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**FoodandFitnessPro Meal Guidelines**

***Personalized Meal Plan:*** **\_\_\_2\_\_ meals and \_\_4\_\_\_ balanced snacks**

***MEALS*** contain \_6\_\_\_ ounces of protein, 3 servings of vegetables, and 1-2 servings of healthy fat.

***SNACKS*** are \_\_\_\_100-200\_\_\_\_\_ calories and contain protein and fiber – see snack list.

**Protein Choices**

* **Fish**: cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna, wild catfish, swordfish, trout, halibut, salmon, catfish, mackerel, herring
* **Shellfish**: crab, scallops, shrimp, lobster
* **Game meat**: deer, buffalo, elk
* **Turkey/chicken**: Ground, at least 95% lean, breast/white meat without skin
* **Lean beef**: steak – sirloin, tenderloin, roast, ground >90% lean
* **Pork:** chop or tenderloin
* **Vegetarian options:** 2 Boca burgers (Grilled Vegetable or Original Vegan), 6 Morningstar Farms veggie sausage links, 1.5 cups Morningstar Farms meal starters Grillers Recipe Crumbles, 15oz tofu, 10 Trader Joe’s meatless meatballs, 5 oz tempeh or seitan
  + *Veggie burgers/products should contain ≤5g carbohydrate and ≥12g protein*
* **Egg & Dairy options**: 2 eggs and 2 whites or 3 eggs, 1.5 cups 0-2% cottage cheese, 1.5 cups 0-2% plain greek yogurt, 1 cup part-skim ricotta cheese
* **Protein Powder:** any brand with ≤3g sugar/carb and ≥20g protein
* **Easy/Convenient Options:** chicken sausage, veggie burgers, hard boiled eggs, Trader Joe’s frozen turkey meatballs, meatless meatballs, chicken chili lime burger, salmon burger, mahi mahi burger, precooked chicken and turkey (marinated or plain), protein powder

**Vegetable Choices**

Each choice below is one serving – choose 3 servings with your meal

***\*no corn, peas, potatoes, beans as they are high in starch\****

One cup raw greens (uncooked): lettuce, spinach, spring mix, collards, endive, mustard greens, watercress, bok choy, arugula, swiss chard, kale

½ cup: asparagus, cabbage, cauliflower, eggplant, celery, cucumbers, mushrooms, radishes, sprouts, escarole, bok choy, fennel, portabella mushroom, cooked leafy greens/spinach, summer squash/zucchini, broccoli, green beans, okra, peppers, tomatoes, turnips, spaghetti squash, hearts of palm, jicama cooked, brussel sprouts

**Healthy Fat Choices**

Each choice below is one serving – choose 1-2 servings with your meal

* 1 teaspoon oil: olive, canola, flax, walnut, coconut, peanut, sesame
* 2 Tablespoons light salad dressing (<3g carb/serving)
* 6 olives
* 1 teaspoon healthy butter (grass-fed)/margarine (no trans fat)
* 2 Tablespoons avocado
* 2 Tablespoons nuts/seeds

Supplements

FoodandFitnessPro nutritionists can recommend supplements based on your bloodwork, diet, and lifestyle to ensure you’re getting all of the nutrition your body needs for optimal wellness.

Meal Ideas & Recipes

* Mealime app or SkinnyTaste – choose low carb as a preference
* [www.SandysKitchenAdventures.com](http://www.SandysKitchenAdventures.com) – Click on “Lean and Greens” for recipes

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