

Building Balanced Meals



Choose 1 carbohydrate, 1 protein, 1 fat from across each section

CARBOHYDRATES	PROTEIN (raw weight)	FAT
4 oz cooked russet potato 4 oz cooked sweet potato 2/3 cup cooked couscous 1/2 cup cooked rice brown or white 1/2 cup cooked wild rice 1/2 cup cooked bulgur 1/2 cup cooked quinoa	3 oz chicken breast 3 oz halibut 4 oz sole 4 oz tilapia	1/2 tsp olive oil 1/2 tsp butter
4 oz cooked russet potato 2/3 cup cooked couscous 1/2 cup cooked rice	4 oz shrimp (large)	1/2 tsp olive oil or butter
4 oz cooked russet potato 4 oz cooked sweet potato 2/3 cup cooked couscous 1/2 cup cooked rice	3 oz turkey breast	1 tsp olive oil 1 tsp butter
2/3 cup cooked beans	4 oz chicken breast 3 oz turkey breast	1 tsp olive oil
2/3 cup cooked pasta	4 oz sole 4 oz halibut	1/2 tsp olive oil or butter

Eat at least 1/2 cup of K0 vegetables with every meal



Asparagus, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumber, green beans, spinach, romaine, arugula, mushrooms, dill pickles, radishes, tomatoes, and zucchini.

Spices, herbs (fresh or dried), seasonings (no sugar added), lemon, lime, garlic, ginger, soy sauce, hot sauce, hot peppers.

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CARBOHYDRATES	PROTEIN (raw weight)	FAT
6 oz cooked russet potato 6 oz cooked sweet potato 1 cup cooked couscous	4 oz halibut	1 tsp olive oil 1 tsp butter
2/3 cup cooked rice	4 oz halibut	1/2 tsp olive oil 1/2 tsp butter
1 cup cooked couscous 2/3 cup cooked pasta 2/3 cup cooked beans 2/3 cup cooked rice 6 oz russet potato	4 oz chicken breast	1 tsp olive oil 1 tsp butter
2 small whole wheat rolls	4 oz turkey breast	1 tsp olive oil 1 tsp butter
1 cup cooked beans 1 small whole wheat roll 2 6-inch corn tortillas	4 oz extra lean ground beef (93-95% fat free)	1 tsp olive oil 1 tsp butter
2/3 cup cooked beans	4 oz shrimp	1 tsp olive oil 1 tsp butter
2/3 cup cooked rice 6 oz russet potato	6 oz shrimp	1 tsp olive oil 1 tsp butter

Eat at least 1/2 cup of KO vegetables with every meal

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Choose 1 carbohydrate, 1 protein, 1 fat from across each section

CARBOHYDRATES	PROTEIN (raw weight)	FAT
8 oz cooked russet potato 8 oz cooked sweet potato 1 cup cooked couscous 1 cup cooked rice	6 oz halibut	1 tsp olive oil or butter
	6 oz chicken breast 5 oz turkey breast	2 tsp olive oil or butter
1 cup cooked pasta	5 oz chicken breast 5 oz turkey breast	1 tsp olive oil or butter
	4 oz flank steak	1/2 tsp olive oil or butter
1 cup cooked beans	5 oz chicken breast	1 tsp olive oil or butter
8 oz cooked russet potato 8 oz sweet potato 1 1/4 cup cooked couscous 1 cup cooked rice	6 oz turkey breast	1 1/2 tsp olive oil 1 1/2 tsp butter
1 1/4 cup cooked couscous 1 1/4 cup cooked rice	7 oz large shrimp	1 1/2 tsp olive oil 1 1/2 tsp butter
8 oz cooked russet potato 8 oz cooked sweet potato	8 oz large shrimp	1 1/2 tsp olive oil 1 1/2 tsp butter
8 oz russet potato 8 oz cooked sweet potato 1 1/4 cup cooked couscous	6 oz salmon	Salmon is rich in fish oil. The meal is balanced without additional fats.

Eat at least 1/2 cup of KO vegetables with every meal