

## Barix Clinics Meal Planning Guidelines

### Meals (200-250 calories, at least 12 grams protein)

#### Select 1 at each meal (6-23 grams protein, 60-120 calories)

Food/Drink	Calorie	Protein	Fat	Carb
Lean cuts of meat (2 oz)	80	16	2	0
Chicken or turkey breast (2 oz)	84	17	2	0
Tuna, in water (2 oz or 1/4 cup)	60	13	1	0
Crab, lobster, shrimp (2 oz)	81	15	1	2
Fish (2 oz)	73	15	1.5	0
Egg (1 large)	72	6	5	0
Egg substitute (1/2 cup)	58	12	0	2.5
Premier Protein (1/2 carton)	60	15	1.5	2.5
Cottage Cheese 2% (1/2 cup)	90	13	2.5	4
Dannon Oikos Triple Zero Yogurt	120	15	0	14
Whey protein powder	110	23	2	2
Fairlife fat-free milk (1 cup)	80	13	0	6
Fat-free milk (1 cup)	83	8	0	12

#### Select 1 for at least 2 of your meals (7-20 calories)

Food/Drink	Calories	Protein	Fat	Carb
Non-starchy vegetable (1/2 cup)	20	2	0	7
Salad greens (1 cup)	7	1	0	1

#### Select 1 at each meal (40-80 calories)

Food/Drink	Calories	Protein	Fat	Carb
Fruit, fresh (1 small piece or 1 cup)	53	1	0.5	13
Sweet potato (1 small)	60	1	0	14
Baked potato (1 small)	60	1	0	14
Bread (1 slice)	78	3	1	14
Bread, light (1 slice)	40	2	0	9
Pasta (1/3 cup cooked)	73	3	0	14
Rice (1/3 cup cooked)	68	1	0	15
Cereal, cooked (1/3 cup)	53	2	1	9
Beans, 1/4 cup	59	4	0	11

#### Select 1 for at least 2 meals (45-65 calories)

Food/Drink	Calories	Protein	Fat	Carb
Cheese (1/2 oz)	57	3.5	4.5	0
Mayonnaise or salad dress. (2 tsp.)	63	0	7	0
Oil (1/2 Tbsp.)	60	0	7	0
Butter/Margarine (1/2 Tbsp.)	51	0	5	0
Salad dressing, ranch (2 tsp.)	48	0	5	1

#### Snacks (100 calories, at least 4 grams protein)

Food/Drink	Cal	Pro	Fat	Cho
Almonds (14)	98	4	8	3
Apple (1/2 medium), Babybel cheese, lig	97	6	3	12
Rice cake (1) and peanut butter (2 tsp)	98	4	5	9
Walnuts (8 halves)	104	4	8	4
Hardboiled egg				
Dannon Oikos Triple Zero Yogurt	120	15	0	14
Kroger Carb Master Yogurt	60	8	1.5	4
Fairlife fat-free milk (1 cup)	80	13	0	6
Kroger Carb Master Chocolate Milk	80	11	0	7
Cottage cheese 2% (1/2 cup), cantaloup	117	14	2.5	11
Babybel light cheese (1) and Ritz cracke	98	6	6	6
Blueberries (1/2 cup), Kroger Carb Mast	102	9	1.5	14
Strawberries (1/2 cup), Dannon Oikos Tr	104	8	0	13
Cheddar Cheese (1 oz)	113	7	9	0
Deli turkey breast (2 oz), Laughing Cow	95	11	2.5	3
Deli lean ham (2 oz), Laughing Cow Ligh	85	11	2.5	2
Robert Irvine's Fit Crunch protein bar (1/	95	7.5	4	7
Premier Protein (1/2 container)	80	15	1.5	2.5
Cottage cheese 2% (1/2 cup)	90	13	2.5	4
Shrimp cocktail (5 jumbo with sauce)	110	22	1	10
String cheese, light (2)	100	14	5	1
Soy nuts (1/4 cup)	130	12	6	9