Higher-Protein Kick Start

20 points per day

Breakfast

choose 2		
core	food	portion
✔	Shredded wheat biscuits	2
	All-bran-type cereal	1 c.
	Bran flakes	1 c.
	Fortified dry cereal	1 c.
✔	Puffed wheat or rice	2 c.
✔	Oatmeal	1 c.
✔	Cream of Wheat	1 c.
	Whole wheat bread	2 slices
	English muffin	1
✔	Melon cubes	2 c.
✔	orange or apple	1 each
✔	Mixed berries	2 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1 c.
	1% Milk	1 c.
✔	Fat-free milk	1 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 2

4 4

Lunch

choose 1		
core	food	portion
✔	Whole-wheat pasta	3/4 c.
	regular pasta	1/2 c.
✔	Brown rice	1/2 c.
	White rice	1/2 c.
	Large whole-wheat pita	1
	Flour tortilla	1 (6")
✔	Potato, white or red	1 c.
✔	Corn	1 c.
✔	Mango	1
✔	Banana	1
✔	Pineapple Canned unsweet	1 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1 c.
	1% Milk	1 c.
✔	Fat-free milk	1 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 2

2

choose 1		
core	food	portion
✔	Turkey or chicken breast	3 oz.
✔	Lean beef or pork loin	2 oz.
✔	Snapper, bass, halibut, trout	3 oz.
✔	Shrimp or crabmeat	1.5 c.
✔	Salmon, canned in water	1/3 c.
✔	Egg	1.5
✔	Fat-free egg substitute	3/4 c.
✔	Vegetarian burger	1.5
✔	Tofu, firm	1/2 c.
✔	Canned, refried beans, fat-free	3/4 c.
	Almonds	3/4 oz
	Peanut butter	1.5 Tbs
	Regular cheese	1 oz.
✔	Fat-free cheese	3 oz

Or any protein-rich food on the Core Food List or with a POINTS value of 3

3

choose 1 or more		
core	food	portion
✔	Asparagus spears	1 c.
✔	Broccoli	1 c.
✔	Cauliflower	1 c.
✔	Green beans	1 c.
✔	Mushrooms	1 c.
✔	Spinach	1 c.
✔	Yellow squash	1 c.
✔	Cucumber slices	1 c.
✔	Celery sticks	1 c.
✔	Bell Pepper strips	1 c.
✔	Baby carrots	10
✔	Tomato slices	1 c.
✔	Salad greens	1 c.
✔	Salsa, fat-free	2 Tbs.

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choose 2		
core	food	portion
✔	Olive, canola, (good) oil	1 tsp.
	Butter	1 tsp.
	Margarine	1 tsp.
✔	Fat-free margarine	1/4 c.
✔	Olives	10sm or 6lg
✔	Avocado	1/8
	Guacamole	2 Tbs
	Peanuts	10
	Sunflower seeds	1 Tbs.
	Low-fat creamy dressing	1 Tbs.
✔	Fat-free creamy	2 Tbs.
✔	Fat-free mayonnaise	1/4 c.

Or any 2 oil, seed, or nuts with a POINTS value of 1

2 7

Dinner

choose 1		
core	food	portion
✔	Turkey or chicken breast	4 oz.
✔	1 beef patty (5% fat)	4 oz.
✔	Canadian bacon	4 slices
✔	Sole, flounder, haddock or cod	1 fillet
✔	Egg	2
✔	Salmon fillet	3 oz.
✔	Vegetarian burgers	2
✔	Black, pinto, or white beans	1 c.
	Peanuts	40
	Peanut butter	2 Tbs
	Low-fat cheese	2 oz.
✔	Fat-free cheese	4 oz.
	Ricotta cheese, part-skim	1/2 c.
✔	Fat-free cottage cheese	1 1/3 c

Or any protein-rich food on the Core Food List or with a POINTS value of 4

4

choose 1		
core	food	portion
✔	Whole-wheat pasta	1 c.
	regular pasta	3/4 c.
✔	Brown rice	3/4 c.
	White rice	3/4 c.
✔	Couscous	1 c.
	Flour tortilla	1 med
✔	Potato, white or sweet, large	1
✔	Grean peas	1.5 c.
✔	Mixed berries	3 c.
✔	Apple, kiwi, or pear	1 ea.
✔	Fat-sugar-free pudding	1 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1.5 c.
	1% Milk	1.5 c.
✔	Fat-free milk	1.5 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 3

3

choose 1 or more		
core	food	portion
✔	Artichoke	1 med.
✔	Asparagus spears	1 c.
✔	Beets	1 c.
✔	Broccoli	1 c.
✔	Cauliflower	1 c.
✔	Collard greens	1 c.
✔	Escarole	1 c.
✔	Muchrooms	1 c.
✔	Wax beans	1 c.
✔	Yellow squash	1 c.
✔	Cucumber slices	1 c.
✔	Bell pepper strips	1 c.
✔	Baby carrots	10
✔	Lettuce	1 c.
✔	Salsa, fat-free	2 Tbs.

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choose 2		
core	food	portion
✔	Olive, canola, (good) oil	1 tsp.
	Butter	1 tsp.
	Margarine	1 tsp.
✔	Fat-free margarine	1/4 c.
✔	Olives	10sm or 6lg
✔	Avocado	1/8
	Guacamole	2 Tbs
	Peanuts	10
	Sunflower seeds	1 Tbs.
	Low-fat creamy dressing	1 Tbs.
✔	Fat-free creamy	2 Tbs.
✔	Fat-free mayonnaise	1/4 c.

Or any 2 oil, seed, or nuts with a POINTS value of 1

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