

# Lean & Green Meals

## What is a Lean and Green Meal?

A lean and green meal includes 5 to 7 ounces of cooked lean protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices.

Enjoy your lean and green meal any time of day – whatever works best for your schedule.

## Healthy Fats

Every day, incorporate up to two servings of healthy fats into your lean and green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly.

## Lean and Green Meal: THE “LEAN”

Lean Tips:

- Portion size recommendations are for cooked weight.
- Choose meats that are grilled, baked, broiled, poached – not fried.
- Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
- Feel free to choose meatless options like soybeans or textured vegetable protein.

Choose the appropriate serving size of any protein from the list on the following pages. We've sorted protein options into lean, leaner, and leanest. All options are appropriate for the Optimal Weight 5 & 1 Plan®; this just helps you make informed food choices.

### ► LEANEST: Choose a 7-oz. portion (cooked weight) plus 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of Egg Beaters®

### ► LEANER: Choose a 6-oz. portion (cooked weight) plus 1 Healthy Fat serving.

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95% - 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites

### ► LEAN: Choose a 5-oz. portion (cooked weight) – no Healthy Fat serving added.

- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85% - 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz. Mori-nu® firm or soft tofu (bean curd)
  - 3 whole eggs (limit to once a week)



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### Healthy Fat Servings

A Healthy Fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. Add 0-2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 tablespoon of reduced-fat margarine
- 1½ ounces of avocado

For those requiring additional meatless choices, please refer to our Meatless Options list on the Vegetarian Information Sheet, or contact Nutrition Support at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).

### Lean and Green Meal: "THE GREEN"

Choose three servings from our Green Options list for each of your lean and green meals. We've sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the Optimal Weight 5 & 1 Plan®; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:

1 serving = ½ cup vegetables (unless otherwise specified)

#### ▶ LOWER CARBOHYDRATE

**1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

**½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

#### ▶ MODERATE CARBOHYDRATE

**½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

#### ▶ HIGHER CARBOHYDRATE

**½ cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating. But on the Optimal Weight 5 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term health.

