

LEAN OPTIONS

LEANEST

CHOOSE A 7 OUNCE PORTION
and 2 healthy 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 EggBeaters®

Boca Burger®, Morningstar Farms®, or Gardenburger®: choose a variety with less than 6 grams of carbohydrates per patty. Serving size: 2 patties

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

LEANER

CHOOSE A 6 OUNCE PORTION
and 1 healthy 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

*Healthy Fat Serving options

Add 0-2 servings daily based on your lean 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).

LEAN

CHOOSE A 5 OUNCE PORTION
no healthy fat servings needed*

Fish - salmon, tuna (blue fin steak), catfish (farmed)

Lean beef - beef steak, roast beef, 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 once per week)

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

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

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