

4

WAYS TO GET PROTEIN IN YOUR LUNCH

LUNCH #1 – TOMATO SOUP

- 1 can condensed tomato soup (**2 choices of starch**)
- 1 cup skim milk (**1 choice of milk**)
- 1 package of Beneprotein® (**2 choices of protein**)

Directions:

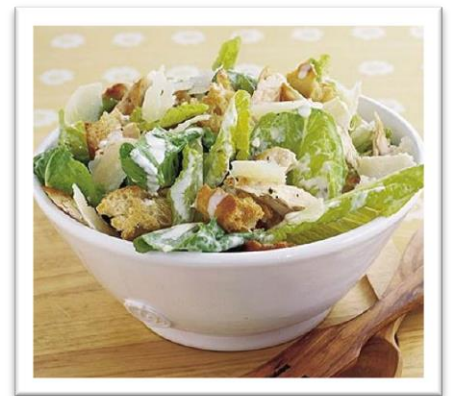
1. Heat condensed tomato soup and skim milk on stove top on medium heat.
2. Whisk in Beneprotein® package until blended; Whisk until smooth.



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Lunch	2	1	0	0	2	0

LUNCH #2 – CHICKEN CAESAR SALAD

- 1 cup of romaine lettuce (**low carbohydrate, free food**)
- 3 oz (85g) diced chicken (**3 choices of protein**)
- 1 tablespoon caesar salad dressing (**1 choice of fat**)
- 1 oz (28g) real bacon bits (**1 choice of fat**)
- 1 tablespoon parmesan cheese (**condiment, free food**)



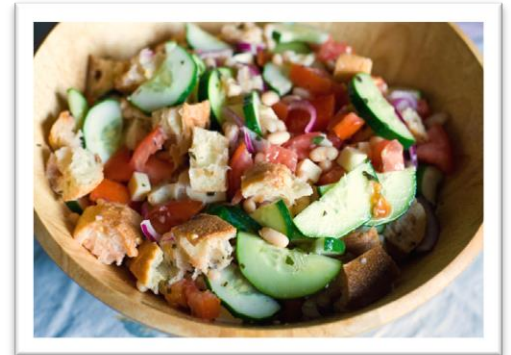
Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Lunch	3	0	0	0	0	2

LUNCH #3 – TOMATO TUNA SALAD

- 1 can (120g) of light flaked tuna in water, drained (**4 protein choices**)
- ⅓ cup cherry tomatoes, halved (**0.3 choice of vegetables**)
- ⅓ cup celery, thinly sliced (**0.3 choice of vegetables**)
- ⅓ cup cucumber, chopped (**0.3 choice of vegetables**)
- 1 teaspoon olive oil (**1 choice of fat**)
- 1 tablespoon red wine vinegar
- Optional spices/herbs to taste: garlic, basil, oregano.

Directions:

1. Combine drained tuna and vegetables in a bowl.
2. Whisk red wine vinegar, olive oil and spices in small bowl; Pour over salad.
3. Toss ingredients together and serve.



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Lunch	4	0	0	1	0	1

LUNCH #4 – MINI PIZZA

- 1 pita bread (6" across) (**2 choices of starch**)
- ¼ cup of pizza sauce (**0.5 choice of starch**)
- 2 oz (57 g) of ham (**2 choices of protein**)
- 2 Roma tomatoes (½ cup), sliced (**0.5 choices of vegetables**)
- Half of a green bell pepper (½ cup), chopped (**0.5 choices of vegetables**)
- 2 oz (57 g) shredded mozzarella cheese (**2 choices of protein**)

Directions:

1. Add all raw ingredients on pita bread.
2. Place mini pizza on baking sheet, bake for 5-7 minutes or until cheese is melted.



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Lunch	4	0	0	1	2.5	0