

# Lean Options

Choose meats and meatless proteins that are grilled, baked, broiled, or poached—not fried.

**NOTE: SERVING OUNCES REPRESENT COOKED WEIGHT (NOT RAW).**

▶ <b>LEANEST:</b> Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.	▶ <b>LEANER:</b> Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.	▶ <b>LEAN:</b> Choose a 5-oz portion (cooked weight) – no Healthy Fat serving added.
<ul style="list-style-type: none"><li>• <b>Fish:</b> cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish</li><li>• <b>Shellfish:</b> crab, scallop, shrimp, lobster</li><li>• <b>Game meat:</b> deer, buffalo, elk</li><li>• <b>Ground turkey or other meat:</b> ≥ 98% lean</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 14 egg whites</li><li>• 2 cups of EggBeaters®</li><li>• 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> swordfish, trout, halibut</li><li>• <b>Chicken:</b> breast or white meat, without skin</li><li>• <b>Ground turkey or other meat:</b> 95 – 97% lean</li><li>• <b>Turkey:</b> light meat</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 15 oz extra-firm tofu</li><li>• 2 whole eggs plus 4 egg whites</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Fish:</b> salmon, tuna (bluefin steak), farmed catfish, mackerel, herring</li><li>• <b>Lean beef:</b> steak, roast, ground</li><li>• <b>Lamb</b></li><li>• <b>Pork chop or pork tenderloin</b></li><li>• <b>Ground turkey or other meat:</b> 85 – 94% lean</li><li>• <b>Chicken or turkey:</b> dark meat</li><li>• <b>Meatless options:</b><ul style="list-style-type: none"><li>• 15 oz firm or soft tofu</li><li>• 3 whole eggs (limit to once a week)</li></ul></li></ul>

## Healthy Fat serving options:

Add 0 – 2 servings daily based on your lean choices. One serving is equal to *one* of the following:

- 1 teaspoon of oil (canola, flaxseed, walnut, or olive)
- 5 – 6 black or green olives
- up to 2 tablespoons of low carbohydrate salad dressing (should provide ~5 grams of fat and <6 grams of carbohydrates per serving)
- 1 teaspoon trans fat-free margarine

Other fats can be used but we recommend choices that are lower in saturated and trans fat (such as examples listed).

## Meatless options:

Please refer to our Meatless Options list for additional choices and more detailed information.

BocaBurger® is a registered trademark of Boca Foods Co.

Gardenburger® is a registered trademark of Wholesome & Hearty Foods Co.

Morningstar Farms® is a registered trademark of Kellogg Co.