

Featured Products

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CANNED SOUPS

Campbell's® Select Harvest Soup Chicken with Egg Noodles

1/2 CAN (1 CUP) OR 1 CUP BOWL

CALORIES	PROTEIN	CARBS	FAT
112	8	11	4

1 WHOLE CAN (2 CUPS)

CALORIES	PROTEIN	CARBS	FAT
224	16	22	8



Campbell's® Chunky RTS Soup Bowl Classic Chicken Noodle Microwavable - 1 cup

CALORIES	PROTEIN	CARBS	FAT
107	8	12	3



Campbell's Chunky Soup Classic Chicken Noodle - 1 cup

1/2 CAN (1 CUP)

CALORIES	PROTEIN	CARBS	FAT
106	8	13	2.5

1 WHOLE CAN (2 CUPS)

CALORIES	PROTEIN	CARBS	FAT
213	16	26	5



COMMERCIAL YOGURT

Stonyfield Farm® Yogurt

Stonyfield Farm® Fruit on the Bottom Fat Free Strawberry Organic Yogurt



To create a balanced meal, add 1 Tbsp vanilla protein powder and 4 fat (blue) servings, for example 8 almonds or cashews.

CALORIES	PROTEIN	CARBS	FAT
200	7	22	0

All Stonyfield Farm® "Fruit on the Bottom Fat Free Organic" yogurts (raspberry, peach and blueberry) will work the same way because they all have similar protein, carbohydrate & fat values. Other brands of organic yogurt that has approx. 20 grams of carbohydrate per container are other good choices.

Chobani® Greek Yogurt

Chobani® Non Fat Blueberry Greek Yogurt



Add 4 fat (blue) servings for example 8 almonds or cashews to completely balance the meal.

CALORIES	PROTEIN	CARBS	FAT
200	14	19	0

Chobani® Greek Non Fat Peach and Non Fat Strawberry flavors will work the same way because they all have similar protein, carbohydrate and fat values.

* The calorie levels listed assume the protein powder and fat source was already added to the meal. Nuts can be eaten on the side or inside the yogurt.

* Slivered almonds work well with yogurt. 1 serving of slivered almonds equals 1 teaspoon. If you are allergic to nuts, try some unsweetened coconut. 1½ teaspoon of unsweetened coconut equals one serving of fat.

*The USA Diet Plans method of preparing yogurt is superior because using the whole fruits or berries will give the meal a lower glycemic index.