

**Try This**  
**High Protein/High Fiber**

**Breakfast:**

Eggs  
Greek Yogurt – <7 grams of sugar  
Protein Shake – see list  
Carbmaster Milk or Fairlife Milk  
Cottage Cheese\*  
Protein Bar – see list  
Omelet with veggies, cheese  
Egg Bites  
Plain Oatmeal  
Whole wheat toast or light English Muffin  
with 1 Tbsp of peanut butter or 1 egg  
Homemade breakfast burrito (try a low carb  
tortilla)  
Jimmy Dean Delight sandwiches/ Frittatas\*  
Leftovers – meat and vegetable  
Fruit – pair with protein option listed above

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**Snacks:**

One serving size of any nuts\* (try doing low  
sodium)  
Carrot sticks or raw veggies with hummus  
or Greek yogurt dip  
One serving of fruit  
String cheese\*  
Beef Jerky (portion size)\*  
Celery and peanut butter  
Hard Boiled egg  
Sugar free pudding cup  
Sugar free jell-o  
Popcorn 100 calorie bag\*  
Sliced chicken or turkey, lower sodium\*  
Protein Bar - can just eat half

\*indicates higher in sodium

**Avoid This**  
**Low Fiber/Low Protein**

**Breakfast:**

Cereal or cereal bars  
Oatmeal (flavored packets)  
Pop-tarts  
Granola Bars (most are high in sugar)  
Waffles  
Bagels  
Muffins  
Pancakes  
French toast  
Cinnamon Rolls  
Donuts  
White Breads  
Chocolate Milk  
Juices  
Biscuits  
Hashbrowns  
Fast Food

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**Snacks:**

Pretzels  
Chips  
Crackers  
Ice cream  
Cookies  
Granola Bars  
Snack Mixes  
Soda  
Processed meats – salami, pastrami, etc.

**Try This**  
**High Protein/High Fiber**

**Lunch:**

\*\*Pair each choice with 1-2 cups of vegetables or salad for increased fullness and nutrition  
Half sandwich, ½ cup cottage cheese\*  
Protein Shake or Bar – see list  
String cheese\* and lower sodium meat  
Tuna pouch \* with salad or 4 triscuits  
Bunless cheeseburger  
Salad with hardboiled eggs  
Grilled nuggets  
Low carb tortilla

- Rotisserie chicken or lower sodium meat, tomato, lettuce, ranch
- Quesadilla (cheese, salsa, chicken)\*

Premade Salads (add chicken or tuna – limit toppings/dressing)  
Leftovers from dinner

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**Dessert:**

60% dark chocolate, 1 oz or less per day  
Fruit (remember serving size)

- 1 apple, 1 pear, 1 cup of grapes or strawberries

Yasso or Enlightened Bars (frozen Greek yogurt ice cream bars)  
No sugar added fudgesicles  
Sugar Free Jello

- Top with serving of real whipped cream

Sugar free Pudding  
Frozen Berries with dollop of whipped cream  
Frozen Greek yogurt <7g of sugar  
Halo Ice cream, one serving  
Mix small container plain Greek yogurt with 1 Tbsp. sugar free pudding mix – stir and enjoy  
Mini size ice cream novelties, just one

**Avoid This**  
**Low Fiber/Low protein**

**Lunch:**

Fast Food  
White Bread  
Chips  
Crackers  
Canned soups (high in sodium)  
French Fries  
Pasta or pasta salad  
Potato salad  
Macaroni salads  
Hot dogs  
Macaroni and cheese  
Salads toppings including:

- Limit Croutons
- Heavy dressing
- Bacon bits
- Too much cheese

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**Dessert:**

Ice cream and ice cream bars and snacks  
Cake  
Cupcakes  
Cookies  
Candy Bars and candy in general  
Brownies  
Pie  
Little Debbie Snacks  
Snacks in Bakery Dept  
Smoothies – most are loaded with added sugar and calories  
Popsicles

## Try This

### **Beverages**

Water (8-10 glasses daily)  
Crystal light  
Diet soda (limit to one daily)  
Coffee  
Ice Drinks (flavored water/low calorie)  
Unsweetened tea  
Gatorade Zero  
Powerade Zero

### **Dinner: Pick One of Each**

**Meat/Main Dish:** flat hand = 1 serving

Baked, grilled or Rotisserie Chicken  
Fish  
Burger  
Steak  
Roast  
Meatloaf  
Ground Beef  
Baked or Grilled Pork chops  
Ground Turkey  
Meatballs

**Vegetables:** as much as desired

Green beans, broccoli, carrots, celery,  
cauliflower, Brussel Sprouts,  
asparagus, mushroom, zucchini,  
tomato, peppers, onion, cabbage,  
cucumber, squash  
Spinach salad or lettuce salad

**Corn, peas, potatoes count as a starch, NOT vegetables**

**Starch:** servings size = size of clenched fist

Potato or sweet potato, beans, rice,  
low carb bun or tortilla, whole grain  
or low calorie pasta, corn, peas, whole  
grains, quinoa, corn tortilla

## Avoid This

### **Beverages**

Regular soda  
Juice  
Sweetened tea  
Slushies  
Energy drinks  
Gatorade  
Powerade

### **Dinner:**

Spaghetti  
Mashed potatoes and gravy  
Macaroni and Cheese  
Fried meats, fries, or anything fried  
Rolls  
White Bread  
Biscuits  
Baked beans – too much sugar  
Cream soups  
Burritos  
Corn dogs  
Frozen fried foods  
Pizza  
Stuffing and dressings  
Fast Food  
Frozen Meals high in carbohydrates

### **REMEMBER**

- Drink water
- Plan your meals and snacks
- Set your kitchen up for success
- Keep a food journal
- Fill up on high protein, high fiber options – limit the junk

**You can do this!**