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Take your pick! Here are some simplified menu options to make a balanced meal and stay on your weight-loss plan.

1 Start with protein							25 g of protein / 400 calories	40 g of protein / 600 calories
							3 oz., cooked	5 oz., cooked
2 Add vegetables								
							Choose 1	Choose 2
Cooked vegetables, vegetable soup, tomato sauce (1 cup)								
							Any amount	Any amount
Raw vegetables								
3 Add healthy carbohydrates								
							Choose 1	Choose 2
Rice (brown or wild) ½ cup, cooked	1 slice 100% whole grain bread, or crackers, ½ pita bread, ½ English muffin, 4 medium crackers	2 corn, 1 medium-sized flour (whole grain)	Beans, peas, corn or lentils ½ cup, cooked	Potato (white or sweet) ½ medium	Pasta, quinoa, millet, barley or bulgur ½ cup, cooked	Fruit 1 cup (chopped) or 1 medium sized	Lower carb option	
							Choose 0	Choose 1
4 Add some healthy fat for flavor								
							Choose 1	Choose 2
Olive oil 1 TBSP	Nuts 1 oz.	Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette - 2 TBSP	Avocado ½ small	Parmesan or low-fat feta cheese 2 TBSP	Seeds or nut butter - 2 TBSP		Lower carb option	
							Choose 2	Choose 2
5 Season it up								
							Any amount	Any amount
Herbs and spices	Lemon	Garlic	Vinegar	Salsa and hot sauce	Mustard			

Contact your Distributor for more information and tips.

This tool was created by a registered dietitian and is only valid and applicable for U.S. and Puerto Rico Distributors and customers.
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