

Kinetix Fruit Guide

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



Carbs	Protein	Fat
1 medium peach (2-1/2 inches)	1 light string cheese	* Balance of fat provided by the cheese
1 plum		
3/4 cup cantaloupe		



Carbs	Protein	Fat
3/4 cup blackberries	1 light string cheese	* Balance of fat provided by the cheese
1 medium apple	2 light string 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, or 1 kiwi	Soy veggie burger patty (3.5 oz) **	* Balance of fat from veggie burger
3/4 cup: raspberries, strawberries or watermelon, or 1/2 apple	2 oz veggie deli meat***	1 tablespoon: chopped almonds, walnuts, ground flaxseeds

For accurate balance:

** Soy veggie burgers must have 13-14 grams of protein. Kinetix recommends the following brands: Veggieland Brand

***Veggie Deli meat must have 6-7 grams of protein per ounce. Kinetix recommends the following brands: Yves Original Veggie deli meat, Lightlife Smart Deli meats, Tofurkey Deli Slices.

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Carbs	Protein	Fat
1/2 cup: pineapple, grapes, cherries, or 1/2 orange	1/2 cup 1% OR 2% cottage cheese	2 teaspoons: nuts, ground flax, sesame seeds
3/4 cup: honeydew, cantaloupe, blueberries, watermelon, peaches		Or 1/2 teaspoon flax seed oil
1 cup blackberries, raspberries, strawberries		
1 sliced kiwi		
1 medium orange or Clementine		
1 nectarine		
1 small apple		
1/2 plum, tangerine, orange, or apple	5 oz container nonfat Greek-style yogurt	2 teaspoons: almonds, walnuts, ground flaxseeds
1/2 cup: honeydew, cantaloupe, grapes, blueberries, blackberries, raspberries, strawberries		Or 1/2 teaspoon flaxseed oil
3 small apricots		

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1 plum, peach, or tangerine	7 oz container 2% Greek-style yogurt	* Balance of fat provided by the yogurt
1/2 pear, apple, or orange		
1 cup: cantaloupe, raspberries, blackberries		
1/2 cup: cherries, blueberries, pineapple		



Carbs	Protein	Fat
1 medium peach, tangerine, or plum	1 cup 2% cottage cheese	2 teaspoons almonds, walnuts, ground flaxseed
1/2 banana, grapefruit, pear, orange, or apple		Or
1 cup: cantaloupe or blackberries		1/2 teaspoon flaxseed oil
1/2 cup: grapes, honeydew, cherries, blueberries or raspberries		

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1 1/2 cups: watermelon, blackberries, raspberries, strawberries, peaches	3/4 cup 2% cottage cheese	2 teaspoons: chopped almonds, walnuts, cashews
1 cup blueberries		
3/4 cup: cantaloupe, honeydew, pineapple, cherries		
1 medium orange or apple		
1/2 cup grapes		
4 small apricots		
2 kiwi		
2 Clementine's		
1 medium apple (about 3 inches)	3 ounces roasted turkey breast	1 ounce reduced fat cheddar cheese
		Or
		1 Light string cheese
1 cup: strawberries, raspberries, blackberries	1 cup nonfat Greek yogurt	2 tablespoons: chopped almonds, walnuts, ground flaxseeds
2 Clementine's		
1/2 of a fresh orange		
1/2 cup cantaloupe, honeydew, pineapple, strawberries, raspberries, blueberries or blackberries	6 oz vanilla soy yogurt w/ 1 scoop protein powder (22 grams protein/scoop)	1 tablespoon: chopped almonds, walnuts, ground flaxseeds