

Protein

This section includes:

- Poultry
 - Fish
 - • **Lunch Meat**
 - Cheese
 - Other
-

Does protein have carbs?

Protein options are usually low-carb. However, certain protein options, like processed meat and breaded protein, will have carbs (think: chicken tenders). Also, dairy and legumes are two types of foods that contain both carbs and protein.

Keep an eye out for seasoned and breaded protein options. The poultry and fish sections have some options that are worth both one carb exchange and one protein.

| | Carbohydrate (grams) | Protein (grams) | Fat (grams) | Calories |
|-----------------|----------------------|-----------------|-------------|----------|
| Lean Meat | -- | 7 | 0-3 | 45 |
| Medium-fat meat | -- | 7 | 4-7 | 75 |
| High-fat meat | -- | 7 | 8+ | 100 |



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

Applegate Naturals

-Oven Roasted Chicken Breasts (50/0) ----- 3 slices

Boar's Head

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

Private Selection

- Golden Roasted Chicken Breast (60/1) ----- 3 slices



Ham

Applegate

-Black Forest Uncured Ham (70/1) ----- 2 slices

HEB

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

Hillshire Farms

- Ultra Thin-Sliced Lower Sodium ----- 4 slices

Honey Ham (70/5)

Kroger

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

Oscar Mayer

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



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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Roast Beef

Good & Gather

-Ultra-Thin Deli Sliced Roast Beef (80/1) ----- 2 oz.

HEB

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

-Deli Seasoned Roast Beef (90/2) ----- 2 oz.

Hillshire Farms

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

Marketside

-Natural Sliced Roast Beef (80/1) ----- 2 oz.



Turkey

Applegate Naturals

-Smoked Turkey Breast (50/1) ----- 2 slices

Good & Gather

-Lower Sodium Oven Roasted Turkey Breast) --- 2 oz.

Hillshire Farms

- Lower Sodium Turkey Breast (80/3) ----- 2 oz.

Natural

-Applewood Smoked Turkey Breast (60/2) ----- 2 oz.