

Food	Brand	Notes/Options	Store
Carbs			
Bread	Sara Lee - Delightful 45 Calorie Bread	Whole Wheat, Healthy Multi-Grain, Wheat	
	Nature's Own Life	Honey Wheat, Wheat, Double Fiber, Whole Grain Sugar Free	
		No matter what brand you choose, look for low calorie options.	
Tortillas	La Banderita Low Carb Tortillas	They have a couple of different sizes	
	Any Low Carb Tortillas	Find the best macros in your grocery store!	
Whole Grain Cereal	Kashi, Fiber One, Cheerios (Multigrain or Plain)	Better source of carbs than sugary cereals.	
Oatmeal	Various Brands (Oats or Minute Oats)	Oatmeal is a great source of carbs!	
	Instant Quaker Oatmeal (Lower Sugar)	Easy to make, you can add other ingredients as well! (Syrup, Fruit, Etc.)	
	HEB No Sugar Instant Oatmeal	One of my favorites. Great Macros. Only at HEB!	
	Various Brands of Instant Oatmeal	Focus on Lower Sugar Options	
Whole Wheat/Veggie Pasta	Barilla and various brands	Dense source of complex carbs. Nutrient Dense.	
Rice	Various Brands (Both Uncooked and Precooked)	White, Brown, Basmati, Wild, Etc.	
	Precooked Rice (Uncle Ben's and VeeTee)	Many flavors and options. Quick and easy to cook! Price is higher for the convenience.	
Refried Beans	Gebhardt Fat Free Refried Beans (other brands available)	Great source of carbs with no fat! Search for any brand! Fat free or low fat!	
Quinoa	Various brands	Great source of carbs, also contains protein! You can find these in the rice section, or in the frozen section.	
Sweet Potatoes	Various	Dense source of complex carbs. Nutrient dense. Would choose these over white potatoes.	
Salsa	Various Brands	Great addition to any meal! Low in carbs!	
Pancake/Waffle Mix	Various Brands	Look for whole grain or whole wheat options!	
	Kodiak Cakes	Many different types of flavors. High in protein!	
Fruit	Choose your favorites.	Strawberries and blueberries have a lot of volume. (Lower Macros = More Food!)	
Veggies	Choose your favorites.	Broccoli, Cauliflower, Cucumbers, and Spinach are great for volume!	
Fats			
Almonds	Various Brands	Good source of healthy fat.	
	Blue Diamond (Lightly Salted)	Great option if you enjoy salted almonds. These are lower in sodium. Double check the macros when shopping for different flavors.	
Avacado	Various	Great source of healthy fat!	
Whole Eggs	Various	Egg yolk is a great source of fat. High in protein.	
Peanut Butter	Various Brands	All-Natural preferred	
	Jif Natural Peanut Butter	My personal favorite. Low in sodium.	
Almond/Cashew Milk	Blue Daimond or Silk	Look for the lower calorie options 40 or below) Great macros. (Lower Macros = More Food!)	
Olive Oil	Various Brands	Great source of fat. Makes sure to measure out how much you use! A great replacement for this would be PAM or some sort of non-stick cooking spray.	
Protein			
Egg Whites	All Whites (Generic Brands Available)	This is pure protein! 5g per serving!	
Whole Eggs	Various Brands	High in protein, but also contains fat. Although it is good fat, if you are looking for pure protein, egg whites are the way to go!	
Greek Yogurt	Dannon Light and Fit GREEK Yogurt	Greek yogurt is high in protein. This brand tastes amazing plus they have many flavors.	
	Dannon Oikos Non Fat or Triple Zero GREEK Yogurt	Also a great source or protein. Low fat options are preferred!	
	Chobani Greek Yogurt	Also a great brand!	
Lean Meats	Chicken, Turkey, Beef, Salmon, Tuna, Ham, Lean Pork	93% or Leaner when looking for ground meats!	
Low Fat Cheese	Kraft Singles 2% or Fat Free Cheese	Low fat options saves on calories!	
	Kraft Low Moisture Mozzarella Shredded Cheese	Low fat options saves on calories!	
	Babybel Light Cheese	Great macros. 0 carbs.	
Deli Meat	Delifresh or other packaged deli meats	Prepackaged makes it easy to count and is convenient to make!	
Whey Protein	Various (ask me about my recommendations!)	Whey protein is a food that is a great source of protein especially after a workout.	

Food	Servings	Carbs (g)	Fat (g)	Protein (g)	Calories
Breakfast					
Sara Lee Delightful Whole Wheat Bread	1	19	1	6	90
Simply Potatoes Shredded Hash Browns	2	32	0	2	140
Large Whole Eggs	3	0	12	18	180
Dannon Light and Fit Greek Yogurt	1	13	0	18	
Total		64g	13g	44g	410
Lunch					
Tyson Fully Cooked Chicken Breast	2	2	5	35	200
Uncle Ben's Basmati Rice	2	88	6	12	440
Kraft Shredded Low-Moisture Cheese	1	1	6	7	90
Total		91g	17g	54g	730
Dinner					
Chipotle Bowl (Steak, Br. Rice, Pinto, Salsa, Lettuce)	1	51	11	41	455
Jif Natural Creamy Peanut Butter	1	8	16	7	190
Total		59g	27g	48g	645
Snack					
Ghost Whey Protein	1.5	6	2	38	195
Total		6g	2g	38g	645
Total Macros		220g	59g	186g	2,110