

KINETIX FRUIT BUILDER

Choose 1 carbohydrate, 1 protein and 1 fat from across each section. For example, a K2 meal would include 3/4 cup watermelon, 2oz veggie deli meat and 1 tablespoon chopped almonds. Nut oils do not substitute for whole nuts or seeds due to the higher fat content in the oils.



CARBOHYDRATES
CHOOSE ONE

PROTEIN (raw weight)
CHOOSE ONE

FAT
CHOOSE ONE

1 medium peach
(2-1/2 inches)
1 plum
3/4 cup cantaloupe

1 light string cheese

Balance of fat provided by the cheese



CARBOHYDRATES
CHOOSE ONE

PROTEIN (raw weight)
CHOOSE ONE

FAT
CHOOSE ONE

3/4 cup blackberries

1 light string cheese

Balance of fat provided by the cheese

1 medium apple

2 light string cheese

Balance of fat provided by the cheese

1 cup: raspberries, strawberries or blackberries

3 egg white omelette

1 tablespoon Parmesan cheese

1 cup: watermelon
1/4 cup: pineapple cantaloupe or honeydew
1 kiwi

Soy veggie burger patty (3.5 oz)

Balance of fat from veggie burger

3/4 cup: raspberries, strawberries or watermelon,
1/2 apple

2 oz veggie deli meat

1 tablespoon: chopped almonds, walnuts, ground flaxseeds

1/2 cup: pineapple, grapes, cherries,
1/2 large orange
3/4 cup: honeydew, cantaloupe, blueberries, watermelon, peaches
1 cup blackberries, raspberries, strawberries
1 sliced kiwi
1 medium orange or Clementine
1 nectarine
1 small apple

1/2 cup 1% OR 2% cottage cheese

2 teaspoons: nuts, ground flax, sesame seeds, or 1/2 teaspoon flax seed oil

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CARBOHYDRATES

CHOOSE ONE

1 plum or tangerine
3 small apricots
1/2 apple or 1/2 large orange
3/4 cup cantaloupe, honeydew,
blackberries, blueberries raspberries
or strawberries
1/3 cup grapes or mango

PROTEIN (raw weight)

CHOOSE ONE

7 oz nonfat Greek-style yogurt

FAT

CHOOSE ONE

1 tablespoon chopped nuts
1 teaspoon flaxseed oil

1 plum, peach, or tangerine
1/2 of either pear, apple, or orange
1 cup: cantaloupe, raspberries or
blackberries
1/2 cup: cherries, blueberries or
pineapple

7 oz container 2% Greek-style yogurt

Balance of fat provided by the yogurt



CARBOHYDRATES

CHOOSE ONE

1 medium peach, tangerine, or plum
1/2 of either banana, grapefruit, pear,
large orange or apple
1 cup: cantaloupe or blackberries
1/2 cup: grapes, honeydew, cherries,
blueberries or raspberries

PROTEIN (raw weight)

CHOOSE ONE

1 cup 2% cottage cheese

FAT

CHOOSE ONE

2 teaspoons almonds, walnuts, ground
flaxseed, or 1/2 teaspoon flaxseed oil

1 medium apple
(about 3 inches)

3 ounces roasted turkey breast

1 ounce reduced fat cheddar cheese
1 light string cheese

1 1/2 cups: watermelon, blackberries,
raspberries, strawberries or peaches
1 cup blueberries
3/4 cup: cantaloupe, honeydew,
pineapple or cherries
1 medium orange or apple
1/2 cup grapes
4 small apricots
2 kiwi
2 Clementine's

3/4 cup 2% cottage cheese

2 teaspoons: chopped almonds,
walnuts, cashews

KINETIX FRUIT BUILDER



CARBOHYDRATES

CHOOSE ONE

1 cup: strawberries, raspberries or blackberries
2 Clementine's
1/2 of a fresh orange

1/2 cup: cantaloupe, honeydew, pineapple, strawberries, raspberries, blueberries or blackberries

PROTEIN (raw weight)

CHOOSE ONE

1 cup nonfat Greek yogurt

6 oz vanilla soy yogurt w/ 1 scoop protein powder (22 grams protein/scoop)

FAT

CHOOSE ONE

2 tablespoons: chopped almonds, walnuts or ground flaxseeds

1 tablespoon: chopped almonds, walnuts or ground flaxseeds

Look for veggie deli meat that has:

40-45 calories per slice

2g carbs

7g protein

1g fat

We suggest Yves[®], Litalife[®], Tofurkey[®] deli meat

Look for veggie burgers that have:

100-150 calories

5-8g carbs

14-19g protein

1g fat

We suggest Boca[®] Original burger

Look for Greek yogurt that has:

35 calories

2g carbs

4g protein

1-2g fat

We suggest Fage[®] 0%