

Goal: 1 serving of protein and carbs at each meal. Unlimited Veggies	HEALTHBEET.ORG
Carbs:	
	1 serving
Bread, tortillas, fruit, oatmeal, no-sugar cereal, granola	
Protein	
	1 serving
Eggs, egg whites, turkey bacon, Greek Yogurt, protein powder	
Veggies	
	<i>Unlimited</i>
Asparagus Broccoli Cucumber Lettuce Cabbage Cauliflower Spinach Zucchini Brussel Sprouts Kale Onion Radishes Celery Mushrooms Green Beans Sauerkraut Arugula Eggplant	
Lunch	
Protein	
	1 serving / 4 -6
Protein Lean Sources: Chicken Breast Turkey Breast 96% Lean Ground Beef 96 Ground Chicken 96 Lean Ground Turkey Lean Pork Tenderloin (fat removed) Cod Tilapia Orange Roughy Tuna (fresh or canned Halibit Shrimp Tuna Egg Whites	
Carbs	
	1 serving -1 ounce
Bread, tortilla, Potato Boiled and Mashed any type Cooked Rice White/Brown Cooked Quinoa Cooked Beans Plain Quaker Rice Cakes Cooked Cream of Rice Oatmeal	
Veggies	
	<i>Unlimited</i>
Asparagus Broccoli Cucumber Lettuce Cabbage Cauliflower Spinach Zucchini Brussel Sprouts Kale Onion Radishes Celery Mushrooms Green Beans Sauerkraut Arugula Eggplant	
Snack	
Protein	
	1 cup
Greek yogurt, protein drink, yogurt, eggs, nuts, seeds	
Carbs	
	150 grams
Fruit, starchy veggies	
Fats	
	1 serving
1 TBSP ANY Nut Butter 60g scale weight Avocado 16g scale weight nut - Peanut/Almond/Cashew/Pistachios 15g Coconut Flakes	
Dinner	
Protein	
	4-6 oz
Protein Lean Sources: Chicken Breast Turkey Breast 96% Lean Ground Beef 96 Ground Chicken 96 Lean Ground Turkey Lean Pork Tenderloin (fat removed) Cod Tilapia Orange Roughy Tuna (fresh or canned Halibit Shrimp Tuna Egg Whites	
Carbs	
	1 serving
Bread, tortilla, Potato Boiled and Mashed any type Cooked Rice White/Brown Cooked Quinoa Cooked Beans Plain Quaker Rice Cakes Cooked Cream of Rice Oatmeal	
Veggies	
	<i>Unlimited</i>
Asparagus Broccoli Cucumber Lettuce Cabbage Cauliflower Spinach Zucchini Brussel Sprouts Kale Onion Radishes Celery Mushrooms Green Beans Sauerkraut Arugula Eggplant	