

# Nutrition Information 1 Year and Beyond

Patient Education

## **10 Goals to Maximize Weight Loss and Stay Healthy**

### **1. MEET PROTEIN GOAL**

- 80 grams or more per day
- Protein at every meal and snack

### **2. STAY HYDRATED**

- 80 ounces or more per day
- Hydration fluids include water and anything that is diet, decaf, & non-carbonated
- Roux-en-Y – Do not drink 15 minutes prior to, during, and 45 minutes after meals

### **3. BE AWARE OF CALORIES**

- 1,100 – 1,200 calories
- Individualized based on activity level and caloric needs

### **4. KEEP A FOOD LOG**

- Keeping a food log is highly recommended

### **5. INCLUDE FIBER (COMPLEX CARBOHYDRATES) IN YOUR DIET**

- These include vegetables, fruit, beans/legumes and whole grains
- Fiber helps keep you full and regulates digestion

### **6. INCLUDE HEALTHY FAT IN YOUR DIET**

- This includes nuts, seeds, hummus, avocado, and olive oil
- Helps to make you satisfied and keep you full

### **7. EAT MINDFULLY**

- Make sure to eat slowly and chew well
- Choose protein, then vegetables, then fruit, then whole grains and starches

### **8. CONTINUE VITAMIN PROTOCOL**

- Multivitamin and Calcium (Plus Iron with Vitamin C for Roux-en-Y)
- Have labs drawn as ordered by GHP to prevent deficiencies

### **9. EXERCISE**

- This is more important than just one bullet point! Physical activity is important for weight loss and overall health.

### **10. KEEP APPOINTMENTS FOR FOLLOW-UP CARE AND REMEMBER ALL AVAILABLE RESOURCES AT GHP**

# Vitamins

A *multivitamin* is required (See **Vitamin Protocol** for multivitamin requirements). A *biotin* (5,000 mcg) supplement and *probiotic* are recommended.

## Vertical Sleeve Gastrectomy

A multivitamin is required. Choose one of the following:

1. Two Bariatric Advantage Multi Chewy Bites
2. One Bariatric Advantage Ultra Solo Capsule
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg)

## Roux-en-Y

A multivitamin and Iron (45-60mg) with vitamin C are required. Choose one of the following:

1. Two Bariatric Advantage Multi Chewy Bites and two Chewable Bariatric Advantage Iron with vitamin C
2. One Bariatric Advantage Ultra Solo Capsule with Iron
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg), and over-the-counter Iron (45 mg) with vitamin C

# Calcium

You need 1,200 mg of calcium daily from your diet and/or calcium supplements. Dairy foods contain calcium such as milk, yogurt, and cheese, and foods fortified with calcium.

| Nutrition Facts          |               |
|--------------------------|---------------|
| 8 servings per container |               |
| <b>Serving Size</b>      | 1 Cup (240mL) |
| Amount per serving       |               |
| <b>Calories</b>          | <b>100</b>    |
| %Daily Value             |               |
| Total Fat 0g             | 0%            |
| Saturated Fat 0g         | 0%            |
| Trans Fat 0g             |               |
| Cholesterol 5mg          | 2%            |
| Sodium 150mg             | 7%            |
| Total Carbohydrate 15g   | 5%            |
| Dietary Fiber 0g         | 0%            |
| Total Sugars 14g         |               |
| Includes 0g Added Sugars | 0%            |
| Protein 10g              | 20%           |
| Vitamin D 5mcg           | 15%           |
| Calcium 361mg            | 30%           |
| Iron 0mg                 | 0%            |
| Potassium 447mg          | 10%           |
| Vitamin A 164mcg         | 20%           |

### Food Labels: %DV (Daily Value\*)

If your food label only lists percentages (%), try this:  
Add a zero to get a close value of calcium.



30% = 300mg calcium

## Calcium Supplements

- Recommend Calcium Citrate
- 500 – 600 mg absorbed at a time, must be 2 hours apart
- Do not take calcium and iron together, must be 2 hours apart
- Calcium Supplement Options:
- Calcium Supplement Options:
  - Bariatric Advantage Calcium Chews (500 mg)
  - Over-the-counter Calcium Citrate with Vitamin D
  - Over-the-counter Calcium Citrate Petites with Vitamin D

# Resources Available at GHP

**“Back on Track” programs for continued weight management begin with individual assessments:**

***Individual Visits with a Registered Dietitian (RD) and Behaviorist are utilized to help you find the best approach to your continued weight loss and healthy lifestyle changes.***

- Total Cost: \$100 / \$50 for RD and \$50 for Behaviorist
- Please be prepared to provide 7 days of nutrition tracking at these appointments
- Review 10 TOOLS

**Additional Programs and Tools:**

***These resources may be utilized as a single additional option or multiple options that can be stacked together to provide the most effective results. Talk with your health care provider to discuss which resources might be best for you!***

***Medical Weight Loss Program***

- Getting Healthy 900 Program
- Getting Healthy 1200 Program
- Customized Meal Plan
- Collaboration with a Dietitian
- Nutrition, Exercise and Behavior Education Topics
- Watch a free Webinar online for more details: [www.grandhealthpartners.com](http://www.grandhealthpartners.com)
- Contact Tanya Manley to sign up: [tmanley@grandhealthpartners.com](mailto:tmanley@grandhealthpartners.com) or (616) 464-4627

***Food Freedom Coaching***

- Individual, short-term, weekly Cognitive Behavioral Therapy (CBT) coaching sessions
- Goal of improving your relationship with food
- Includes weekly goal setting with daily emails for additional accountability
- Contact behavioral team for more information

***Online Support Services***

- Join our weekly peer support groups (See GHP website for times)
- Talk with other patients through our private Facebook support pages:

[www.facebook.com/groups/GHPinteractivegroup/](http://www.facebook.com/groups/GHPinteractivegroup/)  
[www.facebook.com/groups/ghpsupport/](http://www.facebook.com/groups/ghpsupport/)

- Ask your behaviorist about additional behavior resources like Mentor Programs and Behavioral Topic Classes

***Medications***

- Medications for weight loss can be a helpful tool when added to any of these programs, but require lifestyle changes to be effective
- Talk with our staff if you are interested, so that we can provide a list of medications that may be covered by your insurance before you are scheduled with one of our weight management specialists

## Foods High in Protein

These are approximate caloric and protein values for the foods listed. Calorie and protein amounts could be different for different products, so it is always important to look at the nutrition label for specific nutrition information.

### DAIRY

| <b>Milk (1 cup)</b>   | <b>CALORIES</b> | <b>PROTEIN</b> |
|-----------------------|-----------------|----------------|
| Fairlife, Fat Free    | 80              | 13             |
| Fairlife, 2%          | 120             | 13             |
| Silk Protein Nut Milk | 130             | 10             |
| Skim                  | 90              | 8              |
| 2%                    | 130             | 8              |
| Soy Milk, Original    | 110             | 8              |
| Soy Milk, Light       | 60              | 6              |

| <b>Greek Yogurt (5.3 oz)</b>     | <b>CALORIES</b> | <b>PROTEIN</b> |
|----------------------------------|-----------------|----------------|
| Any brand, 15 g of carbs or less | 150             | 15             |

| <b>Cheese (1 oz)</b>        | <b>CALORIES</b> | <b>PROTEIN</b> |
|-----------------------------|-----------------|----------------|
| Cottage Cheese (1/2 cup)    | 90              | 13             |
| Parmesan                    | 120             | 11             |
| Swiss                       | 105             | 8              |
| String Cheese               | 80              | 8              |
| Mozzarella                  | 80              | 8              |
| Cheddar                     | 115             | 7              |
| American                    | 105             | 5              |
| Ricotta, Part-Skim, 1/4 cup | 80              | 5              |

### POULTRY

| <b>Chicken/Turkey (cooked, 1 oz)</b> | <b>CALORIES</b> | <b>PROTEIN</b> |
|--------------------------------------|-----------------|----------------|
| Chicken, white meat                  | 50              | 9              |
| Turkey, white meat                   | 40              | 9              |
| Turkey, dark meat                    | 50              | 8              |
| Chicken, dark meat                   | 60              | 8              |

| <b>Eggs/Egg Substitutes</b> | <b>CALORIES</b> | <b>PROTEIN</b> |
|-----------------------------|-----------------|----------------|
| 1 Large Whole Egg           | 75              | 6              |
| Egg Whites—2 whites         | 32              | 6              |
| Egg substitutes – 1/4 cup   | 32              | 6              |

## **FISH/SEAFOOD**

| <b>Fish (cooked, 1 oz)</b>  | <b>CALORIES</b> | <b>PROTEIN</b> |
|-----------------------------|-----------------|----------------|
| Anchovies                   | 50              | 9              |
| Tuna                        | 38              | 8              |
| Cod                         | 30              | 7              |
| Halibut/Catfish             | 40              | 7              |
| Perch/Flounder/Sole/Pollock | 30              | 7              |
| Swordfish                   | 35              | 7              |
| Tilapia                     | 30              | 7              |
| Whitefish/Trout             | 50              | 7              |
| Sardines                    | 60              | 7              |
| Lobster                     | 30              | 7              |
| Salmon                      | 50              | 6              |
| Crabmeat                    | 30              | 6              |
| Shrimp                      | 30              | 6              |
| Clams                       | 40              | 4              |

## **RED MEAT**

| <b>Lean Cuts (cooked, 1 oz)</b> | <b>CALORIES</b> | <b>PROTEIN</b> |
|---------------------------------|-----------------|----------------|
| Venison                         | 45              | 9              |
| Steak, loin or round cuts       | 55              | 8              |
| Roast Beef                      | 50              | 8              |
| Liver                           | 50              | 8              |
| Veal                            | 60              | 8              |
| Pork, tenderloin                | 50              | 8              |
| Ground Beef, 90% lean           | 60              | 7              |
| Ground Beef, 95% lean           | 50              | 7              |
| Lamb                            | 50              | 7              |
| Ham, extra lean                 | 40              | 6              |
| Jerky                           | 80              | 10             |

## **PLANT-BASED PROTEIN**

| <b>Legumes – Beans/Peas/Lentils (cooked, ½ cup)</b> | <b>CALORIES</b> | <b>CARBS<br/>(Fiber)</b> | <b>PROTEIN</b> |
|---|-----------------|--------------------------|----------------|
| Soybeans  | 155             | 9                        | 15             |
| Lentils   | 110             | 19                       | 9              |
| Garbanzo Beans (chickpeas)                          | 150             | 25                       | 8              |
| Tofu, extra firm                                    | 80              | 2                        | 8              |
| Edamame   | 95              | 8                        | 8              |
| Navy Beans  | 130             | 24                       | 7              |

| <b>Legumes – Beans/Peas/Lentils continued...</b> | <b>CALORIES</b> | <b>CARBS<br/>(Fiber)</b> | <b>PROTEIN</b> |
|--|-----------------|--------------------------|----------------|
| Kidney Beans                                     | 110             | 20                       | 7              |
| Refried Beans                                    | 120             | 18                       | 7              |
| Pinto Beans                                      | 100             | 18                       | 6              |
| Black Beans                                      | 100             | 18                       | 6              |
| Baked Beans, Zero Added Sugar                    | 110             | 26                       | 7              |
| Black Bean or Bean soup                          | 120             | 13                       | 6              |
| Green Peas                                       | 70              | 12                       | 4              |
| Black Eyed Peas                                  | 80              | 17                       | 3              |

| <b>Nuts (1/4 cup), Seeds &amp; Peanut Butter (2 Tbsp)</b> | <b>CALORIES</b> | <b>FAT<br/>(Healthy fat)</b> | <b>PROTEIN</b> |
|---|-----------------|------------------------------|----------------|
| Pumpkin Seeds   | 180             | 15                           | 10             |
| Hemp Hearts/Seeds (3 Tbsp)                                | 180             | 15                           | 10             |
| Peanut Butter (2 Tbsp)                                    | 188             | 16                           | 8              |
| Almonds   | 205             | 18                           | 8              |
| Peanuts, dry roasted                                      | 165             | 14                           | 7              |
| Sunflower Seeds   | 200             | 16                           | 6              |
| Brazil Nuts/Macadamias                                    | 230             | 24                           | 5              |
| Cashews   | 195             | 16                           | 5              |
| Walnuts   | 150             | 19                           | 5              |
| PB2   | 60              | 1.5                          | 6              |
| Pecans  | 170             | 17                           | 3              |

### **NUTRITION SUPPLEMENTS**

Protein bars/drinks can be used to supplement protein you are unable to get from other high protein foods. Protein bars/drinks can be helpful during busy times or used as a backup plan.

| <b>Protein Bars</b>                                 | <b>CALORIES</b> | <b>PROTEIN</b> |
|---|-----------------|----------------|
| Look for high protein, low sugar bars, 15 g or less | 150             | 15             |

| <b>Protein Powders &amp; Drinks</b>                   | <b>CALORIES</b> | <b>PROTEIN</b> |
|---|-----------------|----------------|
| Look for high protein, low sugar drinks, 15 g or less | 150             | 15             |

### **PROTEIN POWDERS**

Look for **Whey Protein Isolate**. “Isolate” is the key word. If the ingredient list says “Whey Protein Concentrate” or “Whey Protein Blend,” you may not be absorbing all of the protein.

Recommended protein supplements include Whey Protein Isolate, Milk Protein Concentrate, Egg Protein, or other plant-based protein powders including Soy, Rice, and Pea protein.

*Protein powders that are NOT recommended include Whey Protein Concentrate, Whey Protein Blend, or Collagen.*

## **Non-Starchy Vegetables List**

One Serving: 1 cup raw or ½ cup cooked vegetables

Calories: 25

Total Fat: 0 g

Total Carbohydrates: 5 g (dietary fiber 1-4 g)

Total Protein: 1-2 g

|                            |                           |                        |
|----------------------------|---------------------------|------------------------|
| Alfalfa sprouts            | Endive                    | Onions                 |
| Artichoke                  | Green onions or scallions | Parsley                |
| Artichoke hearts           | Beet greens               | Peppers, all varieties |
| Asparagus                  | Collard greens            | Radishes               |
| Bamboo shoots              | Dandelion greens          | Rutabaga               |
| Beans: Italian, green, wax | Kale                      | Sauerkraut             |
| Bean sprouts               | Mustard greens            | Snow peas or pea pods  |
| Broccoli                   | Turnip greens             | Spaghetti squash       |
| Brussels sprouts           | Jicama                    | Spinach                |
| Cabbage                    | Kohlrabi                  | Summer squash          |
| Carrots                    | Leeks                     | Swiss chard            |
| Cauliflower                | Leaf lettuce              | Tomato                 |
| Celery                     | Romaine lettuce           | Turnips                |
| Chinese cabbage            | Mixed vegetables          | Water chestnuts        |
| Cucumbers                  | Mushrooms                 | Watercress             |
| Eggplant                   | Okra                      | Zucchini               |

### Broccoli Pesto Egg Casserole

Makes 12 servings: *Calories: 90 Protein: 7g Carbohydrates: 1g Fat: 6g*

- 12 eggs
  - ½ onion, sliced
  - 1 C broccoli, chopped
  - ½ C cherry tomatoes, halved
  - ⅓ C Fairlife milk
  - 1 tsp salt
  - 1 tsp pepper
  - 2 TBS pesto sauce
- Add cheese or ground meat for more protein!

Directions: Preheat the oven to 350°F and grease a 9x9 baking dish. Chop vegetables and spread them in the empty baking dish. In a large bowl, mix eggs with salt, pepper and milk. Pour the mixture over the raw vegetables. Top the egg mixture with 6-9 small dollops of pesto, do not mix in. Cook for 30-45 minutes, until the middle no longer jiggles.

### Protein Veggie Dip

Makes 2 servings: *Calories: 75 Protein: 12g*

- 1 cup plain non-fat Greek yogurt
  - 2 teaspoons dried parsley
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon dried dill
  - 1/4 teaspoon kosher salt
  - Fresh chopped chives
- Mix, chill and enjoy!

### Roasted Vegetables

Directions: Chop your favorite non-starchy vegetables into 1 inch pieces. Place in a bowl and toss with 1-2 TBS olive oil and salt. Spread vegetables over a sheet pan and bake at 400°F for 15-30 minutes. Stir occasionally and use a fork to check tenderness.

# Grocery Store Foods

This is a list of high protein, easy to prepare products at the grocery store.

## CHICKEN

- Meijer Chicken Sausage 130 calories 15 g protein
- Tyson Grilled & Ready Chicken Strips 110 calories 19 g protein
- Caulipower Chicken Tenders 110 calories 14 g protein
- Al Fresco Chicken Sausage 80 calories 10 g protein
- Oscar Mayer Deli Fresh Chicken Breast 50 calories 8 g protein
- Starkist Chicken Creations 80 calories 11 g protein
- Shredded Rotisserie Chicken 140 calories 21 g protein

## TURKEY

- Jennie-O Ground Turkey 93/7 (4oz) 170 calories 21 g protein
- Jennie-O 90% Lean Turkey Burger 230 calories 25 g protein
- Jennie-O Oven-Ready Homestyle Turkey 110 calories 20 g protein
- Meijer Lean Turkey Burgers 170 calories 21 g protein
- Cooked Perfect Turkey Meatballs 140 calories 14 g protein
- Oscar Mayer Deli Fresh Turkey Breast 50 calories 9 g protein
- Ball Park Smoked White Turkey Franks 45 calories 6 g protein
- Hormel Turkey Pepperoni 70 calories 9 g protein
- Hormel Turkey Chili w/ Beans 220 calories 18 g protein
- Hormel Square Table Turkey Breast & Gravy 110 calories 21 g protein

## FISH

- Star-Kist Tuna Creations 80 calories 17 g protein
- Star-Kist Tuna Salad Single Serving 80 calories 13 g protein
- Chicken of the Sea To-Go Cups 70 calories 15 g protein
- Chicken of the Sea Salmon Pouches 70 calories 15 g protein
- Cedar Bay Atlantic Salmon Burgers 160 calories 16 g protein
- Trident Alaska Salmon Burgers 130 calories 14 g protein
- Bumble Bee White Crabmeat 80 calories 16 g protein

## RED MEAT

- Hormel Square Table Beef Roast & Savory Sauce 210 calories 27 g protein
- Hormel Square Beef Tips & Gravy 170 calories 17 g protein
- Frozen Beef Patty (90% lean) 175 calories 21 g protein
- Aidell's Smoked Andouille Sausage 160 calories 15 g protein
- Applegate Naturals Hot Dogs 100 calories 7 g protein

## PLANT-BASED

- Morningstar Farms Grillers Prime 150 calories 16 g protein
- Boca Veggie Crumbles 60 calories 11 g protein
- Gardein Meatless Meatballs 150 calories 14g protein
- Impossible Beef Lite 180 calories 21 g protein
- Lightlife or Trader Joe's Tempeh 190 calories 19 g protein
- Trader Joe's Baked Teriyaki Tofu 190 calories 15 g protein
- Textured Vegetable Protein (TVP) 80 calories 12 g protein
- PB2 or PB Fit Peanut Butter Powder 60 calories 6 g protein
- Bush's Baked Beans, Zero Sugar 110 calories 7 g protein

## BREAKFAST

- Red's Egg'Wich Turkey Sausage Sandwich 190 calories 17 g protein

- Johnsonville Turkey Sausage 70 calories 8 g protein
- Applegate Turkey Bacon 30 calories 5 g protein
- Jimmy Dean Simple Scrambles - Turkey Sausage 150 calories 18 g protein
- Jimmy Dean Delights – Turkey Sausage Bowl 240 calories 22 g protein
- Life Cuisine Tomato & Spinach Egg White Bites 190 calories 15 g protein
- Veggies Made Great Spinach Egg White Frittata 70 calories 5 g protein
- Just Crack An Egg Protein Packed 320 calories 20 g protein

### MILK, CHEESE, AND MILK ALTERNATIVES

- Light Mozzarella String Cheese 50 calories 7 g protein
- Fairlife Milk (2% or less) ~100 calories 13 g protein
- Cottage Cheese (2% or less) 90 calories 13 g protein
- Silk Unsweetened Soy Milk 80 calories 7 g protein
- Ripple Original, Unsweetened 80 calories 8 g protein
- Silk Protein Nut Milk 130 calories 10 g protein

### GREEK YOGURT

- Dannon Light & Fit 80 calories 12 g protein
- Oikos Triple Zero 100 calories 15 g protein
- Oikos Pro 140 calories 20 g protein
- Chobani Zero Sugar 60 calories 11 g protein
- Chobani Complete 130 calories 17 g protein
- 2 Good 80 calories 12 g protein
- Ratio Protein 170 calories 25 g protein

### SNACKS

- Oscar Meyer P3 (*Turkey, Ham & Cheddar or Turkey, Bacon & Colby Jack*) 120 calories 11 g protein
- Lorissa's Kitchen Chicken Jerky 80 calories 10 g protein
- Jennie-O Turkey Sticks 25 calories 5 g protein
- Jack Link's Jerky 80 calories 12 g protein
- Emerald 100 Calorie Pack Almonds 100 calories 4 g protein
- Bada Bean Bada Boom Snacks 100 calories 7 g protein

### CONVENIENCE MEALS

- Real Good Foods 250 calories 23 g protein
  - (*Chicken Enchiladas, Pizza Bites, Lasagna Bowl, Orange Chicken, General Tso's Chicken*)
- Park Street Deli (found at ALDI) ~200 calories 22 g protein
  - (*Artichoke Stuffed Chicken, Thai Coconut Chicken*)
- John Soules Foods – Chicken Fajitas 110 calories 19 g protein
- Kevin's Natural Foods Chicken 150 calories 23 g protein
  - (*Korean BBQ, Roasted Garlic, Chicken Marsala*)
- John Soules Foods – Beef Fajitas 120 calories 17 g protein
- Trader Joe's Balsamic Rosemary Beef Steak 220 calories 21 g protein
- Curly's Sauceless Pulled Pork 100 calories 13 g protein
- Big Shoulder's Pork Carnitas 110 calories 14 g protein

### CONVENIENCE MEALS CONTINUED\*

\*Follow the 10% rule when checking labels.

- **Lean Cuisine Protein Kick** ~200 calories ~20 g protein  
 (*Steak Portabella, Meatloaf with Mashed Potatoes, Buffalo Style Chicken, Herb Roasted Chicken*)

- **Smart Ones** ~180 calories ~18 g protein  
(*Slow Roasted Turkey Breast, Roasted Chicken with Herb Gravy, Ham and Cheese Scramble, Homestyle Beef Pot Roast, Crustless Chicken Pot Pie*)
- **Healthy Choice** ~200 calories +20 g protein  
(*Grilled Chicken Pesto and Vegetables, Verde Chicken, Simply Grilled Chicken Marsala, Chicken and Vegetable Stir Fry, Spicy Beef Teriyaki Power Bowl, Chicken Marinara Power Bowl, Basil Pesto Chicken Power Bowl, Greek-Style Chicken Power Bowl, Spicy Black Bean and Chicken Power Bowl, Cajun-style Chicken and Sausage Power Bowl, Sesame Chicken with Zoodles*)

### PROTEIN DRINKS/POWDERS

|                                    |                            |
|------------------------------------|----------------------------|
| Core Power, Regular or Elite       | Vega**                     |
| Fairlife Nutrition Plan            | OWYN, Regular or Elite**   |
| Muscle Milk, Genuine or Pro Series | Orgain**                   |
| Quest                              | Evolve Protein Shake**     |
| Premier Protein/Premier Clear      | Isopure                    |
| Meijer High Performance Shake      | Gatorade Zero with Protein |
| Equate High Performance Shake      | Protein2O                  |
| Pure Protein Complete Shake        | Seeq Clear Protein         |

### PROTEIN BARS

Quest Protein Bars  
GHP Protein Bars  
Protein One Bars (by FiberOne)  
Built Bars  
Pure Protein  
NoCow Bars\*\*  
Nugo Slim\*\*  
Misfits\*\*

### PROTEIN CHIPS/CRACKERS

Quest Chips and Cheddar Crackers  
GHP Chips  
Flex Chips\*\*  
Pure Protein Puffs  
Atkins Chips  
Pure Protein Cheezy Crackers

\*\* Plant-based protein products

### SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

Walden Farms Sauces and Dressing  
G Hughes Sugar-Free Sauces  
Skinny Girl Salad Dressing  
Bolthouse Farms Yogurt-Based Salad Dressing  
Marzetti Simply Salad Dressing  
Mustard, Hot Sauce, Taco Sauce  
Spices, Herbs, Extracts  
*Taco seasoning, pepper, Mrs. Dash, garlic, etc.*

Sugar-Free Pancake Syrup  
Sugar Substitutes  
*Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose*

Sugar-Free Coffee Syrups  
Torani, Jordan's Skinny Mix  
Hidden Valley Ranch Seasoning Mix  
Jello, Sugar-Free  
Popsicles, Sugar-Free

# Whole Grains & Starches Ideas and Alternatives

These products are better options, but are not to be used as a primary source of protein.

## HOT CEREALS (make with milk or protein drink for added protein)

- GHP Oatmeal 100 calories 14 g protein
- Oats Overnight (Amazon) 260 calories 20 g protein
- Kodiak Cakes Carb Conscious Oatmeal Packs 170 calories 12 g protein

## COLD CEREALS (consume with milk or protein drink for added protein)

- GHP Cereal 120 calories 15 g protein
- Catalina Crunch Cereal 110 calories 11 g protein
- Special K Protein Cereal 210 calories 15 g protein
- Premier Protein Cereal 180 calories 20 g protein
- Kashi Go Keto Cereal 150 calories 12 g protein
- Magic Spoon Cereal 140 calories 13 g protein

## PANCAKES

- GHP Pancake Mix 90 calories 15 g protein
- Birch Benders Protein Pancake and Waffle Mix 180 calories 16 g protein
- Trader Joe's Protein Pancake Mix 140 calories 10 g protein
- Premier Protein Frozen Pancakes 210 calories 15 g protein

## PASTA

- Explore Asian Black Bean Spaghetti 180 calories 25 g protein
- Red Lentil (Barilla) or Chickpea (Banza) Pasta 180 calories 13 g protein
- Carba-Nada Egg Fettuccini 170 calories 15 g protein
- Barilla Protein Plus 190 calories 10 g protein
- Fiber Gourmet Pasta 110 calories 7 g protein
- Chef Woo Ramen Noodles 320 calories 20 g protein
- Zucchini Noodles or Spaghetti Squash (1/2 C) <25 calories <1 g protein
- Miracle Noodles 0 calories <1 g protein
- Hearts of Palm or Shirataki Pasta <20 calories <1 g protein

## GRAINS

- Nature's Earthly Choice Easy Quinoa 170 calories 7 g protein
- Cauliflower Rice or Riced Vegetables (1/2 C) ~25 calories <1 g protein
- Liviva Rice Shaped Shirataki 15 calories <1 g protein
- Banza Chickpea Rice 170 calories 11 g protein
- Right Rice 180 calories 10 g protein

## BREADS/TORTILLAS & ALTERNATIVES

- Aldi's Fit & Active Original Flatbread 90 calories 9 g protein
- Foldit 5 Grain Flax Flatbread 90 calories 7 g protein
- La Banderita or Misson Low Carb Tortillas 70 calories 5 g protein
- Egglife Wraps 30 calories 5 g protein
- Outer Aisle Cauliflower Sandwich Thins 50 calories 4 g protein
- Aldi Fit & Active Whole Wheat Bread 35 calories 3 g protein
- Lewis Bake Shop Keto Bread 40 calories 5 g protein
- Aunt Millie's Live Carb Smart ~45 calories 4 g protein
  - 5 Seed Bread, Hamburger or Hot Dog Bun