

## Weight Management Dietary Guidelines

### High Fiber, High Protein, Low Carb Diet Instructions

**Protein – Include at every meal and snack.** Goal of 20-30 g protein each meal and at least 6 g protein each snack. This will usually be 1-2 servings of protein each meal and 1 serving of protein at each snack, add an additional serving if all protein is from plant sources.

	<b>Foods to Choose</b>	<b>Foods to Avoid</b>
<b>Protein</b> Serving size = <ul style="list-style-type: none"> <li>• 3-4 oz meat/fish</li> <li>• 1-2 eggs</li> <li>• 1 oz cheese</li> <li>• ¾ cup Greek yogurt</li> <li>• ½ cup beans, lentils, or edamame</li> </ul> <b>Include at each meal and snack</b>	<b>Beef:</b> London broil, top sirloin, top and bottom round, filet mignon, ground beef, flank steak <b>Pork:</b> pork loin, pork tenderloin <b>Fish:</b> tuna steak, halibut, salmon, cod, tuna packed in water <b>Poultry:</b> skinless white meat chicken, ground turkey, deli turkey or chicken <b>Eggs:</b> hard-boiled, soft-cooked, or poached without added fat <b>Dairy Proteins:</b> Greek yogurt (ideally <7 gm sugar), cheeses (string cheese, cottage cheese) <b>Vegetarian options:</b> tofu, tempeh, other soy products, legumes (beans, chickpeas, lentils)	<b>Processed meats:</b> bacon, sausage, corned beef, kielbasa, hot dogs  High sugar dairy Keep liquid milk to 2 servings/day
<b>Fats</b> Choose naturally-occurring fats, such as olive oil, fatty fish (salmon), nuts, or avocado	Limit to 1 serving/day: ¼ cup nuts or seeds* 2 Tbsp. peanut butter* ¼ avocado 1 tsp. olive oil, avocado oil 1 tsp. butter or ghee 1 tsp. coconut oil Look for mayo made from olive oil or avocado oil * provides protein	Avoid all processed/ industrialized fats, including: margarine, shortening, vegetable oil, seed oil salad dressings

**Fiber – include at every meal and snack.** Goal of 5-15 g fiber at each meal and 2 g fiber at each snack.

	Foods to Choose	Foods to Avoid
<p><b>Fruit</b> Serving Size =</p> <ul style="list-style-type: none"> <li>• 1 cup fresh or frozen</li> <li>• 2 Tbsp dehydrated</li> </ul> <p><b>At most 2 servings/day</b></p>	<p>Fresh, frozen, or freeze-dried fruit</p>	<p>Fruit juice, fruit canned in syrup Stay mindful of 2 Tbsp serving size for dehydrated fruit.</p>
<p><b>Vegetables</b> Serving Size =</p> <ul style="list-style-type: none"> <li>• 1 cup raw or</li> <li>• ½ cup cooked</li> <li>• 2 cup salad greens</li> </ul> <p><b>3+ servings/day (unlimited, required)</b></p>	<p>Artichokes, asparagus, green beans, bean sprouts, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, eggplant, greens (collard, mustard, Swiss chard), kohlrabi, leeks, lettuce, mushrooms, okra, bell pepper, rutabaga, spinach, sauerkraut, summer squash, tomatoes, turnips, zucchini, celery, spaghetti squash</p>	<p>Limit starchy vegetables (see below)</p>
<p><b>Grains/Starches</b> Serving Size =</p> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• ½ cup pasta, rice, or cereal</li> <li>• 6" tortilla</li> <li>• ½ cup starchy vegetables</li> </ul> <p><b>At most 2 servings/day</b></p>	<p>Light whole wheat bread, high fiber cereal, light whole grain English muffins, sandwich thins, bagel thins, ½ cup brown rice, low carb tortillas</p> <p><b>Starchy Vegetables:</b> white potatoes, sweet potatoes, peas, corn, butternut squash, acorn squash, pumpkin, plantain, yams, yucca</p>	<p>Avoid all others, including: bagels, biscuits, croissants, crackers, donuts, muffins</p>

## Other Foods

	Foods to Choose	Foods to Avoid
<b>Sweets</b> <b>*limit as much as possible*</b>	Consider fruit as a sweet treat. Sugar substitutes (e.g., Splenda, stevia), sugar-free Jell-O, sugar-free popsicles, sugar-free jam, sugar-free gum	Avoid all others, including: pies, cakes, cookies, candy, ice cream, regular Jell-O and pudding, honey, jam, syrup, brown sugar, white sugar, molasses
<b>Condiments</b>	Herbs, spices, vinegar, lemon or lime juice, soy sauce, mustard, low/no sugar versions of ketchup or other sauces	high-sugar salad dressings or sauces
<b>Beverages</b> <b>Serving size = 1 cup</b> <b>At least 8 cups/day</b>	Black coffee, unsweetened tea, sparkling water/seltzer water, Vitamin Water Zero, Crystal Lite, Gatorade Zero, Powerade Zero, low/no sugar electrolytes. Limit diet sodas and diet drinks. Choose drinks with <10 gm sugar.	Sugar-sweetened coffee (e.g., lattes), sweet tea (e.g., Arizona), drink mixes, fruit juice (even 100% fruit or “natural” ones), regular soda, slushies, sport drinks (e.g., Gatorade), smoothies, alcoholic beverages (some drinks will be as high as 600 calories per drink!), stay mindful of caffeinated drinks to avoid dehydration

## Preparation Methods

- Trim skin and visible fat from meat and poultry
- Use cooking techniques that don't require adding extra fat. Consider baking, broiling, steaming, poaching, grilling, microwaving, boiling, roasting, air-frying, pressure cooking
- Avoid frying foods
- Avoid adding breading or excessive oil when cooking
- When oil is necessary use a naturally-occurring fat (listed on first page)

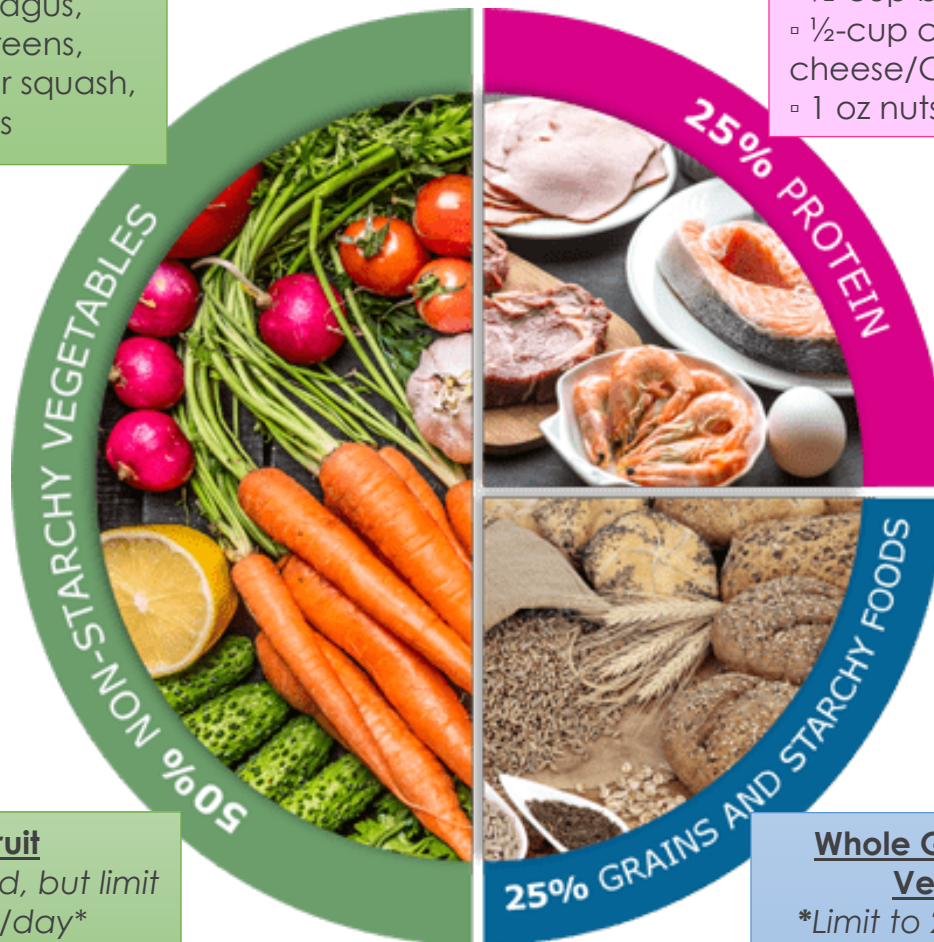
## Plate Method For Meal Planning

### Non-Starchy Vegetables

- Broccoli, cauliflower, string beans, carrots, celery, bell peppers, tomatoes, asparagus, spinach, leafy greens, zucchini, summer squash, mushroom, beets

### Protein

- 3-4 ounces seafood, poultry, or red meat
- 1-2 eggs
- ½-cup edamame
- ½-cup beans or lentils
- ½-cup cottage cheese/Greek yogurt
- 1 oz nuts



### Fruit

*\*Permitted, but limit to 2 cups/day\**

### Whole Grains/Starchy Vegetables

- \*Limit to 2 servings/day\**
- ½-cup oats, cereal, brown rice, quinoa, whole wheat pasta, corn, peas, sweet potato, potato, yam
  - 1 slice whole wheat bread
  - 6" whole wheat/corn tortilla

## Meal and Snack Ideas

*Pair **protein and fiber** at each meal and snack*

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• 1-2 eggs with cheese, spinach, and tomatoes</li><li>• Low sugar Greek yogurt with fresh fruit and/or ½ cup high fiber cereal</li><li>• Cottage cheese with fresh fruit</li><li>• Protein smoothie (see recipe below)</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Deli meat, or tuna sandwich with vegetables on “light” whole grain bread, sandwich thins, or 100 calorie wraps. Include additional non-starchy vegetables on the side.<ul style="list-style-type: none"><li>○ Okay to use mustard, and small amount of olive oil mayo or avocado oil mayo.</li><li>○ Avoid condiments containing sugar.</li></ul></li><li>• Salad- add protein (fish, chicken, tuna, shrimp, cottage cheese, nuts, seeds), non-starchy vegetables, avoid dressings containing added sugar</li><li>• Soup – add additional vegetables or protein as needed<ul style="list-style-type: none"><li>○ Avoid rice, pasta, and potatoes</li></ul></li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Your plate should be at least 50% non-starchy vegetables and contain 2 good sources of protein (chicken, fish, turkey, lean beef, or pork tenderloin, cheese)</li></ul>
<b>Snacks</b>	<ul style="list-style-type: none"><li>• Low sugar Greek yogurt and fresh fruit</li><li>• Cottage cheese and fresh fruit</li><li>• Deli roll: rolled turkey and cheese accompanied by fresh fruit</li><li>• String cheese and raw vegetables</li><li>• Jerky and roasted edamame with vegetables</li><li>• Protein bars (see list)</li><li>• Protein shakes (see list)</li></ul>

### **Easy Protein Smoothie Recipe**

#### **Ingredients**

- 1-2 tablespoons protein powder (see container for serving size)
- 1/3 cup fresh/frozen fruit (e.g., berries, peaches)
- 1/3 cup fresh or frozen vegetables (e.g., spinach or kale)
- ½ banana
- ½ cup skim/1% milk or unsweetened almond/soy/cashew milk if lactose intolerant
- ½ cup water/crushed ice

#### **Instructions**

Blend all ingredients together until smooth.

## Healthier Restaurant Options

### **Starbucks**

- Egg white wrap or egg bites
- Protein box (skip the crackers)

### **Dunkin' Donuts**

- Omelet bites or Wake up wrap

**Subway** – avoid sub crunch topping and teriyaki sauce. Meatballs include a serving grain/starch.

- Salad or No Bready Bowls

**Café Rio** – avoid rice, tortillas, tortilla strips, pork, and shrimp (added sugar or breading). Keep to one portion of guacamole, beans, and cheese. Avocado corn salsa counts as a serving of grain/starch. Choose sour cream or salad dressing.

- Salad or bowl
- Tortilla soup, no tortilla strips

**Costa Vida** – avoid pork and shrimp (added sugar or breading), raspberry chipotle sauce, tortillas, tortilla strips, and cilantro lime vinaigrette. Keep to single portions of mango salsa

- Baja bowl – keep to 1 serving sauce and 1 serving cheese

### **Chipotle**

- Chicken/steak salad or burrito bowl. Skip rice and chips. Corn salsa counts as a serving of grain/starch.

### **Chick-Fil-A**

- Grilled chicken salads or grilled nuggets with side salad or kale crunch salad

### **Other Fast Food (e.g., McDonald's, Burger King)**

- Choose grilled chicken sandwich
  - Eat open-faced or without bun
- Choose grilled chicken salad with light dressing
  - No dried fruit, croutons, tortilla strips, bacon bits, crunchy noodles, wonton strips

### **Other Restaurants**

- Order grilled, baked, or broiled dishes
- Skip the rice, pasta, potatoes, chips, and bread

# Protein Supplements

## Protein Shakes

### Guidelines per Serving:

| Under 200 calories | At least 20 grams protein | Under 5 grams sugar |



**Premier Protein®**  
160 calories  
30g protein  
1g sugar



**Ensure Max®**  
150 calories  
30g protein  
1g sugar



**Fairlife® Protein**  
150 calories  
30g protein  
2g sugar



**Orgain® Clean Protein**  
130 calories  
20g protein  
3g sugar



**Atkins® Plus**  
190 calories  
30g protein  
1g sugar



**OWYN®**  
170 calories  
20g protein  
4g sugar

## Protein Powders

### Guidelines per Serving:

| Under 200 calories | At least 20 grams protein | Under 5 grams sugar |



**Isopure®**  
**Zero Carb Protein**  
**Unflavored**  
100 calories  
25g protein  
0g sugar



**Orgain™**  
**Organic Protein**  
**Plant Based Powder**  
150 calories  
21g protein  
1g sugar



**Optimum Nutrition**  
**Gold Standard**  
**100% Whey™**  
120 calories  
24g protein  
1g sugar



**Vega™**  
**Protein and Greens**  
(Plant blend)  
110 calories  
20g protein  
1g sugar



**Seeq® Clear**  
**Whey Isolate**  
100 calories  
22g protein  
0g sugar



**Aloha**  
**Protein Powder**  
(Plant blend)  
130 calories  
18 g protein  
5 g sugar



## Protein Bars

### Guidelines per Serving:

| Under 250 calories | At least 15-20 grams protein | under 5 grams sugar |

Most protein bars are sold at pharmacies and supermarkets, such as Target, Walmart, Smith's, Walgreen's, CVS, Sprouts, Costco, Sam's Club, etc.

### Quest®



### Think® High Protein



### Built Bar®



### Robert Irvine's Fit Crunch®



### Oh Yeah!® One



### Pure Protein®



### Kirkland Signature™



### Aloha® (plant based, 14 g protein)



## Grab and Go Snacks

Guidelines per Serving:

At least 6 grams protein | under 5 grams sugar | At least 2 g fiber

These may be available at gas stations, convenience stores, and grocery stores.



## Low-Sugar Dairy Options

Guidelines per Serving:

At least 10 grams protein | under 7 grams sugar



## Whole Grain Options



## Quick Components for Quick Meals

### Choose low-carb options



Refrigerated

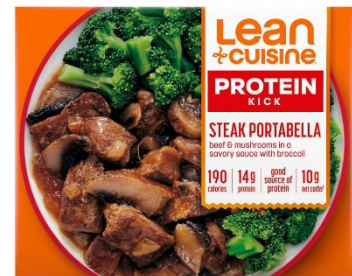
Not pre-cooked but pre-seasoned and cooks in less than 15 minutes



## Frozen Options

\*Add extra vegetables or a salad

### Best Choices



**Also consider meal services. Look for meal options that are “high protein” or “low carb.” “Keto” meals may also be a good choice.**

Beehive Meals (slow cooker meals) – [www.beehivemeals.com](http://www.beehivemeals.com)

Factor meals (arrive assembled and chilled, can freeze) – [www.factor75.com](http://www.factor75.com)

eMeals (service makes a Walmart pickup order for the ingredients) – [www.emails.com](http://www.emails.com)

Fed Up Meals (service delivers ready-made meals) - [slc.fedupkitchen.com](http://slc.fedupkitchen.com)

## Second Best Choices

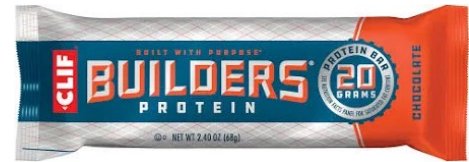
- \*Add extra vegetables or a salad
- \*Count the 1-2 servings of grain/starch



For 2 people,  
Needs additional veg



## Foods that Appear “Healthy” to **Avoid**





## Drinks that Appear “Healthy” to **Avoid**



Look for the  
sugar free version