

Proteins (PALM)	Veggies (fist)	Carbs (cupped hand)	Fats (thumb tip or 1tbsp)
Chicken breast	Broccoli	Potato	Avocado
Turkey breast	Asparagus	Sweet potato	Sunflower seeds
Ground turkey breast	Lettuce	Pumpkin	Pumpkin seeds
Lean ground turkey	Carrots	Steamed brown rice	Cold-water fish
Swordfish	Cauliflower	Steamed wild rice	Natural peanut butter
Orange roughy	Green beans	Lentils	Low-fat cheese
Haddock	Green peppers	Couscous	Peanuts
Salmon	Mushrooms	Kashi	Olives and olive oil
Tuna	Spinach	Bulgur	Safflower oil
Crab	Tomato	Whole-wheat pasta	Canola oil
Lobster	Peas	Oatmeal	Sunflower oil
Shrimp	Brussels sprouts	Barley	Flax seed oil
Top round steak	Artichoke	Beans (black, kidney)	Almonds
Top sirloin steak	Cabbage	Corn	
Lean ground beef	Celery	Strawberries	
Buffalo	Zucchini	Blueberries, Blackberries, etc	
Lean ham	Cucumber	Melon	
Eggs	Onion	Apple	
Egg whites or substitutes	Squash	Orange	
Trout	Eggplant	Banana	
Low-fat cottage cheese		ANY fruit	
Low-fat string cheese		Fat-free milk	
Wild-game meat		Whole-wheat bread	
Turkey Bacon		High-fiber cereal	
Greek Yogurt		Whole-wheat tortilla	
Protein Powder		Whole-wheat pita bread	
		Whole grain	

- Seasonings – use Mrs. Dash seasonings and/or any low-sodium seasonings. Garlic, seasoning blends, steak seasoning, fresh herbs are all great to use. Also low sodium tomato sauce to make homemade spaghetti sauce is ok. Be very mindful that ketchup, BBQ sauce, etc has a lot of sugars and will stall your weight loss and goals. Mustard, light olive oil mayo (for tuna fish), low sodium soy sauce, and picante are all great to use.