoid canned made with high fructose corn syrup)

Vegetables: (Fresh and Green are better!); **Avoid canned vegetables**

Bread: (Whole grain or whole wheat)

Healthy fats:

Nuts: (almonds, cashews, walnuts, pecans, pistachios)

Seeds: (flax, pumpkin, sunflower, chia, hemp)

Oils: (Avocado, Extra-virgin olive oil, coconut, sesame seed)

Fish: (Salmon, tilapia, tuna, sardines, mackerel)

Seed and Nut Butters: (Peanut, almond, cashew, hazelnut)

Desserts:

Fresh Fruit or Fruit Smoothie with low fat milk

Banana Pudding

Plain or Peanut Butter Cookie