

Dinner

Protein: (Choose 4 servings)

1 serving equals

- 1 ounce skinless chicken or turkey
- 1 ounce fish (cod, flounder, haddock, salmon)
- 1 ounce lean beef or pork (<93% lean)
- 1 ounce cheese
- ¼ cup cottage cheese
- 1 ounce tuna, canned in water
- ⅓ cup hummus
- ½ cup beans or lentils, cooked
- ½ cup tofu

Grain: (Choose 2 servings)

1 serving equals

- ½ cup potatoes or ½ small potato (sweet or white potato)
- ½ cup brown rice, barley, quinoa or other whole grain, cooked
- ½ cup whole-wheat pasta or noodles, cooked
- 1 slice whole-grain bread
- 2 slices light whole-wheat bread
- 1 low-carb whole-wheat sandwich thin
- 1 whole-wheat tortilla (6" across)
- ½ whole-wheat pita (6" across)

Vegetables: (Choose 2 or more servings)

1 serving equals

- 1 cup mixed green salad
- ½ cup cooked or raw vegetables (spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets)

Fat: (Choose 2 servings)

1 serving equals

- 1 tablespoon regular salad dressing
- 2 tablespoons light salad dressing
- 1 teaspoon olive oil/ vegetable oil
- 1 tablespoon light butter spread
- 2 tablespoons light mayo
- 2 tablespoons hummus
- 2 teaspoons mayo
- ⅓ slice avocado
- 2 tablespoons nuts (walnuts, almonds)