

Men's 3,500 Calorie Diet Plan for Muscle Gain

Designed for 4 meals and two snacks. 30% of calories from protein to contribute to muscle mass gain.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

Breakfast - aim for 700 cal's & 50 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
Oatmeal topped with Bananas & Pecans				
1 cup oatmeal, cooked	147.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium banana	105.0	27.0	1.0	2.0
1 TB pecans, chopped	50.0	1.0	5.0	0.5
Chobani Peach Non-Fat Greek Yogurt, 6 oz.	130.0	19.0	0.0	13.0
2 whole eggs, boiled	155.0	1.0	11.0	13.0
Total	687.0	85.0 g	22.0 g	42.5 g

Breakfast Option #2	Calories	Carbs	Fats	Protein
Breakfast Sandwich				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, fried	185.0	1.0	14.0	12.5
2 oz. slice low-fat Swiss cheese	100.0	2.0	2.0	16.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 banana	105.0	27.0	0.0	1.0
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
Total	675.0	67.0 g	25.0 g	58.5 g

Breakfast Option #3	Calories	Carbs	Fats	Protein
Quinoa Bowl				
1/3 cup uncooked quinoa	205.0	36.0	3.5	8.0
3 TB flaxseed, ground	100.0	6.5	7.5	5.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	16.0	16.0
3 whole eggs, boiled	235.0	2.0	0.0	19.0
Total	713.0	70.5 g	27.0 g	48.0 g

Breakfast Option #4	Calories	Carbs	Fats	Protein
Garden Scramble				
3 whole eggs, scrambled	210.0	0.0	12.0	18.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1 cup whole strawberries	50.0	11.0	0.5	1.0
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.5	16.0
2 slices whole wheat toast	120.0	22.0	2.0	8.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	705.0	56.5 g	27.0 g	59.0 g

Breakfast Option #5	Calories	Carbs	Fats	Protein
Peanut Butter & Banana Sandwich				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
2 slices whole wheat bread	120.0	22.0	2.0	8.0
1 banana sliced on sandwich	105.0	27.0	0.0	1.0
1 cup 1% milk	100.0	12.0	3.0	8.0
Pure Protein Chocolate Peanut Butter bar	190.0	17.0	6.5	20.0
Total	715.0	84.0 g	27.5 g	44.0 g

Breakfast Option #6	Calories	Carbs	Fats	Protein
Salmon, Tomato & Avocado Breakfast Sandwich				
100% whole wheat bagel	270.0	55.0	2.0	12.0
4 oz. salmon, baked	175.0	0.0	10.5	19.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
6 oz. low-fat cottage cheese	122.00	4.5	2.0	21.0
1 cup diced pineapples	75.00	20.0	0.0	0.0
Total	732.0	85.5 g	22.0 g	53.5 g

Breakfast Option #7	Calories	Carbs	Fats	Protein
Breakfast Burrito				
1 (10 in.) Mission Carb Balance Whole Wheat Tortilla	200.0	31.0	4.5	8.0
2 egg whites, scrambled	32.0	0.5	0.0	7.0
2 whole eggs, scrambled	140.0	2.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
1/2 cup black beans	110.0	20.0	0.0	7.0
Total	731.0	62.0 g	34.0 g	49.5 g

Breakfast Option #8	Calories	Carbs	Fats	Protein
Waffles & Fruit				
4 whole grain frozen waffles	280.0	54.0	5.0	10.0
2 TB pure maple syrup	210.0	54.0	0.0	0.0
1 cup low-fat cottage cheese	165.0	6.0	2.5	28.0
1 cup whole strawberries	50.0	11.0	0.5	1.0
Total	705.0	125.0 g	8.0 g	39.0 g

Breakfast Option #9	Calories	Carbs	Fats	Protein
Breakfast Pizza - see recipe				
3 whole eggs, scrambled	210.0	0.0	12.0	18.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup red peppers, chopped	10.0	2.0	0.0	0.5
2 oz. 2% milk shredded mozzarella	140.0	1.0	8.0	16.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
1 cup 1% milk	100.0	12.0	3.0	8.0
Total	720.0	65.0 g	28.0 g	51.5 g

Breakfast Option #10	Calories	Carbs	Fats	Protein
Chocolate, Peanut Butter & Banana Smoothie				
3 TB Smuckers Natural Creamy Peanut Butter	315.0	9.0	24.0	12.0
1 medium banana	105.0	27.0	1.0	2.0
Chobani Non-Fat Plain Greek Yogurt - 6 Oz.	100.0	7.0	0.0	18.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1/2 pkg. Carnation Instant Breakfast - Chocolate	65.0	13.5	0.0	2.5
Total	685.0	68.5g	28.0 g	42.5 g

Snack - aim for 400 cals & 30 g protein

Snack Option #1	Calories	Carbs	Fats	Protein
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	6.0
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 medium pear	105.0	28.0	0.0	0.5
Total	375.0	48.0 g	5.0 g	22.5 g

Snack Option #2	Calories	Carbs	Fats	Protein
Cliff Builders Protein bar	270.0	30.0	8.0	20.0
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
Total	390.0	43.0 g	8.0 g	36.0 g

Snack Option #3	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1/2 cup pineapple chunks	40.0	11.0	0.0	0.5
Total	170.0	22.0 g	4.0 g	14.5 g

Snack Option #4	Calories	Carbs	Fats	Protein
6 oz. low-fat cottage cheese	165.0	6.0	2.5	28.0
1 cup pineapples, diced	75.0	20.0	0.0	0.0
20 Kashi Original 7 Grain Crackers	160.0	28.0	4.5	4.0
Total	400.0	54.0 g	7.0 g	32.0 g

Snack Option #5	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	60.0	16.0	0.0	1.0
1 1/2 oz. pistachios	230.0	11.0	18.5	8.5
Total	410.0	27.0 g	23.5 g	25.5 g

Snack Option #6	Calories	Carbs	Fats	Protein
15 almonds	105.0	3.5	9.0	4.0
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
1 Pure Protein Chewy Chocolate Chip bar	200.0	19.0	5.0	20.5
Total	405.0	50.5 g	14.5 g	24.5 g

Snack Option #7	Calories	Carbs	Fats	Protein
Chobani Non-Fat Strawberry Yogurt	140.0	20.0	0.0	14.0
1 cup berries, frozen	70.0	17.0	0.0	0.0
30 almonds	210.0	7.0	18.0	7.5
Total	420.0	44.0 g	18.0 g	21.5 g

Snack Option #8	Calories	Carbs	Fats	Protein
1/2 cup Seapoint Farms Edamame, dry roasted	260.0	20.0	8.0	28.0
1 cup watermelon	45.0	11.5	0.0	1.0
1 medium banana	105.0	27.0	1.0	2.0
Total	410.0	58.5 g	9.0 g	31.0 g

Snack Option #9	Calories	Carbs	Fats	Protein
2 Turkey & Cheese Tortilla Roll Ups				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 oz. turkey deli meat	60.0	2.0	1.0	10.0
2 oz. slices low-fat Swiss cheese	100.0	1.0	1.0	8.0
1/2 cup red bell pepper strips	10.0	3.0	0.0	0.0
Total	430.0	58.0 g	5.0 g	26.0 g

Snack Option #10	Calories	Carbs	Fats	Protein
1 pouch Starkist Tuna Creations Herb & Garlic	205.0	4.5	7.0	29.5
15 Kashi Original 7 Grain Crackers	150.0	19.0	3.5	4.0
1/4 of a whole cantaloupe	40.0	10.0	0.0	1.0
Total	395.0	33.5 g	10.5 g	34.5 g

Lunch - aim for 500 cals & 30 g protein

Lunch Option #1	Calories	Carbs	Fats	Protein
Turkey, Bean & Rice Bowl				
1 cup brown rice	170.0	36.0	1.5	4.0
1 cup black beans	220.0	40.0	1.0	14.0
1/2 cup corn	60.0	15.0	1.0	2.0
1/2 cup vegetable broth	10.0	1.5	0.0	0.0
4 oz. lean ground turkey	160.0	0.0	8.0	22.0
3 TB cilantro	1.0	0.0	0.0	0.0
salt, pepper & garlic to taste	0.0	0.0	0.0	0.0
Total	621.0	92.5 g	11.5 g	42.0 g

Lunch Option #2	Calories	Carbs	Fats	Protein
Turkey Sandwich				
whole wheat bagel thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
3 oz. low-fat turkey deli meat	100.0	4.0	2.0	15.0
2 slices low-fat Swiss cheese	100.0	2.0	2.0	16.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 medium apple	95.0	25.0	0.5	0.5
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	565.0	75.5 g	12.5 g	41 g

Lunch Option #3	Calories	Carbs	Fats	Protein
Turkey Spaghetti				
1 1/2 cup whole wheat spaghetti	265.0	57.0	1.0	11.5
4 oz. lean ground turkey	160.0	0.0	8.0	22.0
1 cup spaghetti sauce	130.0	20.0	4.0	3.5
1 cup broccoli, steamed	55.0	11.0	0.5	3.5
Total	610.0	88.0 g	13.5 g	40.5 g

Lunch Option #4	Calories	Carbs	Fats	Protein
Chicken Pita				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. sliced baked chicken breast	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 tsp. light mayonnaise	50.0	1.0	5.0	0.0
1 medium orange	60.0	15.5	0.0	1.0
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	640.0	72.0 g	19.5 g	41.0 g

Lunch Option #5	Calories	Carbs	Fats	Protein
California Turkey Sandwich				
2 slices whole wheat bread	110.0	24.0	1.0	6.0
4 oz. low-fat turkey deli meat	120.0	5.0	2.0	19.5
2 oz. low-fat Swiss cheese	100.0	2.0	2.0	16.0
1/2 avocado	160.0	9.0	15.0	2.0
2 TB alfalfa sprouts	0.0	0.0	0.0	0.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
3 cucumber slices	5.0	1.5	0.0	0.0
1 TB Honey Dijon mustard	30.0	3.0	0.0	0.0
1 medium orange	60.0	15.5	0.0	1.0
Total	605.0	63.5 g	20.0 g	46.0 g

Lunch Option #6	Calories	Carbs	Fats	Protein
Southwest Chicken Salad				
4 oz. baked chicken, sliced	200.0	0.0	5.0	30.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
1 TB sunflower seeds	50.0	2.0	4.0	1.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
1/4 cup salsa	20.0	4.0	0.0	1.0
Total	595.0	49.0 g	21.0 g	47.5 g

Lunch Option #7	Calories	Carbs	Fats	Protein
Tofu Stir Fry				
3 oz. firm tofu	120.0	3.5	7.0	13.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1 cup brown rice	220.0	46.0	2.0	5.0
1 TB canola oil	125.0	0.0	14.0	0.0
Total	610.0	76.5 g	23.0 g	25.5 g

Lunch Option #8	Calories	Carbs	Fats	Protein
Oven Barbecued Chicken Sandwich				
4 oz. baked chicken breast, sliced	200.0	0.0	5.0	30.0
3 TB barbecue sauce	160.0	38.0	0.5	0.0
1 whole wheat sandwich roll	130.0	24.0	2.0	6.0
Corn with Tomatoes and Chilies				
1/2 cup Ro-tel tomatoes	20.0	4.0	0.0	0.0
1/2 cup corn	70.0	15.0	1.0	2.0
Total	580.0	81.0 g	8.5 g	38.0 g

Lunch Option #9	Calories	Carbs	Fats	Protein
Tuna Sandwich				
2 slices whole wheat bread	110.0	24.0	1.0	6.0
4 oz. tuna, canned in water	130.0	0.0	1.0	29.0
4 TB light mayonnaise	195.0	5.0	20.0	0.5
1 TB mustard	10.0	1.0	0.5	1.0
1 TB relish	20.0	5.5	0.0	0.0
2 whole eggs, boiled	155.0	1.0	11.0	13.0
1 cup grapes	62.0	16.0	0.0	1.0
Total	682.0	52.5 g	33.5 g	50.5 g

Lunch Option #10	Calories	Carbs	Fats	Protein
Hummus Pita Wrap				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 TB hummus	95.0	8.0	5.5	4.5
1/2 cup black beans	110.0	20.0	0.5	7.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 TB feta cheese	50.0	1.0	4.0	2.5
Chobani Non-Fat Plain Greek Yogurt	100.0	7.0	0.0	18.0
1 cup frozen berries	70.0	17.0	0.0	0.0
Total	615.0	91.5 g	12.5 g	40.0 g

Dinner - aim for 700 cal's & 50 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
Cilantro-Lime Shrimp Fajitas - see recipe				
1/2 cup onions, sliced	25.0	6.0	0.0	0.5
1 cup multi-colored bell peppers, sliced	20.0	4.5	0.0	1.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 garlic clove, minced	5.0	1.0	0.0	0.0
5 oz. sirloin or strip steak	275.0	0.0	9.5	44.0
3 TB cilantro, chopped	1.0	0.0	0.0	0.0
1 lime, juiced	10.0	0.0	4.0	0.0
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
1 tsp ground cumin	0.0	0.0	0.0	0.0
Total	715.0	63.5 g	30.0 g	53.5 g

Dinner Option #2	Calories	Carbs	Fats	Protein
Salmon, Couscous & Veggies				
5 oz. salmon, baked	290.0	0.0	18.0	31.5
1 TB olive oil	119.0	0.0	13.5	0.0
1 cup green beans, sauteed	45.0	10.0	0.5	2.5
1 medium potato, baked	100.0	24.0	0.0	2.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
3/4 cup Near East Whole Grain Roasted				
Garlic and Olive Oil Couscous	165.0	37.0	5.0	7.0
Total	719.0	71.0 g	37.0 g	43.0 g

Dinner Option #3	Calories	Carbs	Fats	Protein
Spinach Salad with Broiled Steak				
1 cup raw spinach	10.0	1.0	0.0	1.0
4 oz. sirloin or strip steak	210.0	0.0	7.5	34.0
1/2 cup tomatoes	15.0	3.5	0.0	1.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
2 eggs, hard boiled	155.0	1.0	10.5	12.5
1 TB pecans, chopped	50.0	1.0	5.0	0.5
Total	660.0	14.0 g	41.0 g	54.5 g

Dinner Option #4	Calories	Carbs	Fats	Protein
Chicken Penne with Vegetables				
4 oz. baked chicken breast, sliced	200.0	0.0	5.0	30.0
1 1/2 cup whole wheat penne pasta	270.0	61.5	3.0	10.5
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
1 cup spaghetti sauce	160.0	26.0	6.0	4.0
Total	690.0	103.0 g	14.0 g	46.0 g

Dinner Option #5	Calories	Carbs	Fats	Protein
Turkey Avocado Chef Salad				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
1 egg white, boiled	20.0	1.0	0.0	3.5
4 oz. low-fat deli turkey meat	120.0	4.0	2.0	15.0
1 TB Blue Diamond Almond slices	30.0	1.0	3.0	1.0
1/4 cup peeled cucumber slices	5.0	0.5	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/2 avocado	160.0	9.0	15.0	2.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/4 cup fat free Ranch salad dressing	70.0	15.0	1.0	0.0
Total	695.0	41.0 g	40.0 g	42.0 g

Dinner Option #6	Calories	Carbs	Fats	Protein
Turkey Burger				
1 whole wheat hamburger bun/kaiser roll	210.0	35.0	3.0	10.0
4 oz. lean ground turkey	160.0	0.0	8.0	22.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 onion slices	10.0	3.0	0.0	0.5
2 oz. slice low-fat Swiss cheese	100.0	2.0	2.0	16.0
2 TB ketchup	30.0	7.5	0.0	0.5
Sweet Potato Fries				
1/2 large sweet potato, cut into strips and baked	80.0	18.0	0.0	2.0
1 TB olive oil	120.0	0.0	13.5	0.0
Total	730.0	69.0 g	26.5 g	52.5 g

Dinner Option #7	Calories	Carbs	Fats	Protein
Burrito Bowl				
4 oz. chicken, baked & sliced	200.0	0.0	5.0	30.0
1/2 cup canned Pinto beans, rinsed	80.0	15.0	1.0	5.0
1/2 cup corn	65.0	15.0	1.0	2.0
1/2 avocado	160.0	9.0	15.0	2.0
1/4 cup Kraft 2% Shredded Cheddar	80.0	1.0	6.0	7.0
2 TB sour cream	45.0	2.0	3.5	1.0
2 TB salsa	10.0	2.0	0.0	0.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
Total	710.0	53.0 g	35.0 g	48.5 g

Dinner Option #8	Calories	Carbs	Fats	Protein
Hamburger				
1 whole wheat hamburger bun/kaiser roll	210.0	35.0	3.0	10.0
4 oz. 90% lean ground beef	255.0	0.0	13.0	31.0
2 oz. slice low-fat Swiss cheese	100.0	2.0	2.0	16.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 onion slices	15.0	4.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
1 TB ketchup	30.0	7.5	0.0	0.5
Total	710.0	56.5 g	25.5 g	60.5 g

Dinner Option #9	Calories	Carbs	Fats	Protein
Beef Quesadilla				
1 (10 in.) Mission Carb Balance Whole Wheat Tortilla	200.0	31.0	4.5	8.0
4 oz. 90% lean ground beef	255.0	0.0	13.0	31.0
2 oz. Monterey jack shredded cheese	200.0	2.0	16.0	12.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
Total	695.0	41.0 g	33.5 g	52.5 g

Breakfast Pizza

Super healthy, delicious and low carb!

Ingredients

- 3 whole eggs, scrambled
- 1/4 cup tomatoes, chopped
- 1/4 cup red peppers, chopped
- 2 oz. 2% milk shredded mozzarella
- 1/2 cup spaghetti sauce
- 1 whole wheat pita
- 1/2 tsp oregano
- 1/4 tsp black pepper
- sea salt, to taste (optional)

Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

Cilantro-Lime Shrimp Fajitas

Ingredients

- 1/2 cup onions, sliced
- 1 cup multi-colored bell peppers, sliced
- 1 TB olive oil
- 1 garlic clove, minced
- 5 oz. sirloin or strip steak
- 3 TB cilantro, chopped
- 1 lime, juiced
- 2 (8 in.) whole wheat tortillas
- 1 tsp ground cumin

Preparation

Sautee onions and peppers in oil, garlic and cumin until tender, about 6-8 minutes.

Toss cooked meat, cilantro and lime juice with hot vegetables.

Fill tortilla with mixture.

Grocery List

Grains

- ☐ bagel, whole wheat
- ☐ bagel thins, whole wheatbrown rice
- ☐ bread, whole wheat
- ☐ english muffin, whole wheat
- ☐ hamburger bun, whole wheat
- ☐ Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- ☐ oatmeal
- ☐ penne pasta, whole wheat
- ☐ pita, whole wheat
- ☐ quinoa
- ☐ sandwich roll, whole wheat
- ☐ spaghetti, whole wheat
- ☐ tortillas (8 in.), whole wheat
- ☐ tortillas (10 in) Mission Carb Balance

Canned Goods

- ☐ black beans
- ☐ corn
- ☐ pineapples, diced or chunks, in juice
- ☐ pinto beans
- ☐ Ro-tel tomatoes
- ☐ spaghetti sauce
- ☐ vegetable broth

Dairy

- ☐ cheddar cheese, 2% milk shredded
- ☐ cottage cheese, low-fat
- ☐ Feta cheese
- ☐ Greek yogurt (assorted flavors)
- ☐ milk 1%
- ☐ Monterey Jack, shredded
- ☐ Mozzarella cheese sticks, light
- ☐ Mozzarella, 2% milk shredded
- ☐ sour cream, light
- ☐ Swiss cheese, low-fat sliced

Meats, Beans & Nuts

- ☐ almonds
- ☐ beef, 90% lean ground
- ☐ chicken breast
- ☐ eggs
- ☐ peanut butter, Smucker's Natural
- ☐ pecans, chopped
- ☐ pistachios
- ☐ salmon
- ☐ Starkist Tuna Creations Herb & Garlic
- ☐ steak, sirloin or strip
- ☐ sunflower seeds
- ☐ tofu, firm
- ☐ tuna, canned in water
- ☐ turkey, deli, low-sodium
- ☐ turkey, ground, 93% lean

Vegetables

- ☐ alfalfa sprouts
- ☐ avocado
- ☐ broccoli
- ☐ butternut squash
- ☐ carrots
- ☐ cilantro
- ☐ cucumber
- ☐ edamame, dry roasted, lightly salted
- ☐ eggplant
- ☐ garlic
- ☐ green beans
- ☐ green bell pepper
- ☐ lime
- ☐ mushrooms
- ☐ onions
- ☐ potato
- ☐ red bell pepper
- ☐ romaine or green leaf lettuce
- ☐ spinach
- ☐ sweet potato
- ☐ tomatoes

Fruits

- ☐ apples
- ☐ bananas
- ☐ cantaloupe
- ☐ cranberries, dried
- ☐ grapes
- ☐ oranges
- ☐ pears
- ☐ strawberries
- ☐ watermelon

Frozen Foods

- ☐ Berries
- ☐ Waffles, whole wheat

Condiments

- ☐ balsamic vinaigrette dressing, light
- ☐ barbecue sauce
- ☐ hummus
- ☐ ketchup
- ☐ maple syrup
- ☐ mayonnaise, light
- ☐ mustard
- ☐ Parkay butter spray
- ☐ ranch salad dressing, fat free
- ☐ relish
- ☐ salsa
- ☐ teriyaki sauce, reduced sodium

Other

- ☐ brown sugar
- ☐ canola oil
- ☐ Carnation Instant Breakfast, Chocolate
- ☐ Cliff Builders Protein bar
- ☐ cumin
- ☐ flaxseed, ground
- ☐ Kashi Original 7 Grain Crackers
- ☐ olive oil
- ☐ Pure Protein Chocolate Peanut Butter bar
- ☐ Pure Protein Chewy Chocolate Chip bar
- ☐ Tostitos Scoops, Multigrain