



# Pack & Go Chart

**1 UNIT PROTEIN + 1 UNIT CARB + 1 UNIT FAT = 1 UNIT BALANCED MEAL**

## PROTEIN



## CARBOHYDRATES



## DIETARY FATS

- \*Whole Egg
- 2 Egg Whites
- 1/4 cup Egg Beaters
- \*1 oz. Any Cheese (Not American)
- \*1/4 cup Shredded Cheese
- 1/3 cup LF Plain Greek Yogurt
- 1/4 cup Light "Fruit" Greek Yogurt
- 1/3 cup Soy Yogurt
- 1/4 cup LF Cottage/LF Ricotta Cheese
- \*1 piece Turkey Bacon/Sausage
- \*1 slice Pasteurized Bacon
- 1 oz. Lean Deli Meat
- 7 grams Protein Powder !Not weight, protein value
- 1/2 cup / 2 oz. Firm Tofu
- 1/4 cup Tempeh
- 2.5 Tbsp. Ground Seitan
- 1 oz. cooked "Meaty" Fish IE: Tuna, Swordfish
- 1.5 oz. cooked "Flaky" Fish IE: Halibut, Salmon
- 1 Jumbo Shrimp/Scallop
- 1.5 oz. Crab/Lobster Meat
- 1 oz. cooked Lean Thick-cut Beef IE: Filet Mignon
- 1.5 oz. cooked Lean Thin-cut Beef IE: Flank
- 1 oz. cooked White Meat Poultry IE: Turkey, Chicken, Lean Pork
- 1 oz. cooked Lean Ground Poultry IE: Lean Turkey, Chicken, Lean Pork
- 1 oz. cooked Lean Ground Beef /Bison IE: 93%-7% Beef
- 1/2 oz. Original Jerky (not Teriyaki) IE: Turkey, Beef, Bison

- 3 Tbsp. dry Old Fashioned or Steel Cut Oats
- 1/2 sandwich-size Ziploc bag any "Colorful" Fresh Veggies
- 1 heaping cup Steamed Vegetables
- 2 cups any Mixed Greens
- 1/2 large Apple or Pear w/ skin
- 1/2 large Citrus Fruit
- 1 cup fresh Berries
- 1/2 cup raw Sweet Potato w/ skin
- 1 cup any prepared Salad (no croutons)
- 1 cup cut Melon
- 1/4 cup all cooked Grains
- 1/4 cup cooked Whole Grain Pasta
- 1/4 cup cooked Soba Noodles
- 1 small slice Whole Grain Bread
- 1 small Low Carb Wheat Tortillas
- 4 Baked Whole Grain Crackers
- .5 oz. Baked Corn Tortilla Chips
- .5 oz. Air-popped Popcorn
- 1 - 6" Corn Tortilla
- 1 - 3" Rice Cake
- 1/4 cup cooked-mashed Sweet Potatoes
- 1 Tbsp. most Dried Fruit
- 1/3 cup cooked-mashed Russet Potatoes w/ bits of skin left on
- 2" long piece Banana
- 1/4 cup cooked-mashed Russet Potatoes no skin
- 1/3 cup cooked Brown Rice
- 1/4 cup cooked White Rice
- 4 oz. Fresh Squeezed/Pressed Juice
- 4 oz. Red or White Wine

- 1/2 tsp. Unsalted Butter
- 1/2 Tbsp. any Natural Nut Butter
- 1/2 Tbsp. Flaxseed Butter
- 1/2 Tbsp. Hempseed Butter
- 1/2 Tbsp. Avocado/Guacamole
- 1 tsp. Olive Oil Mayonnaise
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- 1 tsp. Olive Oil (EVOO)
- 1 tsp. Coconut Oil
- 3 Walnut Halves
- 2 Whole Almonds or Cashews
- 4 Shelled Peanuts
- 1 Tbsp. Sunflower or Pepitas or Pine Nuts
- 1 Tbsp. Chopped Walnuts or Pecans
- 1/2 Tbsp. Sliced Almonds
- 1 Tbsp. Ground or Whole Flax Seeds
- 1 Tbsp. Chia or Amaranth Seeds
- 10 Small any Olives NOT Stuffed
- 1/2 Tbsp. Good Quality Salad Dressing (Olive Oil)

## COMBINED MACRONUTRIENT UNITS

- 1 cup 2% Milk (1 P + 1 C)
- 1/2 cup cooked Lentils (1.5 P + 2 C)
- 1/2 cup Shelled Edamame (1 P + 1 C)
- 1 cup cooked Quinoa (1 P + 4 C)
- 1 cup cooked Buckwheat (1 P + 3.5 C)
- 2 slices Ezekiel Bread (1 P + 3 C)
- 2 Tbsp. Hummus (1 P + .5 C + 1 F)
- 1/4 cup Chickpeas (1 P + 3 C)
- 1/4 cup Kidney Beans (1.5 P + 3 C)
- 1/4 cup Black Beans (1 P + 1.5 C)
- 1/4 cup Pinto Beans (1 P + 3 C)