BUILD-A-BOWL

FORK FRIENDLY

25 calories - 5g carbs

1. Pick Your Veggies

Leafy Vegetables



Product	Serving
Hearts of Romaine	1/3 pkg
Italian Blend	1/3 pkg
Very Veggie	1/3 pkg
Spinach	1/2 pkg

Non-Starchy Vegetables



Just Veggies	1/4 pkg
Cherry Tomatoes	8 tomatoes
Baby Cut Carrots (6 g carbs)	9 carrots
Newman's Own Chunky Salsa	4 Tbsp

100 calories - 0g carbs

2. Add Protein

Cheese



Product	Serving
Breakstone Low Fat Cottage Cheese (6g carb)	½ c
President's Fat Free Feta Cheese	1/3 container
Baby Bell Mini Light	2 Circles
HEB 2% Mozzarella Shredded	1/4 c.
Sargentino Light String Cheese	2 pieces

Poultry



Tyson Grill & Ready Chicken	3 oz
Great Value Premium White Chicken Salad Pouch	1 pouch
Oscar Mayer Slow Roasted Turkey	1/2 pkg
Starkist Chicken Creations Chicken Salad	1 pouch
Walmart Rotisserie Chicken Salad	1/4 cup

Fish



Bumble Bee Solid White Albacore	1/3 can
Starkist Honey BBQ Tuna Pouch	1.pouch
Chicken of Sea Skinless & Boneless Pink Salmon	1 pouch

Shakes



Muscle Milk: Zero Protein Shake (7g carb)	1 bottle
Ensure: Light Nutrition Shake	1 bottle
Vital Proteins Collagen Water	1 bottle
Protein N20 Water	1 bottle

3. Flavor with Healthy Fat

Avocado/Nuts







Dressing/Oils








Product	Serving
Avocado	1/4 fresh avocado
Almonds	7 whole
Peanuts	7 shelled nuts
Walnuts	4 halves
100 Calorie Pack Nuts	1/2 pack
Wholy Guacamole	1/2 pouch
Colavita Olive Oil	1/2 Tbsp
Tessemae's	
• Lemon Pepper Dressing	1 Tbsp
• Classic Italian	1 Tbsp
Ken's Steak House Lite Dressing	
• Sweet Vidalia Onion (5g carb)	1 Tbsp
• Raspberry Walnut Vinaigrette (4g carb)	1 Tbsp
Kraft Avocado Oil Mayo	1 Tbsp

50 calories - 0g carbs

4. Salad Toppers









Product	Serving
NY Texas Toast Croutons Garlic/Butter	4 Tbsp
Pita Pal Roasted Red Pepper Hummus	2 Tbsp
Spectrum Chia Seeds	1 heaping Tbsp
Second Nature California Medly	3 Tbsp
The Good Bean ChickPeas Sea Salt	2 Tbsp

75 calories - 10g carbs

5. Starchy Veggies/Legumes









Product	Serving
Campbell's Chunky Healthy Request Chicken Noodle	1/2 c.
Del Monte Peas No Salt Added	1/2 c.
Del Monte Whole Kernel Corn No Salt Added	1/2 c.
Goya Black Beans Reduced Sodium	1/3 c.
Goya Chick Peas Reduced Sodium	1/3 c.

75 calories - 15g carbs

6. Fruit/Yogurt

Fresh





Product	Serving
Banana	1/2
Berries	1 cup
Whole Fruit	1 small

Packaged







Brother's Banana	1 bag
Crisps Freeze Dried Strawberries	2 packs
Del Monte Diced Peaches No Sugar Added	2 cont.
Del Monte Mandrine Oranges No Sugar Added	1 cont.
Motts Applesauce (20 g carb)	2 pouches
Pom Poms Pomegranate	1/2 container

Yogurt





Dannon Light & Fit Greek Yogurt (8 carb)	1 carton
Oikos Triple Zero (120 calories)	1 carton
Chobani Original Non-Fat Plain (6g carb)	1 carton

75 calories - 15g carbs

7. Whole Grains

Crackers





Product	Serving
Blue Diamond Nut Thins Multi Seed	10 crackers
Nabisco Triscuit	5 crackers
Nabisco Reduced Fat Wheat Thins	12 crackers.

Snack Chips





Skinny Pop Popcorn	1 pkt
Sun Chips Original	11 chips
Late July Tortilla Chip (Kroger only)	8 chips

Other







Bear Naked Fit Granola - Vanilla Almond	3 Tbsp
Uncle Ben's Ready Rice Brown (20 g carb)	1/2 c. cooked
Quaker Lightly Salted Rice Cake	2.5 cakes
Dave's Killer Thin Sliced 21 Grain	1 slice
Ole Xtreme Wellness! High Fiber Keto Wraps	1 wrap

100 calories - 15g carbs

All product selections meet Fork Friendly nutrient criteria