

MEMBER HANDOUT • NUTRITION

# Try these Swaps

## HOW TO USE THIS LIST

Small changes add up. Trade one item at a time — the swap on the right is usually higher in protein, lower in added sugar or fat, and just as satisfying.

## BREAKFAST



Start your day with 30 g of protein.

| INSTEAD OF             | TRY                                                                              |
|------------------------|----------------------------------------------------------------------------------|
| Whole eggs             | Egg whites (or one egg with egg whites)                                          |
| Pork sausage or bacon  | Turkey sausage, chicken sausage, or turkey bacon                                 |
| Regular Greek yogurt   | Non-fat Greek yogurt with berries and chia seeds                                 |
| Bagel and cream cheese | Protein toast with reduced-fat cream cheese                                      |
| Waffles or pancakes    | Protein pancakes or waffles (Kodiak brand)                                       |
| Regular smoothie       | Protein shake, frozen berries, Greek yogurt, FF milk                             |
| Breakfast burrito      | Protein tortilla with turkey sausage, LF cheese, egg and egg whites with veggies |

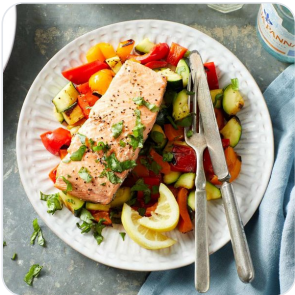
LUNCH



Lean protein + veggies keeps you full through the afternoon.

| INSTEAD OF                   | TRY                                                                                     |
|------------------------------|-----------------------------------------------------------------------------------------|
| Fried chicken                | Grilled chicken                                                                         |
| Rotisserie chicken with skin | Rotisserie chicken without skin                                                         |
| Chicken salad with mayo      | Chicken salad with non-fat Greek yogurt                                                 |
| Buffalo chicken              | Grilled chicken with Frank's hot sauce, non-fat Greek yogurt and ranch seasoning packet |

DINNER



Swap the base — same flavor, better numbers.

| INSTEAD OF        | TRY                               |
|-------------------|-----------------------------------|
| Spaghetti noodles | Zucchini noodles or protein pasta |
| French fries      | Sweet potato fries                |
| Fried rice        | Cauliflower rice                  |
| Fried fish        | Grilled or baked fish             |
| Ribeye steak      | Lean sirloin or filet             |

|                             |                                                                                  |
|-----------------------------|----------------------------------------------------------------------------------|
| Meatloaf with high-fat beef | Meatloaf with ground turkey or lean beef (or both)                               |
| Pizza                       | Flatbread with protein/low-carb tortilla/crust with turkey pepperoni and veggies |

SNACKS & EVERYDAY BASICS



The pantry swaps that quietly cut hundreds of calories a week.

| INSTEAD OF               | TRY                                         |
|--------------------------|---------------------------------------------|
| Peanut butter            | Peanut butter powder (PB Fit)               |
| Full-fat cottage cheese  | Fat-free cottage cheese                     |
| Whole or 2% milk         | Reduced-fat milk                            |
| Granola bar              | Protein bar                                 |
| Full-fat string cheese   | Light string cheese                         |
| Apples and peanut butter | Apple and PB powder mixed with Greek yogurt |
| Chips                    | Nuts (in moderation) or roasted edamame     |
| Mayo or sour cream       | Greek yogurt                                |
| Chips and dip            | Veggies and dip / hummus                    |
| Regular coffee creamer   | Protein shake                               |
| White bread              | Protein bread (Sola, Dave's)                |
| Granola                  | Chia or flax seeds                          |

NEXT STEP

**Coach tip.** Pick two or three swaps to focus on this week — not all of them at once. Bring the list to your next grocery trip and check off what you tried.