

A close-up photograph of several blueberries on a vibrant pink background. The berries are in sharp focus, showing their characteristic blue color and small yellow-green centers. The lighting creates soft shadows, highlighting their round shape and slightly textured surface.

FOOD GUIDE

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FREE FOODS

Free foods do not contribute to dietary intake

BEVERAGES	SERVING SIZE	FOOD CATEGORY
Broth or Consommé	Unlimited	Free
Tea, Unsweetened	Unlimited	Free
Water: Plain, Mineral, Soda <input checked="" type="checkbox"/>	Unlimited	Free

CONDIMENTS	SERVING SIZE	FOOD CATEGORY
Horseradish	Unlimited	Free
Lemon Juice <input checked="" type="checkbox"/>	Unlimited	Free
Mustard, Dijon	Unlimited	Free
Vinegar	Unlimited	Free

SEASONINGS	SERVING SIZE	FOOD CATEGORY
Herbs <input checked="" type="checkbox"/>	Unlimited	Free
Garlic, Ginger <input checked="" type="checkbox"/>	Unlimited	Free
Hot Sauce	Unlimited	Free
Spices	Unlimited	Free
Flavored Extracts, Almond, Peppermint, Vanilla	Unlimited	Free

OTHER	SERVING SIZE	FOOD CATEGORY
Almond Milk, Unsweetened	Unlimited	Free
Seaweed (Nori, Wakame, Kelp) <input checked="" type="checkbox"/>	Unlimited	Free
Shirataki Noodles	Unlimited	Free



GRAINS & CEREALS FOOD CATEGORY

A standard serve is 500kj or:

GRAINS & CEREALS	SERVING SIZE	FOOD CATEGORY
Amaranth (GF) <input checked="" type="checkbox"/>	½ cup (75 – 120g)	1 Grain/Cereal
Barley, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Buckwheat (GF), Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Cous Cous, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Corn Flakes	⅔ cup (30g)	1 Grain/Cereal
Granola or Muesli <input checked="" type="checkbox"/>	¼ cup (30g)	1 Grain/Cereal
High Fiber Cereal	⅔ cup (30g)	1 Grain/Cereal
Millet (GF), Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Oats, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Polenta, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Porridge, Cooked	½ cup (120g)	1 Grain/Cereal
Porridge, Oatmeal, Cooked (Unless Stated GF)	½ cup (120g)	1 Grain/Cereal
Quinoa, Cooked <input checked="" type="checkbox"/>	½ cup (75 – 120g)	1 Grain/Cereal
Rye, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Semolina, Cooked	½ cup (75 – 120g)	1 Grain/Cereal
Spelt, Cooked	½ cup (75 – 120g)	1 Grain/Cereal

BREAD	SERVING SIZE	FOOD CATEGORY
Buckwheat, Rice, Quinoa (GF) <input checked="" type="checkbox"/> (Others May Be Available)	½ cup (75-120g)	1 Grain/Cereal
English Muffin <input checked="" type="checkbox"/>	1 small (35g)	1 Grain/Cereal
Crispbreads	3 (35g)	1 Grain/Cereal
Crumpet	1 (60g)	1 Grain/Cereal
Hamburger Bun	1 half (40g)	1 Grain/Cereal
Muffin	1 small (35g)	1 Grain/Cereal
Pita	1 half (40g)	1 Grain/Cereal



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BREAD (Continued)	SERVING SIZE	FOOD CATEGORY
Rice Cakes (GF)	4 (80g)	1 Grain/Cereal
Roll	1 half medium (40g)	1 Grain/Cereal
Scone	1 small (35g)	1 Grain/Cereal
Spelt, Rye, Barley, Oat	1 slice (40g)	1 Grain/Cereal
Whole Wheat, Whole Grain, Sprouted Grain, Sourdough <input checked="" type="checkbox"/> (Specialty Sourdough Available GF)	1 slice (40g)	1 Grain/Cereal
Wrap (Tortilla) Corn, Whole Wheat, Whole Grain, Sprouted Grain	1 wrap (40g)	1 Grain/Cereal

NOODLES, PASTA & RICE	SERVING SIZE	FOOD CATEGORY
Buckwheat Pasta (GF), Cooked <input checked="" type="checkbox"/>	½ cup (75-120g)	1 Grain/Cereal
Quinoa Noodles (GF), <input checked="" type="checkbox"/>	½ cup (75-120g)	1 Grain/Cereal
Rice (GF), Basmati, Cooked	½ cup (75-120g)	1 Grain/Cereal
Rice (GF), Brown, Cooked <input checked="" type="checkbox"/>	½ cup (75-120g)	1 Grain/Cereal
Rice (GF), Jasmin, Cooked	½ cup (75-120g)	1 Grain/Cereal
Rice (GF), White, Cooked	½ cup (75-120g)	1 Grain/Cereal
Rice (GF), Wild, Cooked <input checked="" type="checkbox"/>	½ cup (75-120g)	1 Grain/Cereal
Soba Noodles	½ cup (75-120g)	1 Grain/Cereal
Spelt Pasta, Cooked	½ cup (75-120g)	1 Grain/Cereal
Whole Wheat and Whole Grain Pasta, Cooked	½ cup (75-120g)	1 Grain/Cereal

FLOURS	SERVING SIZE	FOOD CATEGORY
Amaranth, Arrowroot, Brown Rice, Buckwheat, Chia, Chickpea, Corn, Cornmeal, Hemp, Maize, Millet, Potato and Potato Starch, Quinoa, Sorghum, Soya, Tapioca (All GF)	2 tbsp - ¼ cup	1 Grain/Cereal
Barley, Oat, Rye, Spelt	2 tbsp - ¼ cup	1 Grain/Cereal
Cake & Pastry Flour; Self-Raising, White, Whole Wheat, Whole Grain	2 tbsp - ¼ cup	1 Grain/Cereal



PROTEIN FOOD CATEGORY

A standard serve is 500-600kj

ANIMAL PROTEIN	SERVING SIZE	FOOD CATEGORY
Beef Mince, Lean, Cooked	65g cooked or 90g raw	1 Protein
Chicken Breast	80g cooked or 100g raw	1 Protein
Chicken Thigh, Bone and Skin Removed	80g cooked or 100g raw	1 Protein
Chicken Mince, Lean	80g cooked or 100g raw	1 Protein
Egg (V)	2 large (120g)	1 Protein
Goat	65g cooked or 90g raw	1 Protein
Kangaroo <input checked="" type="checkbox"/>	65g cooked or 90g raw	1 Protein
Lamb	65g cooked or 90g raw	1 Protein
Lobster – Boiled	100g cooked or 115g raw	1 Protein
Pork, Lean	65g cooked or 90g raw	1 Protein
Prawns, Cooked	100g cooked or 115g raw	1 Protein
Protein Powder; Whey	1 scoop	1 Protein
Salmon, Fillet, Steamed or Grilled <input checked="" type="checkbox"/>	85g cooked or 100g raw	1 Protein
Salmon, Canned, Drained with Bones <input checked="" type="checkbox"/>	85g cooked or 100g raw	1 Protein
Scallops, Cooked	100g cooked or 115g raw	1 Protein
Steak, Cooked	65g cooked or 90g raw	1 Protein



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ANIMAL PROTEIN (Continued)	SERVING SIZE	FOOD CATEGORY
Turkey Breast / White Meat	80g cooked or 100g raw	1 Protein
Turkey, Mince, Lean	80g cooked or 100g raw	1 Protein
White Fish, Grilled or Steamed <input checked="" type="checkbox"/>	100g cooked or 115g raw	1 Protein
Veal	65g cooked or 90g raw	1 Protein

PLANT-BASED PROTEIN	SERVING SIZE	FOOD CATEGORY Source of Vegetarian Protein
Black beans	1 cup (150g)	1 Protein
Chickpeas	1 cup (150g)	1 Protein
Hemp Seeds (V)	30g	1 Protein
Hummus	30g	1 Protein
Kidneys Beans	1 cup (150g)	1 Protein
Lentils: Brown, Green, Yellow, Red (Cooked)	1 cup (150g)	1 Protein
Lima Beans	1 cup (150g)	1 Protein
Navy Beans	1 cup (150g)	1 Protein
Nuts, Almonds <input checked="" type="checkbox"/>	30g	1 Protein
Nuts, Brazil Nuts <input checked="" type="checkbox"/>	30g	1 Protein
Nut Butters: Almond, Cashew, Peanut Butter, ABC Spread, Tahini	30g	1 Protein
Nuts, Cashews	30g	1 Protein
Nuts, Macadamia Nuts	30g	1 Protein
Nuts, Mixed, Half Peanuts	30g	1 Protein
Nuts, Peanuts	30g	1 Protein
Nuts, Pecans	30g	1 Protein
Nuts, Pine Nuts	30g	1 Protein
Nuts, Pistachios	30g	1 Protein



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PLANT-BASED PROTEIN (Continued)	SERVING SIZE	FOOD CATEGORY Source of Vegetarian Protein
Nuts, Walnuts	30g	1 Protein
Pinto Beans	1 cup (150g)	1 Protein
Protein Powder(V); Vegetarian	1 scoop	1 Protein
Pumpkin Seeds	30g	1 Protein
Soy Beans or Edamame (V)	1 cup (150g)	1 Protein
Tempeh (V) <input checked="" type="checkbox"/>	30g	1 Protein
Tofu(V), Non-GMO	170g	1 Protein
White Beans	1 cup (150g)	1 Protein



VEGETABLE FOOD CATEGORY

A standard serve is approximately 75g (100 – 350 kilojoules) or:

VEGETABLES	SERVING SIZE	FOOD CATEGORY
Beans (kidney, black, cannellini etc.)	½ cup cooked	1 Vegetable
Beetroot	½ cup cooked	1 Vegetable
Broccoli	½ cup cooked	1 Vegetable
Brussels Sprouts <input checked="" type="checkbox"/>	½ cup cooked	1 Vegetable
Cabbage	1 cup raw or ½ cup cooked	1 Vegetable
Carrots	½ cup cooked	1 Vegetable
Cauliflower	½ cup cooked	1 Vegetable
Celery	1 cup raw	1 Vegetable
Corn	½ cup	1 Vegetable
Corn on the Cob	1 medium	1 Vegetable
Cucumber	1 cup raw	1 Vegetable
Eggplant	½ cup cooked	1 Vegetable
Green Beans	1 cup raw	1 Vegetable
Green Onions	½ cup	1 Vegetable
Kale <input checked="" type="checkbox"/>	1 cup raw	1 Vegetable
Leeks	½ cup cooked	1 Vegetable
Lentils	½ cup cooked	1 Vegetable
Lettuce	1 cup	1 Vegetable



VEGETABLES (Continued)	SERVING SIZE	FOOD CATEGORY
Mushroom <input checked="" type="checkbox"/>	1 cup raw or ½ cup cooked	1 Vegetable
Okra	½ medium	1 Vegetable
Onions	½ cup	1 Vegetable
Pea Pods or Snow Peas	½ cup cooked	1 Vegetable
Potato	½ medium	1 Vegetable
Potato, Mashed	½ cup	1 Vegetable
Capsicum, All Varieties	1 cup raw or ½ cup cooked	1 Vegetable
Pumpkin	½ cup cooked	1 Vegetable
Pumpkin Soup	½ cup cooked	1 Vegetable
Radishes	½ cup	1 Vegetable
Salad Greens <input checked="" type="checkbox"/>	1 cup raw	1 Vegetable
Sauerkraut <input checked="" type="checkbox"/>	½ cup	1 Vegetable
Spinach <input checked="" type="checkbox"/>	1 cup	1 Vegetable
Sweet Potato	½ medium	1 Vegetable
Sweet Potato, Mashed	½ cup	1 Vegetable
Tomatoes	1 medium	1 Vegetable
Tomatoes, Canned	½ cup	1 Vegetable
Tomato Juice	1 cup	1 Vegetable
Turnips	½ medium	1 Vegetable
Vegetable Juice	½ cup	1 Vegetable
Watercress	½ cup	1 Vegetable
Zucchini	½ cup cooked	1 Vegetable



FRUIT CATEGORY

A standard serve is approx. 150g (350kj) or:

FRUITS	SERVING SIZE	FOOD CATEGORY
Apple	1 medium apple	1 Fruit
Apple Juice, No Added Sugar	½ cup (125ml)	1 Fruit
Apple Sauce, No Added Sugar	½ cup (125ml)	1 Fruit
Apricot	2 small	1 Fruit
Banana	1 medium	1 Fruit
Berries <input checked="" type="checkbox"/>	1 cup	1 Fruit
Blueberries <input checked="" type="checkbox"/>	1 cup	1 Fruit
Blackberries <input checked="" type="checkbox"/>	1 cup	1 Fruit
Canned Fruit <input checked="" type="checkbox"/>	1 cup	1 Fruit
Cherries <input checked="" type="checkbox"/>	1 cup	1 Fruit
Cranberries	1 cup	1 Fruit
Cranberry Juice	½ cup (125g)	1 Fruit
Dates	3 medium	1 Fruit
Dried Fruit, Mixed	30g	1 Fruit
Dried Apricot Halves	4 halves	1 Fruit
Dried Sultanas	1 ½ tbsp	1 Fruit
Figs	2 medium (100g)	1 Fruit
Grapefruit	1 medium	1 Fruit
Grapefruit Juice	½ cup (125g)	1 Fruit
Grapes	½ cup	1 Fruit
Honeydew Melon	150g	1 Fruit
Kiwifruit <input checked="" type="checkbox"/>	2 small	1 Fruit
Mango	150g	1 Fruit
Mandarin Orange	1 medium	1 Fruit



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FRUITS (Continued)	SERVING SIZE	FOOD CATEGORY
Nectarine	2 small	1 Fruit
Orange	1 medium	1 Fruit
Orange Juice	½ cup (125ml)	1 Fruit
Papaya <input checked="" type="checkbox"/>	150g	1 Fruit
Peach	1 medium	1 Fruit
Pear	1 medium	1 Fruit
Pineapple, Cubed <input checked="" type="checkbox"/>	1 cup	1 Fruit
Pineapple Juice <input checked="" type="checkbox"/>	½ cup	1 Fruit
Pomegranate	½ cup	1 Fruit
Plums	2 small (140g)	1 Fruit
Prunes	3 medium	1 Fruit
Raisins	1 ½ tbsp	1 Fruit
Raspberries	1 cup	1 Fruit
Rockmelon	150g	1 Fruit
Strawberries <input checked="" type="checkbox"/>	1 cup	1 Fruit
Tangerines	1 medium	1 Fruit
Watermelon	½ cup	1 Fruit



DAIRY & ALTERNATIVES FOOD CATEGORY

A standard serve is (500-600kj):

DAIRY	SERVING SIZE	FOOD CATEGORY 80 calories
Buttermilk	1 cup (250ml)	1 Dairy
Cottage Cheese	½ cup (120g)	1 Dairy
Cream Cheese (Philadelphia)	Half cup (120g)	1 Dairy
Greek Yoghurt(V)	¾ cup (200g)	1 Dairy
Hard Cheeses, All Kinds	2 slices (40g) or 4x3 x 2cm cube (40g))	1 Dairy
Milk, Full Cream	1 cup (250ml)	1 Dairy
Milk, Lite	1 cup (250ml)	1 Dairy
Milk, Skim <input checked="" type="checkbox"/>	1 cup (250ml)	1 Dairy
Milk, UHT Long-life	1 cup (250ml)	1 Dairy
Milk, Reconstituted Powdered Milk	1 cup (250ml)	1 Dairy
Ricotta	Half cup (120g)	1 Dairy
Yogurt Flavored, No Added Sugar	¾ cup (200g)	1 Dairy
Yogurt, Plain	¾ cup (200g)	1 Dairy

DAIRY ALTERNATIVES	SERVING SIZE	FOOD CATEGORY 80 calories
Almond Milk, Unsweetened <input checked="" type="checkbox"/>	1 cup (250ml)	1 Dairy
Almond Yogurt, Plain	¾ cup (200g)	1 Dairy
Coconut Milk, Unsweetened	1 cup (250ml)	1 Dairy
Coconut Yogurt	¾ cup (200g)	1 Dairy
Rice Milk, Plain	1 cup (250ml)	1 Dairy
Soy Milk, Unsweetened	1 cup (250ml)	1 Dairy



FAT FOOD CATEGORY

MONO-UNSATURATED FATS	SERVING SIZE	FOOD CATEGORY
Avocado <input checked="" type="checkbox"/>	2 tbsp	1 Fat
Olive Oil <input checked="" type="checkbox"/>	7g	1 Fat
Nuts, Pistachios	30g	1 Fat
Nuts, Macadamia Nuts	10g	1 Fat
Nuts, Brazil Nuts <input checked="" type="checkbox"/>	10g	1 Fat
Nuts, Almonds <input checked="" type="checkbox"/>	10g	1 Fat
Nuts, Cashews	10g	1 Fat
Nuts, Mixed, Half Peanuts	10g	1 Fat
Nuts, Peanuts	10g	1 Fat
Nuts, Pecans	10g	1 Fat
Nut Butters: Almond, Cashew, Peanut Butter, ABC Spread	10g	1 Fat

POLY-UNSATURATED FATS	SERVING SIZE	FOOD CATEGORY
Chia Seeds <input checked="" type="checkbox"/>	10g	1 Fat
Ground Flaxseeds <input checked="" type="checkbox"/>	10g	1 Fat
Nuts, Walnuts	10g	1 Fat
Nuts, Pine Nuts	10g	1 Fat
Oil, Flaxseed, Grape Seed, Safflower, Sunflower, Soybean, Corn	7g	1 Fat
Seeds, All Varieties, Pumpkin, Sunflower, Flaxseed, Sesame	10g	1 Fat
Tahini (Sesame Paste)	10g	1 Fat
Margarine, Stick, Tub <input checked="" type="checkbox"/>	10g	1 Fat
Margarine, Reduced Fat <input checked="" type="checkbox"/>	10g	1 Fat



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SATURATED FATS	SERVING SIZE	FOOD CATEGORY
Bacon, Cooked, Regular ☒	Limit Intake	1 Fat
Butter ☒	Limit Intake	1 Fat
Butter, Reduced Fat ☒	Limit Intake	1 Fat
Cheese, Full Fat, All Kinds ☒	Limit Intake	1 Fat
Coconut, Shredded ☒	Limit Intake	1 Fat
Coconut Oil ☒	Limit Intake	1 Fat
Cream ☒	Limit Intake	1 Fat
Cream Cheese ☒	Limit Intake	1 Fat
Sour Cream ☒	Limit Intake	1 Fat



DISCRETIONARY FOOD

A serve of discretionary choices provides approx. 500-600kj:

SUGARS	SERVING SIZE	FOOD CATEGORY
Butter	1 tbsp (20g)	1 Discretionary
Chocolate	½ bar (25g)	1 Discretionary
Crackers, Whole Grain or (GF)	1/2 snack-size packet (30g)	1 Discretionary
Cream	2 tbsp (40g)	1 Discretionary
Doughnut	1 (40g)	1 Discretionary
Fried Hot Chips	12 chips (60g)	1 Discretionary
Granola or Muesli Bars ☒	1 bar (60g)	1 Discretionary
Ice Cream	2 scoops (75g)	1 Discretionary
Jam or Honey	1 tbsp (60g)	1 Discretionary
Meat Pie or Pastie (individual size)	¼ pie or pastie (60g)	1 Discretionary
Pancakes	1 (40g)	1 Discretionary
Plain Cake/Small Cake-Type Muffin	1 slice (40g)	1 Discretionary
Popcorn, Plain	3 cups	1 Discretionary
Pretzels, snack-size packet ☒	½ packet (30g)	1 Discretionary
Processed Meats, Salami, Ham, Turkey or Mettwurst	2 slices (50-60g)	1 Discretionary
Sausages, Regular	1½ thick or 2 thin (50-70g)	1 Discretionary
Salty Crackers or Crisps, Snack-size	½ packet (30g)	1 Discretionary
Soft Drink (sugar-sweetened)	1 can (375ml)	1 Discretionary
Sugar Confectionary/Small Lollies	5-6 (40g)	1 Discretionary
Sweet Plain Biscuits	2-3 biscuits (35g)	1 Discretionary
Waffles	1 (40g)	1 Discretionary
White Sugar, Brown Sugar, Coconut Sugar Honey, Maple Syrup, Agave, Molasses, Date Syrup, Brown Rice Syrup ☒	1 tbsp	1 Discretionary



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ALCOHOL	SERVING SIZE	FOOD CATEGORY 80 Calories
Beer ☒	400ml (1 ½ standard drinks)	1 Carb
Beer, Light ☒	600ml (1 ½ standard drinks)	1 Carb
Spirits, Whiskey, Gin, Rum, Vodka, Etc. ☒	60mL (2 standard drinks)	1 Carb
Wine ☒	200ml (2 standard drinks)	1 Carb



SAMPLE BREAKFAST MEALS

Breakfast Sample 1

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	0	0	
FRUIT	1	1	1 cup of Berries
VEGETABLE	0	0	
GRAINS & CEREALS	1	1	½ cup (120g) of Porridge, cooked
FAT	0	0	
DAIRY & ALT	1	1	1 cup (250ml) of Milk

Breakfast Sample 2

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	2 Eggs (Boiled)
FRUIT	0	0	
VEGETABLE	0	0	
GRAINS & CEREALS	2	2	2 slice of Whole Grain Bread
FAT	1	1	2 tbsp Avocado
DAIRY & ALT	0	0	

Breakfast Sample 3

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	1 scoop of Protein Powder
FRUIT	1	1	1 medium Banana
VEGETABLE	0	0	
GRAINS & CEREALS	1	1	½ cup (75-120g) of Oats
FAT	0	0	
DAIRY & ALT	1	1	¾ cup (200g) Greek Yoghurt



Breakfast Sample 4

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	1 scoop of Protein Powder
FRUIT	1	1	1 cup of Berries
VEGETABLE	0	0	
GRAINS & CEREALS	1	1	Banana
FAT	0	0	
DAIRY & ALT	1	1	1 cup Almond Milk

Breakfast Sample 5

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	2 large Eggs (Poached)
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Baby Spinach
GRAINS & CEREALS	1	1	1 English Muffin
FAT	1	1	1 tbsp Organic Butter
DAIRY & ALT	0	0	

Breakfast Sample 6

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	2 slices (50-60g) Ham
FRUIT	1	1	1 medium Apple
VEGETABLE	0	0	
GRAINS & CEREALS	2	2	2 slices of Sour Dough
FAT	0	0	
DAIRY & ALT	1	1	1/2 cup Cottage Cheese



SAMPLE LUNCH MEALS

Lunch Sample 1

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	80 g of Chicken Thigh
FRUIT	0	0	
VEGETABLE	2	2	1 cup of Cooked Broccoli, ½ cup of Mashed Potato
GRAINS & CEREALS	0	0	
FAT	1	1	7g Chili Olive Oil Dressing
DAIRY & ALT	0	0	

Lunch Sample 2

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	85g Salmon Fillet
FRUIT	1	1	1/2 cup of Watermelon
VEGETABLE	1	1	1 cup of Kale
GRAINS & CEREALS	1	1	½ cup of Basmati Rice
FAT	0	0	
DAIRY & ALT	0	0	

Lunch Sample 3

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	1 small can of Tuna
FRUIT	1	1	1 medium Orange
VEGETABLE	1	1	1 cup of Lettuce
GRAINS & CEREALS	1	1	1 Whole Grain Wrap
FAT	0	0	
DAIRY & ALT	1	1	½ cup Philadelphia Cheese



Lunch Sample 4

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	100 g of Prawns
FRUIT	0	0	
VEGETABLE	2	2	2 cups Stir Fry Vegetables
GRAINS & CEREALS	1	1	½ cup of Quinoa Noodles
FAT	0	0	
DAIRY & ALT	0	0	

Lunch Sample 5

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	65 g of Steak, cooked
FRUIT	0	0	
VEGETABLE	3	3	3 cups of Mixed Green Salad
GRAINS & CEREALS	1	1	½ cup mashed Potato
FAT	1	1	1 small glass of Wine
DAIRY & ALT	0	0	

Lunch Sample 6

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	65g lean Pork Tenderloin
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Sautéed Zucchini
GRAINS & CEREALS	0	0	
FAT	1	1	10g of Almonds
DAIRY & ALT	0	0	



SAMPLE DINNER MEALS

Dinner Sample 1

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	80g of Chicken Breast
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Broccoli
GRAINS & CEREALS	1	1	½ cup of Brown Rice
FAT	0	0	
DAIRY & ALT	1	1	½ cup (120g) of Goats Cheese

Dinner Sample 2

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	1 small can of Salmon
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Cauliflower
GRAINS & CEREALS	2	2	1 cup of Pumpkin
FAT	0	0	
DAIRY & ALT	0	0	

Dinner Sample 3

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	Grilled Whitefish
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Baby Spinach
GRAINS & CEREALS	2	2	1 cup of Quinoa
FAT	1	1	2 tbsp of Avocado
DAIRY & ALT	0	0	



Dinner Sample 4

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	170g of Tofu
FRUIT	0	0	
VEGETABLE	2	2	2 cups of Mixed Green Salad
GRAINS & CEREALS	1	1	½ medium Sweet Potato
FAT	0	0	
DAIRY & ALT	0	0	

Dinner Sample 5

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	65 g of Minced Beef, cooked
FRUIT	0	0	
VEGETABLE	1	1	1 cup of Tomato Pasata
GRAINS & CEREALS	2	2	1 cup of Buckwheat Pasta
FAT	1	1	10g of Pine Nuts
DAIRY & ALT	0	0	

Dinner Sample 6

CATEGORY	ALLOWED	USED	FOOD CHOICE
PROTEIN	1	1	80 g Roasted Turkey
FRUIT	1	1	1 cup of Cranberries
VEGETABLE	2	2	2 cups of Salad Greens
GRAINS & CEREALS	2	2	2 slices of Whole Grain Bread
FAT	0	0	
DAIRY & ALT	0	0	

