

Nutrition Information after Sclerotherapy

Patient Education

Diet Advancement

Days 1-3 Liquids Only
Days 4-7 Pureed/Smooth Texture
Days 8+ Regular food as tolerated

Goal 1: Hydration Fluids

- Throughout your diet advancement, hydration fluids are your top priority.
- 64 ounces or more per day
- Hydration fluids include water and anything that is diet, decaf, and non-carbonated, such as Crystal Light, PowerAde Zero, Vitamin Water Zero, decaf coffee, decaf tea, and grocery store bouillon or broth.

Goal 2: Protein

- 60-80 grams or more per day as able

Days 1-3: Liquids Only Protein Ideas

For 1-3 days, you are on a liquid only diet. You may use protein powders, drinks, milk, GHP bouillon, GHP broth, and GHP cream soups. Specific ideas are listed below.

Protein Powders: Whey Protein Isolate, Soy, Egg, Rice, and Pea 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 are not absorbing all of the protein.

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

PROTEIN DRINKS

| | |
|--|----------------------------|
| Core Power, Regular or Elite | Isopure |
| Vega** | OWYN ** |
| Muscle Milk, Genuine Protein Shake or Pro Series | Orgain ** |
| Protein2O | Gatorade Zero with Protein |
| Premier Protein/Premier Clear | Quest |

BROTH/SOUP: GHP Bouillon, GHP Soup (cream only), or bone Broth (from the grocery store)

Days 4-7: Pureed/Smooth Texture Protein Ideas

In addition to liquids, you may now have pureed/smooth texture foods. Specific ideas are listed below.

High Protein Foods

| | |
|----------------------------|--|
| Greek Yogurt | Plain or Blended varieties, 15 g sugar or less |
| Cottage Cheese | Does not need to be blended, "Chew 22" |
| Ricotta Cheese | Whole milk, part-skim, light |
| Sugar-Free Instant Pudding | Make with milk, add dry milk powder or protein powder to increase protein |
| Hot Cereals | Smooth texture such as cream of wheat or grits Make with milk to increase protein Make thinner than normal, run off the spoon |
| Cream Soups | From grocery store, Cream of Mushroom, Cream of Broccoli, Cream of Chicken, etc. Add canned chicken for more protein and BLEND until smooth |
| Baby Food Dinners | Stage 2, meats only |
| Hummus | Smooth only May put on a cracker – GHP or Saltine or Soda Crackers |
| Bone Broth | Contains collagen protein, use as supplemental protein source |
| Refried Beans | Mix with beef/chicken or salsa and BLEND until smooth May use Campbell's Cheese Soup May put on a cracker – GHP or Saltine or Soda Crackers |
| Pureed Meats | Canned chicken, tuna, seafood, hardboiled egg salad, tofu Add broth, gravy, mayo, Greek yogurt (plain), hummus, or avocado/guacamole and BLEND until smooth May put on a cracker – GHP or Saltine or Soda Crackers |

Vegetables

| | |
|-----------------------------------|--|
| Mashed Potatoes or Sweet Potatoes | Make with milk, add dry milk powder or unflavored protein powder to increase protein |
| Non-starchy Vegetables | Very well cooked and BLENDED until smooth Broccoli, cauliflower, green beans, zucchini, carrots |
| Legumes – Beans/Peas/Lentils | Beans, chili, split pea soup, or lentil soup BLENDED until smooth |

Fruit

| | |
|------------------|--|
| Applesauce | Unsweetened |
| Protein Smoothie | Any fruit can be used if BLENDED into a protein smoothie Use milk, Greek yogurt, protein powder, etc. to increase protein in smoothie |

Days 8+: Regular food as tolerated.

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

1. 2 Bariatric Advantage Multivitamins (Chewy Bites) and 2 Bariatric Advantage (chewable) Iron with Vitamin C
2. 1 Over-the-counter adult multivitamin with minerals, 1 Vitamin B12 – 500 mcg, and over-the-counter Iron – 45 mg

Calcium

You need 1,200 mg of calcium daily from your diet and calcium supplements. Foods that contain calcium include dairy foods such as milk, yogurt, and cheese, and foods fortified with 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:
 - Bariatric Advantage Calcium Chews (500 mg)
 - Over-the-counter Calcium Citrate with Vitamin D
 - Over-the-counter Calcium Citrate Petites with Vitamin D

Baritastic App Instructions

Customize your Goals:

- Go to “≡” at the top of the screen
- Click “Set Your Goals”
- Enter the calories, protein, carbohydrates, and fats recommended by your provider.
- Click “Save”

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

| Milk (1 cup) | CALORIES | PROTEIN |
|-----------------------|-----------------|----------------|
| 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 |

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

| Cheese (1 oz) | CALORIES | PROTEIN |
|---------------------------|-----------------|----------------|
| 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, ¼ cup | 80 | 5 |

POULTRY

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

| Eggs/Egg Substitutes | CALORIES | PROTEIN |
|-----------------------------|-----------------|----------------|
| 1 Large Whole Egg | 75 | 6 |
| Egg Whites—2 whites | 32 | 6 |
| Egg substitutes – ¼ cup | 32 | 6 |

FISH/SEAFOOD

| Fish (cooked, 1 oz) | CALORIES | PROTEIN |
|-----------------------------|-----------------|----------------|
| 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

| Lean Cuts (cooked, 1 oz) | CALORIES | PROTEIN |
|---------------------------------|-----------------|----------------|
| 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

| Legumes – Beans/Peas/Lentils (cooked, ½ cup) | CALORIES | CARBS (Fiber) | PROTEIN |
|---|-----------------|----------------------|----------------|
| 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 |
| Kidney Beans | 110 | 20 | 7 |
| Refried Beans | 120 | 18 | 7 |
| Pinto Beans | 100 | 18 | 6 |

| | | | |
|-------------------------------|-----|----|---|
| Black Beans | 100 | 18 | 6 |
| Baked Beans, Zero Sugar Added | 110 | 26 | 7 |
| Black Bean or Bean soup | 120 | 13 | 6 |
| Green Peas | 70 | 12 | 4 |
| Black Eyed Peas | 80 | 17 | 3 |

| Nuts (1/4 cup), Seeds & Peanut Butter (2 Tbsp) | CALORIES | FAT (Healthy fat) | PROTEIN |
|---|-----------------|------------------------------|----------------|
| 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.

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

| Protein Powders & Drinks | CALORIES | PROTEIN |
|---|-----------------|----------------|
| 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.

Fiber - Complex Carbohydrates

Fiber, also known as complex carbohydrates, work to keep you full and aids in digestion. There are two types of fiber, soluble and insoluble. **Soluble** fiber absorbs water, which slows digestion and makes you feel fuller longer. **Insoluble** fiber does not absorb water. It adds bulk and helps

keep digestion regular. A diet rich in fiber has been shown to protect against heart disease, reduce the risk of colon cancer, control blood sugar, and reduce cholesterol. Fiber is also fermented by gut bacteria, which improves immune, digestive, and overall health. The recommended daily intake of fiber is 25 to 35 grams.

Non-Starchy Vegetables (1-4g of dietary fiber/serving)

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

Starchy Vegetables (1-3g of dietary fiber/serving)

| | | |
|---------------------|------|---------------|
| Potato/Sweet potato | Corn | Parsnips |
| Plantains | Peas | Winter squash |

Legumes (4-10g of dietary fiber/serving)

| | | |
|-------------|--------------|-----------------|
| Navy beans | Kidney beans | Black eyed peas |
| Pinto beans | Baked beans | Lentils |
| Black beans | Green peas | Garbanzo beans |

Fruit (1-5g of dietary fiber/serving)

| | | |
|--------------|----------------|-----------|
| Apple | Honeydew melon | Plums |
| Orange | Watermelon | Pineapple |
| Banana | Peach | Mango |
| Blueberries | Grapefruit | Papaya |
| Strawberries | Kiwi | Pear |
| Raspberries | Grapes | |
| Cantaloupe | Cherries | |

Whole Grains (4-12g of dietary fiber/serving, varies widely)

Oats – oatmeal, oat bran, steel cut oats
 Whole grain breads, pastas, and rice
 Read ingredients! Make sure “whole wheat” or “whole grain” is the first ingredient listed

Healthy Fat

Our bodies need fat. Body fat protects organs from injury, provides insulation, helps the body to regulate temperature, and regulates hormones. Dietary fat aids in the absorption of vitamins, increases satiety, and provides energy. There are different types of fat. **Monounsaturated** and

polyunsaturated are considered the “good fats” because they are good for your heart, cholesterol, and overall health. **Saturated** fat should be limited.

Monounsaturated Fat - Good

Avocado
Olives
Almonds
Cashews
Peanuts
Olive oil
Canola oil
Peanut oil
Sesame oil
Sunflower oil

Polyunsaturated Fat - Good

Fatty fish (salmon, tuna, herring, sardines)
Walnuts
Flaxseed
Chia seeds
Tahini/sesame seeds
Soybean oil
Corn oil
Safflower oil
Sunflower seeds
Pumpkin seeds

Saturated Fat - Limit

High-fat cuts of meat
Butter
Cheese
Whole-fat dairy products
Ice cream
Coconut oil
Lard

Omega-3 and Omega-6 Fatty Acids

Omega-3 and Omega-6 are the two polyunsaturated fatty acids that are essential, which means our body cannot make them and they must be obtained through diet. The typical American diet has enough Omega-6, but not enough Omega-3 because there are limited sources. Omega-3 fatty acids have anti-inflammatory properties and have been shown to lower blood lipids, promote heart health, and reduce risk of cognitive decline as we age.

Omega-3 Fatty Acids in Food

- ALA (from plants) – Flaxseeds, walnuts, canola oil
- EPA (from animals) – Fatty fish such as salmon, anchovies, sardines, herring
- DHA (from animals) – Fatty fish such as salmon, anchovies, sardines, herring

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 | |

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 | Sugar-Free Coffee Syrups |
| G Hughes Sugar-Free Sauces | Torani, Jordan's Skinny Mix |
| Skinny Girl Salad Dressing | Hidden Valley Ranch Seasoning Mix |
| Bolthouse Farms Yogurt-Based Salad Dressing | Jello, Sugar-Free |
| Marzetti Simply Salad Dressing | Popsicles, Sugar-Free |
| Mustard, Hot Sauce, Taco Sauce | Sugar-Free Pancake Syrup |
| Spices, Herbs, Extracts | Sugar Substitutes |
| <i>Taco seasoning, pepper, Mrs. Dash, garlic, etc.</i> | <i>Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose</i> |

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
- Immi Ramen Noodles 300 calories 22 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