

ACCESSORIES

- Blender and/or Hand Mixer (e.g. Braun Hand Mixer), Insta-Blend Personal Blender, Magic Bullet
- Food Scale (i.e. electronic scale by Salter)
- Measuring Cups and Spoons,
- Straws

INGREDIENTS

- Meal Replacement (20 packets per box) – Purchase at 20/20 Resource Center
- Fresh or Frozen Berries (no syrup added). For Example:
 - _ Blueberries
 - _ Blackberries
 - _ Marionberries
 - _ Raspberries
 - _ Strawberries, etc.
- Chicken or Turkey Breast (including very lean options ground)
- Fish and Shellfish (fresh or frozen)
- Lean Beef (round or loin cuts, ground round 90/10 or leaner) or Pork (tenderloin, ham)
- Tuna or Chicken canned in water,
- Soy Products (High Protein Tofu, Morningstar or Boca patties and burgers)
- Pre-Cooked Meat (use sparingly):
 - _ Rotisserie Chicken-remove skin
 - _ Low-Sodium Turkey or Ham Deli Meat (i.e. Columbus brand ≤ 140 mg sodium per 7 g protein)
- Olive or Canola Oil
- Cooking Spray (olive or canola)
- Natural Peanut Butter (Adams, Trader Joe's, Whole Foods, PCC, etc. or other nut butters i.e. Almond, etc)
- Low-Fat Mayo
- Fresh or Frozen Vegetables
- Tomato Sauce (Muir Glen)
- Salsa
- Recommended Healthy Sauces & Salad Dressings
- Spices/Flavorings
 - _ Lemons and Limes
 - _ Garlic
 - _ Ginger
 - _ Green Onions
 - _ Parsley
 - _ Red Pepper Flakes
 - _ Basil
 - _ Oregano
 - _ Mustard
 - _ Vinegar

OPTIONAL

- Mineral water
- Mineral Water or Sparkling Water with fruit essence (without any sweetener),
- Herbal Teas, Green, Red, and White Teas
- Decaf Coffee

LIMIT

- Coffee intake to 8 oz black coffee or 2 shots espresso per day, or black tea to 16 oz per day
- Avoid artificial sweeteners





Check grams of protein & calories per serving: **7g protein for 35-55 cal** is a good protein to calorie ratio.
Some processed foods may be high in Sodium, look for **Low Sodium items < 400 mg/serving**.

EGGS & LOW FAT DAIRY	CAL	PROTEIN	FAT
Egg whites 2	35	7	1
Egg substitute ¼ cup	35	7	1
Egg 1	75	7	5
Non Fat / Low Fat Cottage cheese ¼ cup	40-50	7	0-2
Non Fat Quark ¼ cup	35	7	0
Non Fat - Low Fat Milk or Yogurt, Plain Soy Milk	90-140	7-9	1-3
High protein Yogurt NF-LF (i.e. 1 cup FAGE 0% Greek Yogurt) <u>Other Brands:</u> Trader Joe's, Oikos, Voskos, Chobani, Sigg's	120	20	0
Protein Powder: whey, egg, soy, rice, etc. (one serving)	75-130	14-21	0-5

PLANT PROTEIN SOURCES	CAL	PROTEIN	FAT
Veggie Burgers: Boca Original Vegan (1 patty)	70-110	12-15	1
Ground Crumbles: Boca Ground Crumbles (1 serving)	60	13	1
Tofu: most tofu brands (4 oz) Mori-Nu Lite (3 oz)	75 35	7 6	5 0.5
High Protein Tofu: TJ brand, Wildwood (3 oz)	100	14	4
Baked tofu (3 oz)	130	17	6
Edamame (½ cup)	100-120	10	5
Tempeh (4 oz)	220	23	8
TVP Bob's Red Mill (¼ cup)	80	12	0
Nutrela 1oz wt (28 g)	83	11	0.7
Soy nuts 1 oz (¼ cup)	180	8	
Legumes: Beans, Lentils, Split Peas (½ cup cooked)	100	7	1
Quorn (mycoprotein) best choices: roast & tenders	120	10	4
High calories options: nuggets*, patties*, cutlets*	90	12-15	
Seitan* (wheat protein) (1/3 cup or 30 g)	160	23	0.5
Veat* (soy, wheat protein, whey protein) 50 g (1.8 oz weight)	90	11	3
Beyond Meat (3oz)	100	19	1.5
"Meat" Balls (3oz)	140	16	6

*contains wheat

MAXIMUM RECOMMENDED GRAMS OF SOY PROTEIN INTAKE PER DAY: weight in pounds divided by 2.2 x 0.7

MEDIUM-FAT PROTEIN LIST

1 oz = 75 calories, 7 g protein, 5 g fat

Example: 4-5 oz = 300-375 calories, 20-25 g fat

Note: 4-5 oz of cooked protein = 28-35 g protein.

If using packaged protein products such as lunch meat or sausages, check the nutrition label to assure you are meeting your protein target.

BEEF: Most beef products fall into this category (Ground Beef, Meatloaf, Corned Beef, Short Ribs, Prime Grades of Meat trimmed of fat, such as Prime Rib and NY Strip)

PORK: Top Loin, Chop, Boston Butt, Cutlet, Ground Pork

LAMB: Rib Roast, Ground Lamb

VEAL: Cutlet (Ground or Cubed, un-breaded)

POULTRY: Chicken or Turkey with dark meat and/or with skin, Fried Chicken (with skin)

FISH: Any Fried Fish Product

1 EGG: (Can have 7 whole eggs per week unless you have high cholesterol, then limit to 4 per week).

Note: Egg Whites are on very lean list.

PROCESSED MEAT: If possible choose natural varieties that are free of binders, antibiotics, enhancers or preservatives.

Less than 140 mg sodium per 7 g of protein is ideal.

Hot dogs and sausage with 5 grams or less fat per ounce, such as Liverwurst, Turkey Pepperoni

SOY: Tempeh (1½ oz by weight)

Note: ½ cup edamame is 90 calories, 5 g fat

TO ADD LATER IN THE PROGRAM:

CHEESE: with 5 grams or less fat per ounce
Ricotta, part skim (¼ cup)

HIGH-FAT PROTEIN LIST

1 oz = 100 calories, 7 g protein, 9 g fat

Example: 4-5 oz = 400-500 calories, 36-45 g fat

Note: 5-6 oz of cooked protein = 35-42 g protein.

If using packaged protein products such as lunch meat or sausages, check the nutrition label to assure you are meeting your protein target.

Remember these items are high in saturated fat, cholesterol, and calories and may raise blood cholesterol levels if eaten on a regular basis.

PORK: Spareribs, Pork Sausage

PROCESSED MEAT: If possible choose natural varieties that are free of binders, antibiotics, enhancers or preservatives.

Less than 140 mg sodium per 7 g of protein is ideal.

Processed sandwich meats with 9 grams or less fat per ounce, such as Bologna, Pimento Loaf, Pepperoni, Salami, and Summer Sausage.

Sausages, such as Bratwurst, Italian Knockwurst, Polish, Smoked Breakfast Sausage and Beef or Pork hot Dog

Bacon

TO ADD LATER IN THE PROGRAM:

CHEESE: with 10 grams or more of fat per ounce,

Regular cheeses, such as American, Cheddar, Monterey Jack, Swiss, Brie and Bleu

VERY LEAN PROTEIN LIST

1 oz = 35 calories, 7 g protein, 1 g fat

Example: 4-5 oz = 140-175 calories, 4-5 g fat

Note: 4-5 oz of cooked protein = 28-35 g protein.

If using packaged protein products such as lunch meat or sausages, check the nutrition label to assure you are meeting your protein target.

POULTRY: Chicken or Turkey (white meat, no skin), Ground Turkey or Chicken Breast

FISH: Fresh or Frozen Cod, Flounder, Haddock, Halibut, Trout, Tuna Steak, Tuna Canned in Water

SHELLFISH: Clams, Crab, Lobster, Scallops, Shrimp, Imitation Crab (watch sodium & carbohydrate content)

BEEF: Ground Beef (4-5% fat)

GAME: Duck or Pheasant (no skin), Venison, Buffalo, Bison, Ostrich

EGGS: Egg Whites (2), Egg Substitutes (¼ cup)

PROCESSED MEAT: If possible choose natural varieties that are free of binders, antibiotics, enhancers or preservatives.

Less than 140 mg sodium per 7g of protein is ideal.

Deli meats with less than 1g fat per ounce such as, Chicken, Turkey, Turkey Ham, Turkey Pastrami, Hot Dogs

Jerky (try Turkey or Salmon) less than 500 mg sodium/serving

SOY PRODUCTS: Soy Protein Powder (⅓ of a 1 oz scoop)
Fat Free Soy Burger (½ burger)

TO ADD LATER IN THE PROGRAM:

CHEESE: 6 grams fat or less per ounce
Nonfat or Low-Fat Cottage Cheese and High Protein Greek Yogurt

BEANS & LENTILS: cooked (100 calories or ½ cup)

LEAN PROTEIN LIST

1 oz = 55 calories, 7 g protein, 3 g fat

Example: 4-5 oz = 220-275 calories, 12-15 g fat

Note: 4-5 oz of cooked protein = 28-35 g protein.

If using packaged protein products such as lunch meat or sausages, check the nutrition label to assure you are meeting your protein target.

BEEF: USDA Select or Choice Grades of Lean Beef trimmed of fat, such as Round, Sirloin, and Flank Steak; Tenderloin; Roast (Rib, Chuck, Rump); Steak (T-bone, Porterhouse, Cubed, Filet Mignon), Ground Round, Skirt Steak and Pot Roast

PORK: Fresh Ham; Canned, Cured, or Boiled Ham; Canadian Bacon, Tenderloin, Center Loin Chop, Rib Roast

LAMB: Roast, Chop, Leg, Cubed

VEAL: Lean Chop, Roast

POULTRY: Chicken, Duck or Turkey (dark meat, no skin), Chicken (white meat, with skin), Ground Turkey

FISH: Herring (un-creamed or smoked), Oysters (6 medium), Salmon (fresh or canned), Catfish, Sardines (2 medium)

PROCESSED MEAT: If possible choose natural varieties that are free of binders, antibiotics, enhancers or preservatives.

Less than 140 mg sodium per 7 g of protein is ideal

Hot dogs with 3 grams or less fat per ounce

Chicken Sausage, Turkey Kielbasa

Deli meats such as Ham, Roast Beef, Prosciutto, Pastrami, Turkey Salami

SOY PRODUCTS: Tofu (¼ cup or 2 oz by weight)
Soy burger (½ burger), Soy Sausage Patty