

PROTEIN OPTIONS

Each meal should include mostly protein. A food scale can be purchased at most grocery stores (including Fry's, Safeway, Albertsons, Walmart, and Target) and Amazon. 3-4 ounces of protein should be consumed at each meal with a 1/4 cup side of vegetables.

3 ounces of protein will usually be a little less than 1/2 cup, so measuring cups can be used to determine correct portion sizes. You can also count the number of dime-sized bites...20 dime-sized bites will yield approximately 1/2-3/4 cups. Your portion size should not be visibly larger than a deck of cards.

The following list includes band-appropriate choices to ensure adequate protein intake for both health maintenance and weight loss.

MEAT

- Bacon
- Beef brisket
- Breakfast sausage
- Canadian bacon
- Chicken
- Duck
- Ham
- Lamb
- Pork
- Steak
- Turkey and Turkey bacon
- 96% lean ground beef

SEAFOOD

- Bass
- Catfish
- Cod
- Flounder
- Halibut
- Lobster
- Salmon
- Shrimp
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna

EGGS

- Fried
- Hard-boiled
- Omelettes
- Poached
- Egg whites
- Scrambled