

KINETIX K-BALANCED MEAL BUILDER

Choose 1 carbohydrate, 1 protein, 1 fat and at least 1 K0 from across each section. For example, a K3 meal would include a 4 ounce cooked russet potato, 3 ounces of grilled chicken breast, 1/2 tsp of butter for the potato with 3/4 cup of steamed broccoli.

K0's include but are not limited to the choices below. Eat at least 1/2 cup of K0 vegetables with every meal. For a complete list of K0's check your Starter Kit. To increase your intake of heart healthy oils use olive, canola, peanut, safflower, sunflower, or sesame instead of butter. To boost your fiber intake choose carbohydrate options made from whole grains instead of refined grains.



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

CARBOHYDRATES CHOOSE ONE	PROTEIN (raw weight) CHOOSE ONE	FAT CHOOSE ONE	SUGGESTED K0'S CHOOSE ONE OR MORE
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, snapper, cod, pollock 4 oz sole 4 oz tilapia	1/2 tsp olive oil or butter	Broccoli, cauliflower, garlic, onions, zucchini
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	Asparagus, peppers, green onions
4 oz cooked russet potato 4 oz cooked sweet potato 2/3 cup cooked couscous 2/3 cup cooked beans 2/3 cup cooked pasta 1/2 cup cooked rice	3 oz turkey breast	1 tsp olive oil or butter	Swiss chard, onions, spinach, tomatoes
2/3 cup cooked pasta	4 oz sole 4 oz halibut, snapper, cod, pollock	1/2 tsp olive oil or butter	Mushrooms, peppers, yellow squash, zucchini
2/3 cup cooked beans 2/3 cup cooked couscous 1/2 cup cooked rice 4 oz cooked russet potato 4 oz cooked sweet potato	3 oz lean, pork tenderloin	1/2 tsp olive oil or butter	Asparagus, snow peas, Swiss chard

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6 oz cooked russet potato 6 oz cooked sweet potato 1 cup cooked couscous	4 oz halibut, snapper, cod, pollock	1 tsp olive oil or butter	Shallots, green beans, fennel, tarragon
2/3 cup cooked rice	4 oz halibut, snapper, cod, pollock	1/2 tsp olive oil or butter	Ginger, garlic, kale
1 cup cooked couscous 2/3 cup cooked pasta 2/3 cup cooked beans 2/3 cup cooked rice 6 oz cooked russet potato	4 oz chicken breast	1 tsp olive oil or butter	Chili's, eggplant, onions, peppers, zucchini
2 small whole-wheat rolls	4 oz turkey breast	1 tsp olive oil or butter	Cucumber, lettuce, radicchio, tomato
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 or butter	Broccoli, mushrooms, onions, spinach, sprouts, salsa
2/3 cup cooked beans	4 oz shrimp	1 tsp olive oil or butter	Green onion, garlic, citrus zest, leafy greens
2/3 cup cooked rice 6 oz cooked russet potato	6 oz shrimp	1 tsp olive oil or butter	Spinach, red pepper, zucchini
1 cup cooked couscous 2/3 cup cooked pasta 2/3 cup cooked rice 6 oz cooked russet potato 6 oz cooked sweet potato	4 oz lean, pork tenderloin	1/2 tsp olive oil or butter	Broccoli, bell pepper, onion

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8 oz cooked russet potato 8 oz cooked sweet potato 1 cup cooked couscous 1 cup cooked rice	6 oz halibut, snapper, cod, pollock	1 tsp olive oil or butter	Broccoli, cauliflower, bell pepper
8 oz cooked russet potato 8 oz cooked sweet potato 1 cup cooked couscous 1 cup cooked rice	6 oz chicken breast 5 oz turkey breast	2 tsp olive oil or butter	Broccoli, cauliflower, bell pepper
1 cup cooked pasta	5 oz chicken breast 5 oz turkey breast	1 tsp olive oil or butter	Yellow squash, onion, garlic, tomato, basil, zucchini
1 cup cooked pasta	4 oz flank steak	1/2 tsp olive oil or butter	Yellow squash, onion, garlic, tomato, basil, zucchini
1 cup cooked beans	5 oz chicken breast	1 tsp olive oil or butter	Salsa, bell peppers, jalapenos, lettuce
8 oz cooked russet potato 8 oz cooked sweet potato 1 1/4 cup cooked couscous 1 cup cooked rice	6 oz turkey breast	1 1/2 tsp olive oil or butter	Asparagus, Brussel sprouts, parsley
1 1/4 cup cooked couscous 1 1/4 cup cooked rice	7 oz large shrimp	1 1/2 tsp olive oil or butter	Zucchini, watercress
8 oz cooked russet potato 8 oz cooked sweet potato	8 oz large shrimp	1 1/2 tsp olive oil or butter	Cauliflower, kale, mushrooms
8 oz cooked 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.	Snow peas, mushrooms, leeks, ginger
1 cup cooked pasta 1 cup cooked beans 1 cup cooked quinoa	4 oz lean, pork tenderloin	1/2 tsp olive oil or butter	Zucchini, yellow squash, scallion