

Healthy Dinner Options

Protein Source:

- Beef (lean): 4oz (cooked) = 25 grams
- Chicken breast: 4oz (cooked) = 25 grams
- Turkey breast or Ground Turkey: 4oz (cooked) = 25 grams
- Ocean- fish: 4oz (cooked) = 25 to 31 grams
- Salmon, Shrimp, crab, lobster: 4oz (cooked) = 22 to 24 grams
- Tuna: 4oz (water packed) = 27 grams
- Scallops: 4oz (cooked) = 25 grams

Healthy

Carbohydrates:

- Black Beans
- Brown Rice
- Wild Rice
- Sweet Potato
- Yams
- Quinoa / Couscous

