

Remember your carb goal:  
30 – 45 g / meal or 45 – 60 g / meal

## Meal Planning Made Easy - Mix and Match

**Choose one:**

**Choose one:**

**Choose two servings:**

<b>Lean Protein (3 - 4 ounces)</b>	<b>Grains/Starchy Vegetables (cooked) (each serving = 30 g carbs)</b>	<b>Non- Starchy Vegetables (1 cup raw or 1/2 cup cooked = 5 carbs)</b>
Skinless Turkey Breast	2 slice Whole Grain Bread	Bell Peppers (Red, Green, orange, yellow)
Skinless Chicken Breast	1 Whole Wheat Bagel Thin or English Muffin	Broccoli/Brussels' Sprouts
Tuna (canned in water)	2/3 cup Brown Rice	Carrots
Tilapia, Haddock, Cod (Baked, broiled, grilled)	1 cup Sweet Potatoes	Cauliflower
Salmon (Baked, broiled, grilled)	1 cup Edamame	Cooked Greens – Collard, Turnip, Kale, Bok Choy
Shrimp (Baked, broiled, grilled)	1 cup Beans (pinto, black, kidney, garbanzo)	Fresh Greens – Spinach, Romaine, Lettuce
2 Hard Boiled Eggs (limit yolks)	1 cup Oatmeal	Cabbage – Red, Purple, Green
3 Egg Whites or ¾ cup Egg Substitute	1 cup Butternut Squash/Acorn Squash	Tomatoes
¾ cup low-fat cheese	1 cup Corn	Zucchini or Yellow Squash
1 cup Non-fat Plain Greek yogurt	1 cup Peas	Mushrooms
Low-fat Cheese	2/3 cup Whole Grain Pasta	Green Beans
Tofu (Baked, broiled, grilled)	2/3 cup Quinoa	Sugar Snap Peas
Tempeh	1 cup Couscous	Cucumber
Pork Loin Chop	1/3 cup Ferro	Asparagus
Sirloin or Round Steak	2/3 cup Barley	Eggplant
95% Lean Ground Beef	2/3 cup Buck wheat	Radishes

*Remember Your Snack Goal:*

*15 – 30 g carbohydrate*

*150 calories or less*

**Make a Healthy Snack**  
**Pair a Protein with a Carbohydrate**

**Choose One**

**Choose One**

<b>Protein/Healthy fat</b>	<b>Carbohydrate</b>
Handful of Nuts (almonds, cashews, walnuts, pecans, peanuts, pistachios)	Orange
1 Tbsp Peanut-Butter or Almond-Butter	Apple
Cottage Cheese (½ cup)	Strawberries (1 cup)
Low Fat String Cheese	Pear
Hummus (1/4 cup)	Celery sticks / Grape tomatoes
1 Hard Boiled Egg	Carrot sticks
Low Fat Plain Greek Yogurt (¾ Cup)	Blueberries (1 cup)
Avocado (1/4 cup)	Whole wheat crackers (4 – 5 small)
Pumpkin Seeds (1/4 cup)	Small Banana
EAS Advant EDGE Protein Shake (110 calories, 15 g protein, 5 carbs)	Bell Pepper slices