



<p>Protein Shakes:</p> <ul style="list-style-type: none"> • 20 grams protein (at least 15, no more than 30) • 7 grams total carbohydrate or less • First ingredient is an ISOLATE protein (unless pre-made = concentrate protein) 	<p>Protein Bars:</p> <ul style="list-style-type: none"> • Keep protein and total carbohydrates as close to each other as possible • Don't choose items if total carbohydrates exceed protein by more than 4 grams • Keep sugar alcohols under 7 grams 	<p>Pre-prepared meals/meats:</p> <ul style="list-style-type: none"> • Look for meals with more protein than carbohydrates • Keep fat content under 9 grams • Avoid frozen meals with pasta, rice, potatoes, etc. 	<p>Side dishes:</p> <ul style="list-style-type: none"> • 10 grams or less total carbohydrates • Protein is not as important as you'll pair it with a lean protein source • 5 grams or less total fat
<p>Sauces (ex: marinara, barbecue, ketchup):</p> <ul style="list-style-type: none"> • 8 grams or less total carbohydrates and sugar • Protein not as important • 5 grams or less total fat 	<p>Salad dressings:</p> <ul style="list-style-type: none"> • 70 calories or less • 5 grams or less total fat • 8 grams of total carbohydrates/sugar or less • Protein not important - will be added to the meat 	<p>Cooking sauces:</p> <ul style="list-style-type: none"> • 5 grams or less total fat • 8 grams of less total carbohydrates and sugar • Protein not important - will be added to the meal 	<p>Dips:</p> <ul style="list-style-type: none"> • 70 calories or less • 5 grams or less total fat • 8 grams of total carbohydrates/sugar or less • Protein not important - will be added to the meat
<p>Snacks:</p> <ul style="list-style-type: none"> • If for true hunger = 15 grams protein or more • Protein higher than carbohydrates • 5 grams or less total fat 	<p>Greek Yogurt:</p> <ul style="list-style-type: none"> • Protein higher than total carbohydrates • 0% fat or fat-free 	<p>Beverages:</p> <ul style="list-style-type: none"> • 15 calories or less for 8 ounces • Not carbonated • Not caffeinated • If caffeinated: don't count towards water and limit to 18-24 oz daily 	<p>Remember to look at the whole picture too. If something has more fat or carbs you can be mindful of those things at your other meals that day. These are general guidelines to compare against but it will not always be perfect. Don't over think it!</p>