



## Eating Portion Guide

### ***Protein 3-4 Choices per day***

Chicken Breast  
Chicken Thigh/Wing  
Cornish Game Hen  
Lean Beef/Steak  
Roast Beef  
Ground Turkey  
Turkey  
Turkey Bacon  
Lean Pork  
Salami  
Ham  
Bacon  
Eggs  
White Fish  
Shrimp  
Lobster  
Tuna  
Crab  
Scallops  
Veal  
Cottage Cheese  
Hard Cheese  
Yogurt

### ***Vegetables 3-4 Choices per day***

Cucumber  
Carrots  
Celery  
Kale  
Spinach  
Lettuce  
Peppers  
Broccoli  
Cauliflower  
Artichoke  
Arugula  
Asparagus  
Brussel Sprouts  
Tomatoes  
Avocado

### ***Carbohydrate 3 Choices per day***

Rice  
Corn Tortillas  
Corn Chips  
Corn  
Black Beans  
Sweet Potatoes  
Potatoes  
Butternut Squash  
Chick Peas  
Green Beans  
Black Beans  
English Muffin  
Pitas  
Nam  
Rye Crackers  
Wheat Crackers  
Rice Crackers

### ***Seasonings Watch Calorie Labels***

Salt or Pepper  
Steak Seasoning  
Chicken Seasoning  
Taco Seasoning  
Artificial Sweeteners  
Herbs  
Vinegar  
Soy  
Worcestershire  
Mustard  
Mayonnaise  
Rice Vinegar  
Cooking Oil

### ***Fruits All Your Favorites***

***This is merely a quick guide but others can be added to these lists.***