

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.

Dietz & Watson

- Gourmet Chicken Breast (70/1) ----- 2 oz.



Ham

Applegate Naturals

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

HEB

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

Hillshire Farms

- Ultra Thin-Sliced Lower Sodium ----- 8 slices

Honey Ham (70/4)

Kroger

- Deli Style Smoked Ham (70/2) ----- 6 slices

Wellshire

- Black Forest Uncured Deli Ham (80/2) ----- 2 oz.



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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Roast Beef

Dietz & Watson

-Roast Beef (70/1) ----- 2 oz.

Good & Gather

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

HEB

- Reserve Angus Roast Beef (70/1) ----- 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 (60/2) ----- 2 oz.

Hillshire Farms

- Lower Sodium Turkey Breast (70/3) ----- 2 oz.

Market Side Natural

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

