

Balanced Bite List

Balanced Bites must be consumed with 1 Real Food beverage (80 calories or less). You may select 1–3 Balanced Bite items to pair with your beverage. **Real Food bars should be eaten on their own and not combined with a beverage or additional Balanced Bite items.**

Vegetables	Fruit (1 per Free Snack)	Low Calorie Add Ons (1 per Free Snack)	Condiments & Flavor
Asparagus (50 grams or less)	Apple (60 grams)	1/2 boiled egg	Herbs*
Broccoli (50 grams or less)	Apricot (1,small)	1 zero sugar Jell-O	Fat-free dressing (1 Tbsp)
Cabbage*	Dragon fruit (1,small)	1/4 cup nonfat plain Greek yogurt	Hot sauce (2 Tbsp)
Cauliflower (50 grams or less)	Kiwi (1)	2oz deli meat (50 calories or less)	Lemon/lime juice*
Celery*	Mulberries (50 grams)	Almond milk (1 cup)	Light sour cream (2 Tbsp)
Cucumber*	Oranges (85 grams)	Center cut bacon (1 slice)	Mustard (2 Tbsp)
Green beans (50 grams or less)	Pear (60 grams)	Eggbeaters/ egg whites (6 Tbsp)	Ranch powder (2 tsp)
Lettuce*	Plum (1, small)	Fairlife fat-free milk (1/2 cup)	Salsa (low sugar)*
Mixed greens*	Tangerine (1,small)	Light whipped cream (2 Tbsp)	Seasonings*
Mushrooms (50 grams or less)	Blackberries (50 grams or less)	Nonfat cottage cheese (1/4 cup)	Vinegar*
Peppers (50 grams or less)	Blueberries (50 grams or less)	Turkey bacon (1 slice)	
Pickles*	Cantaloupe (80 grams)	Real Food Cream of Chicken Soup (1)	
Spinach*	Honeydew (80 grams)	50 calorie string cheese or light Babybel (1)	
Squash (50 grams or less)	Raspberries (50 grams or less)	Light Laughing cow Cheese wedge (1)	
Tomatoes (50 grams or less)	Strawberries (50 grams or less)	Real Food bars should be eaten on their own and not combined with a beverage or additional Balanced Bite items. 1 BAR PER DAY	
Zucchini (50 grams or less)	Watermelon (80 grams)		
		Caramel Cocoa Bar	Peppermint Cocoa Crunch Bar
		Chocolate Almond Bar	Shortbread Cooki Bar
		Cinnamon Bar	Peanut Bar
		Dark Chocolate Smoes Bar	
		Double Berry Bar	
		Fudge graham Bar	

*Unlimited

Examples of Real Food beverages: Wildberry Fruit Drink, Orange Fruit Drink, Mixed Berry Fruit Drink, Fruity Cranberry Grape Drink with Fiber, Cranberry Grape Fruit Drink, Creamy Hot Cocoa, Creamy Hot Cocoa with Marshmallows and Cappuccino.

Beverages, soups and bars are available for purchase at www.weightlosswithrealfood.com

REAL FOOD 