

CHEESE

SERVING SIZE: 1 oz Cheese = 1 oz Protein = 7g Protein

(1 oz of cheese is equal to a cube the size of two dominos, a post it size note, or ¼ cup shredded or cottage cheese)

*If a food label is provided, please refer to the nutrition label for more accurate nutrition facts.

LOW FAT: Total fat equal to or less than 6 grams per ounce



CHEESE (1 oz)	CAL	FAT
CHEDDAR		
Lifetime	55	2.5
Weight Watchers	80	5
Trader Joe's Reduced Fat Cheddar	70	5
Trader Joe's Sliced Lite Cheddar	70	4.5
Trader Joe's Reduced Fat Celtic Cheddar	70	4
Cabot 75% Light Cheddar (1 oz)	60	3
Cabot 50% Light Cheddar (1 oz)	70	5
MOZZARELLA		
Kraft 2% Shredded Mozzarella	70	4
Polly-O	70	5
STRING CHEESE		
Frigo Light Cheese Heads (1 stick)	60	3
Kraft, Light String-Ums (1 stick)	80	4.5
Sargento Light (1 stick)	50	2.5
GOUDA		
Trader Joe's Reduced Fat Gouda	90	5
Sargento, Reduced Fat	80	5
Alpine Lace, part skim	70	5
SWISS		
Jarlsberg Lite Swiss	70	4
Heavenly Light Swiss	80	4
Laughing Cow Light – Creamy Swiss Original (3 wedges)	105	6
Laughing Cow Mini Babybel Light (1 piece)	50	3
Alpine Lace, Reduced Fat	90	6
Kraft 2% (¾ oz slice)	50	2.5
HAVARTI		
Trader Joe's Sliced Lite Havarti	80	4
AMERICAN		
Kraft 2% Milk Singles (1 slice)	50	3
Land O'Lakes	70	5
Healthy Choice Singles (1 slice)	75	6

CHEESE (1 oz)	CAL	FAT
COLBY		
Kraft, Reduced Fat	80	5
MONTEREY JACK		
Kraft 2%	80	6
Alpine Lace, Co-Jack	90	0
Weight Watchers	90	6
PROVOLONE		
Alpine Lace, Reduced Fat	80	5
COTTAGE CHEESE		
Fat-Free or Low-Fat varieties (¼ cup)	40-50	0-3
HIGH PROTEIN YOGURT		
Criteria: Protein should be equal to or greater than twice the carbohydrate		
Fage Total 0% (½ cup)	60	0
OIKOS 0% Organic Greek Yogurt (½ cup)	60	0
Voskos 0% Plain Greek Yogurt (½ cup)	50	0
Trader Joe's Greek Style 0% Plain Yogurt (½ cup)	50	0
Siggi's Plain Non Fat ½ cup	55	0
Quark, Fat Free (¼ cup)	35	0
PARMESAN (Regular)		
Use as a condiment for flavor		
Shredded/Grated (2 Tbsp)	50	4
FETA		
Athenos Reduced Fat Feta	60	4
President Fat Free Crumbled Feta	35	0
RICOTTA		
Fat-Free or Low-Fat varieties (¼ cup)	50	0-3
BRIE		
Trader Joe's Light Brie	70	4.5
BLUE CHEESE		
Treasure Cave Reduced-Fat Blue Cheese	80	5

LOW-FAT TIPS

- Shred while the cheese is firm, right from the refrigerator.
- Shred finely, not coarsely.
- Try to cook the cheese with foods that add moisture to improve meltability.
- Low-fat cheese melts best when heated for a longer time at a lower temperature.
- If you microwave, use a lower setting, cover the food with plastic wrap or a cover designed for microwaves, make sure the food rotates, and stir frequently.

IT'S A FAT, NOT A PROTEIN

Because of its high fat content, sour cream & cream cheese are considered as a fat.

SOUR CREAM

- 2 Tbsp regular sour cream: 50 calories, 5 g fat
- 2 Tbsp light sour cream: 40 calories, 3 g fat
- 2 Tbsp fat free sour cream: 20 calories, 0 g fat

CREAM CHEESE

- 1 Tbsp regular cream cheese: 50 calories, 4.5 g fat
- 1 Tbsp light cream cheese: 35 calories, 3 g fat

Listed below you will find our week by week grocery lists to help guide you in making your meal plans for the week. While going through each weekly list, be sure to check to see what you already have on hand, as well as prepare your menu of meals and snacks throughout the week. Happy Shopping!

1 Box High Protein Powder Shakes

1 Box of Protein Bars and/or Two 4 packs of RTDs

Fresh or frozen berries (no syrup added) i.e. blueberries, blackberries, raspberries, strawberries, etc

Choice of fat servings:

- Olive oil or canola oil
- Cooking spray
- Natural peanut butter
- Low fat mayo or salad dressing
- Raw nuts

Supplements: Be sure to place an order at 2020lifestyles.com when you are halfway through your first order of daily packs.

6+ servings of non-starchy vegetables per day.

Low fat cheese (<6 g of fat per ounce)

Non fat or low fat cottage cheese

Plain non-fat Greek Yogurt

Choices of lean or very lean protein:

- Chicken or Turkey Breast
- Fish
- Lean Beef or Pork
- Tuna canned in water
- Frozen Shrimp or Scallops
- Soy Products (Tofu, Morningstar or Boca patties and burgers)
- Pre-Cooked Meat (Low-Sodium Deli Meats, Roasted Chicken with skin removed)