

# Make-Your-Own-Meal Guide

Check out our recipe book for more ideas for meals, sides, and breakfast options that can be utilized for your grocery meal.  
Goal intake per meal: 250-350 Calories, 20-30g carbohydrates, 25-30g Protein, 5-15g Fat, and 3-8g fiber.

Protein (Pick 1)	Starch (Pick 1)	Vegetables (Pick 1)	Fat (Pick 1)
Chicken (3oz) <ul style="list-style-type: none"> <li>• Skinless, boneless breast</li> <li>• Lean ground</li> </ul>	Beans, All Varieties (Black, Navy, Pinto, etc.) <ul style="list-style-type: none"> <li>• ¼ cup cooked</li> </ul>	Broccoli and/or Cauliflower <ul style="list-style-type: none"> <li>• ½ cup cooked or raw</li> <li>•</li> </ul>	Oil: Olive, Canola, or Peanut <ul style="list-style-type: none"> <li>• 1 tsp</li> </ul>
Eggs (2) <ul style="list-style-type: none"> <li>• Scrambled</li> <li>• Pan-fried with oil spray</li> <li>• Hard-boiled</li> </ul>	Potato / Sweet Potato <ul style="list-style-type: none"> <li>• ½ cup mashed</li> <li>• 1 small baked</li> </ul>	Mixed Greens, Lettuce, or Spinach <ul style="list-style-type: none"> <li>• 1 cup raw</li> <li>• ½ cup cooked spinach</li> </ul>	Reduced Fat Salad Dressing <ul style="list-style-type: none"> <li>• 2 Tbsp</li> </ul>
Lean Beef (3oz) <ul style="list-style-type: none"> <li>• 90/10 Ground</li> <li>• Top sirloin steaks or roast</li> <li>• Top round steaks or roast</li> <li>• Other lean cuts such as tenderloin, strip steak, flank, eye of round steak or roast, etc.</li> </ul>	Whole Wheat Bread <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 small roll</li> <li>• 1 medium tortilla</li> </ul>	Carrots <ul style="list-style-type: none"> <li>• ½ cup cooked or raw</li> </ul>	Butter <ul style="list-style-type: none"> <li>• 1 tsp butter</li> <li>• 2 tsp whipped butter</li> </ul>
Fish (3oz) <ul style="list-style-type: none"> <li>• Tuna</li> <li>• Shrimp</li> <li>• Other fish of choice (salmon, tilapia, cod, grouper, trout, etc.)</li> </ul>	Grains or Pasta <ul style="list-style-type: none"> <li>• ½ cup cooked quinoa</li> <li>• ½ cup cooked brown rice</li> <li>• ½ cup cooked whole grain pasta</li> </ul>	Squash, All Varieties (Butternut, Yellow, Zucchini, etc.) <ul style="list-style-type: none"> <li>• ½ cup cooked</li> </ul>	Sour Cream <ul style="list-style-type: none"> <li>• 2 Tbsp</li> </ul>
Lean Pork (3oz) <ul style="list-style-type: none"> <li>• Tenderloin</li> <li>• Other lean cuts such as sirloin, loin chop, boneless ham, etc.</li> </ul>	Corn <ul style="list-style-type: none"> <li>• ½ cup</li> </ul>	Asparagus, Brussel Sprouts, or Green Beans <ul style="list-style-type: none"> <li>• ½ cup cooked</li> </ul>	Avocado <ul style="list-style-type: none"> <li>• 2 Tbsp (about 3 thin slices)</li> </ul>
Turkey (3oz) <ul style="list-style-type: none"> <li>• Lean ground</li> </ul>	Peas <ul style="list-style-type: none"> <li>• ½ cup</li> </ul>	Mixed Vegetables <ul style="list-style-type: none"> <li>• ½ cup cooked</li> </ul>	Hummus <ul style="list-style-type: none"> <li>• 2 Tbsp</li> </ul>
Tofu (1 cup)	Lentils <ul style="list-style-type: none"> <li>• ½ cup</li> </ul>	Marinara Sauce <ul style="list-style-type: none"> <li>• ½ cup</li> </ul>	Mayonnaise, Reduced Fat <ul style="list-style-type: none"> <li>• 1 Tbsp</li> </ul>
		Sauteed Mushrooms and Onions	
		<ul style="list-style-type: none"> <li>• ½ cup cooked</li> </ul>	

# Make-Your-Own-Snack Guide

Check out our recipe book for more snack ideas.

Goal intake per snack: 100-200 Calories, 15-20g carbohydrates, 10-15g protein, 3-8g fat, and 3-5g fiber.

Protein (Pick 1)	Carbohydrate (Pick 1)
1 Hard-Boiled Egg	1 Small Fruit (Apple, Peach, Pear, Orange, etc.)
1 Meat Snack Stick	1/2 Cup Berries (Blueberries, Blackberries, Raspberries, Whole Strawberries)
1 Low-Fat Cheese Stick or Cheese Slice	1 Cup Diced Melon (Cantaloupe, Honeydew, etc.)
5oz Low-Fat Greek Yogurt	3 oz Grapes (About 17)
4oz (1/2 Cup) Cottage Cheese	1 Cup Raw Vegetables (Carrots, Celery, Snap Peas, Cucumbers, Peppers, Broccoli, etc.)
1/2 cup Edamame	1/4 Cup Granola
1/4 cup Hummus Dip	8 Multigrain Crackers
1 Tbsp Nut Butter	1 Cup Air Popped Popcorn