

IT'S EASY AS 1,2,3!

PROTEIN



3OZ SALMON
FILET

1 BLACK BEAN
BURGER

4OZ CHICKEN
BREAST

3OZ TURKEY
BURGER

2 EGGS

2TBSP PEANUT
BUTTER

3OZ TILAPIA

1/2C BLACK
BEANS

1C SHREDDED
CHICKEN

4OZ BONELESS
LEAN PORK CHOP

1C LOW-FAT
COTTAGE CHEESE

VEGGIES



3C ROMAINE

1C GREEN
BEANS

1C BROCCOLI

1C SLICED
BELL PEPPER

1C SLICED
ZUCCHINI

3C FRESH
SPINACH

10 BABY
CORROTS

1C BRUSSEL
SPROUTS

1/2 AVOCADO

8-10 ASPARAGUS
STALKS

1C SLICED GRAPE
TOMATOES

STARCH



1/2C BROWN
RICE

1/2 MEDIUM
SWEET POTATO

1 SMALL
TORTILLA

10 TORTILLA
CHIPS

1/2C QUINOA

1/2C WILD
RICE

1 SANDWICH
THIN

1/2 C WHOLE
GRAIN NOODLES

1 WHOLE
WHEAT FLAT
BREAD

1 WHOLE WHEAT
ENGLISH MUFFIN

1 SMALL (4IN) WHOLE
WHEAT PITA