



# LUNCH MEAT EXCHANGE

**Fork Friendly Selections (Cal/g carb)**

**Serving Size**

**Product Picture**

No more than 1 g saturated fat and no more than 7 mg sodium/calorie.

## Chicken

### Oscar Mayer

- Slow Roasted Chicken Breast (60/0) ----- 4 slices

### HEB

- Rotisserie Seasoned Chicken Breast (80/3) ----- 4 slices

### Boar's Head

- Golden Classic Chicken Breast (60/0) ----- 2 oz.

### Private Selection

- Golden Roasted Chicken Breast (60/2) ----- 3 slices



## Ham

### HEB

- Natural Honey Ham (70/4) ----- 4 slices

### Hillshire Farms

- Ultra Thin-Sliced Lower Sodium Honey Ham (70/5) ----- 4 slices

### Kroger

- Deli Style Smoked Ham (80/3) ----- 6 slices

### Oscar Mayer

- Natural Honey Uncured Ham (60/1) ----- 4 slices



## Roast Beef

### HEB

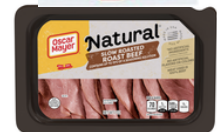
- Reserve Angus Roast Beef (60/0) ----- 2 oz.

### Hillshire Farms

- Ultra Thin Sliced Roast Beef (70/1) ----- 2 oz.

### Oscar Mayer Deli Fresh

- Natural Slow Roasted Roast Beef (60/1) ----- 6 slices



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## Turkey

### Applegate Naturals

- Oven Roasted Turkey Breast (50/1) ----- 2 slices

### Hillshire Farms

- Lower Sodium Turkey Breast (80/3) ----- 4 slices

### Private Selection

- Cracked Pepper Turkey Breast (50/1) ----- 3 slices

### HEB

- Oven Roasted Turkey Breast (60/1/) ----- 4 slices

- Peppered Turkey Breast (60/2) ----- 4 slices



HOW MUCH PROTEIN DO I NEED? [CLICK HERE TO CALCULATE.](#)

