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

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

### LEAN Options

#### LEANEST:
Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.
- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallop, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of EggBeaters®
  - 2 Boca Burger®, Morningstar Farms®, or Garden Burger® patties, or other varieties with less than 6 grams of carbohydrate per patty

#### LEANER:
Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.
- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 – 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 15 oz extra-firm tofu
  - 2 whole eggs plus 4 egg whites

#### LEAN:
Choose a 5-oz portion (cooked weight) – no Healthy Fat serving added.
- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb
- **Pork chop or pork tenderloin
- **Ground turkey or other meat:** 85 – 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz firm or soft tofu
  - 3 whole eggs (limit to once a week)

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### 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.

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