

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
Fairlife Nutrition Plan
Muscle Milk, Genuine or Pro Series
Quest
Premier Protein/Premier Clear
Meijer High Performance Shake
Equate High Performance Shake
Pure Protein Complete Shake

Vega**
OWYN, Regular or Elite**
Orgain**
Evolve Protein Shake**
Isopure
Gatorade Zero with Protein
Protein2O

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 Coffee Syrups
Torani, Jordan's Skinny Mix
Hidden Valley Ranch Seasoning Mix
Jello, Sugar-Free
Popsicles, Sugar-Free
Sugar-Free Pancake Syrup
Sugar Substitutes
Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose

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
 - o 5 Seed Bread, Hamburger or Hot Dog Bun