

## BALANCED Meal and Snack Resources

### Meals

- 3-5 oz meat (~the size of a deck of cards or a cell phone) + any of the following:
  - 1 cup brown rice + 1 cup steamed broccoli
  - ½ large baked sweet potato + 1 cup steamed cauliflower
  - 1.5 cups whole wheat pasta + 1 cup steamed green beans
- Any of the recipes from the BALANCE menu guide
- 1 Premier Protein premade shake + 1 small banana or 1.5 cups berries/melon
- 1 Premier Protein premade shake + ¾ cup cooked oatmeal
- 1 Orgain premade shake
- 2-3 hard boiled eggs + 1 mini bagel (such as Thomas brand) + 1-2 Tbsp light cream cheese
- Fast food options
  - McDonalds
    - 1 Egg McMuffin (no sausage)
    - 1 Quarter Pounder (no cheese)
  - Chik-fil-A
    - Original Chicken Sandwich
    - Grilled Chicken Sandwich
    - Grilled Chicken Club
    - 4-6 ct. Nugget w/small waffle fries
  - Taco Bell
    - 1 Fresco Burrito Supreme (chicken or steak)
    - 1 Chalupa Supreme (chicken, beef, or steak)
  - Subway
    - Any of the following 6 inch Sub with up to 1 FreshFit sauce (or no sauce; mustard is ok)
      - Black Forest Ham
      - Chicken Mango Curry
      - Chicken Tikka
      - Chicken Vindaloo
      - Cold Cut Combo
      - Italian BMT
      - Oven Roasted Chicken
      - Roast Beef
      - Steak and Cheese
      - Subway Club
      - Sweet Onion Chicken Teryaki
      - Chicken Breast
    - Any slider + bag of chips
  - Panera
    - Avocado, Egg White & Spinach on Sprouted Grain Bagel Flat
    - Egg & Cheese on Artisan Ciabatta

- Asian Sesame with Chicken - Half + apple or baguette
- BBQ Chicken Salad - Half + apple or baguette
- Fuji Apple with Chicken - Half + apple or baguette
- Green Goddess Cobb with Chicken - Half + apple or baguette
- Southwest Chile Lime Ranch with Chicken - Half
- Bacon Turkey Bravo on Tomato Basil - Half
- Classic Grilled Cheese on Classic White Miche - Half
- Chipotle
  -

#### Special Notes:

- For fast food options, a small side salad with a light dressing may be added. I've included when a small FF or chips can be included.
- For any meal or snack, a non-starchy (BONUS FOOD) can be added without affecting balance

#### Protein powder

For considerations on using protein powder watch [this video](#).

#### Snacks

| SALTY                                                                                                            | SWEET                                                                                   | COMBO                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 3 cups popped popcorn + 12 almonds or cashews                                                                    | 1 small green apple + 1 Tbsp nut butter                                                 | ¼-½ cup cottage cheese with ½ c. peaches or alternative fruit (can be fresh, frozen, or canned in 100% juice, drained) |
| ⅓ c hummus with any non-starchy vegetable (i.e. carrots, bell peppers, cucumbers, broccoli, cauliflower, etc)    | 15 grapes + 1 cheese stick                                                              | 12 almonds or cashews + 1 Tbsp chocolate chips                                                                         |
| 1 hard boiled egg white + 2-4 Tbsp guacamole + 10 tortilla chips                                                 | 1 single serve Chobani less sugar Greek yogurt (Dannon Light and Fit is another option) |                                                                                                                        |
| 2-3 slices deli lunch meat + 7 Triscuits (use a GF cracker of choice if needed) + 1 slice of cheese (if desired) |                                                                                         |                                                                                                                        |

### Meal and snack bar suggestions

Key for abbreviations below:

GF=Gluten Free

DF=Dairy Free

#### Frozen Meals:

- kashi creamy cashew noodle bowl (vegan)
- saffron road lamb saag w/ basmati rice (GF)
- saffron road lemongrass basil chicken w/ basmati rice (GF, DF)
- evol chicken enchilada bake (GF)
- frontera al pastor taco bowl (GF, DF)
- frontera barbacoa taco bowl (GF, DF)
- trader joe's lamb vindaloo (GF, DF)
- trader joe's chicken tikka masala (GF)
- trader joe's korma fish curry (GF, DF)
- trader joe's chicken burrito bowl (GF)
- trader joe's cuban style citrus garlic bowl (GF, DF)
- lean cuisine alfredo pasta w/ chicken and broccoli
- lean cuisine chicken club panini
- lean cuisine chicken fettuccini
- lean cuisine chicken fried rice (GF)
- lean cuisine parmesan chicken
- lean cuisine chicken teriyaki
- lean cuisine four cheese tortelloni w/ pesto (vegetarian)
- lean cuisine spaghetti and meatballs
- lean cuisine shrimp alfredo
- lean cuisine sesame stir fry w/ chicken (DF)
- lean cuisine philly-style steak & cheese panini
- lean cuisine parmesan crusted fish
- lean cuisine maple bourbon chicken
- lean cuisine lasagna w/ meat sauce
- lean cuisine glazed chicken (DF)
- lean cuisine garlic sesame noodles w/ beef (DF)
- lean cuisine unwrapped chicken burrito (GF)
- lean cuisine tortilla crusted fish
- lean cuisine sweet & spicy korean-style beef (GF, DF)
- lean cuisine swedish meatballs
- lean cuisine spinach, artichoke, & chicken panini
- lean cuisine spicy baja-style chicken (GF, DF)
- lean cuisine vermont white cheddar mac & cheese (vegetarian)
- blake's cottage pie, turkey & bacon (GF)
- blake's shepherds pie (GF)
- sprout's chicken vindaloo (GF, DF)
- red's chicken & cheddar enchiladas

- starlite enchiladas verdes (GF, vegan)
- starlite enchiladas rojas (GF, vegan)
- cedarlane chicken souvlaki (GF)
- cedarlane 3 layer chicken enchilada (GF)
- cedarlane chicken shawarma
- cedarlane chicken fajita (GF)
- cedarlane vegan lasagna (GF, vegan)
- sweet earth curry tiger
- sweet earth pizza mac & cheese
- scott & jon's shrimp alfredo
- healthy choice power bowls, italian chicken sausage & peppers (GF)
- healthy choice power bowls, chicken feta & farro
- healthy choice power bowls, shiitake chicken (DF)
- healthy choice power bowls, sweet & zesty BBQ seasoned pork (GF, DF)
- healthy choice power bowls, adobo chicken (GF)
- healthy choice power bowls, cuban-inspired pork (GF)
- healthy choice power bowls, green goddess (GF, DF, vegan)
- healthy choice power bowls, meatless be'f & vegetable stir fry (DF, vegan)
- healthy choice café steamers, creamy chicken & noodles
- healthy choice café steamers, grilled chicken pesto w/ vegetables
- healthy choice café steamers, chicken fettuccini alfredo
- healthy choice café steamers, chicken margherita w/ balsamic (DF)
- healthy choice café steamers, crustless chicken pot pie
- healthy choice café steamers, grilled chicken marinara w/ parmesan
- healthy choice café steamers, spaghetti & meatballs
- healthy choice café steamers, sweet sesame chicken (DF)
- healthy choice café steamers, sweet & spicy orange zest chicken (DF)
- healthy choice classics, chicken parmigiana
- healthy choice classics, homestyle salisbury steak (GF)
- healthy choice simply steamers, kung pao chicken (DF)
- healthy choice simply steamers, beef & broccoli (DF)
- healthy choice simply steamers, meatball marinara
- healthy choice simply steamers, chicken fried rice (DF)
- healthy choice simply steamers, beef & red chili sauce (GF)

#### Snacks/bars

- think! protein + 150 calorie bar (GF)
- rxbar minis (GF, DF)
- luna protein minis (GF)
- [extend nutrition](#) (GF, some options DF)
- go raw sprouted seed trail mix bars (GF, DF)
- kize bars (GF)
- power crunch bar
- bulletproof collagen protein bar (GF, DF)

- mct bars (GF, DF)
- dang keto bars (GF, DF)
- good to go snack bars (GF, DF)
- onnit protein bites (GF)
- fody foods snack bars (GF, DF)
- hemp yeah! Bars (GF, DF)
- orgain organic protein bars (GF, DF)
- raw rev glo bars (GF, DF)
- nugo egg white protein bars (GF, DF)
- built bar (GF)
- unite protein bar (GF, DF)
- evo hemp organic protein bars (GF, DF)
- health warrior bars (GF, DF)
- tone it up bars (GF, DF)
- [88 acres seed bars](#)
- [blake's seed based bars](#) – may need a little extra protein
- [kube ba life bars](#)
- [libre naturals protein bars](#)
- [liv bars](#)
- [go raw sprouted seed trail mix bars](#)
- [enjoy life protein bites](#)
- Aloha
- [Stars & Honey](#)

## meal delivery services

- . [prefare:](#)
  - . pre-prepped ingredients
  - . 15 minutes or less to cook
  - . partner with local business in Colorado
  - . 2 vegetarian, 2 eat dishes, & 1 seafood dish a week
  - . no specific nutritional information, but there is a 500 calorie or less option
- . [fresh 'n' lean:](#)
  - . everything is fully cooked, just have to reheat
  - . protein + is pretty high in protein & fat
  - . paleo is usually right on track, but can be lower on the carbs
  - . standard vegan also has some that fit the plan, but usually low on protein
- . [my fit foods:](#)
  - . delivery or pick-up options in Denver
  - . 90% of the menu is GF
  - . menu changes every quarter
  - . meals are fully prepared and just require reheating
  - . current meals that fit:
    - ... small chicken alfredo (GF, not DF)
      - . 12 F, 31 C, 28 P
    - ... small chicken fried rice (GF, DF)
      - . 6 F, 35 C, 30 P
    - ... small fit chicken (GF, not DF)
      - . 10 F, 45 C, 26 P
    - ... small fit turkey pasta (GF, not DF)
      - . 12 F, 33 C, 28 P
    - ... small jalapeño chicken rice (GF, not DF)
      - . 15 F, 30 C, 28 P
    - ... small lean lemon turkey (GF, DF)
      - . 9 F, 30 C, 28 P
    - ... regular mile high bbq chicken (GF, DF)
      - . 15 F, 35 C, 35 P
    - ... small salmon alfredo (GF, not DF)
      - . 18 F, 28 C, 24 P
    - ... small shredded beef & broccoli (GF, not DF)
      - . 14 F, 31 C, 24 P
    - ... small tenderloin & sweet potato (GF, not DF)

- . 12 F, 26 C, 29 P
- ... small turkey mac (GF, not DF)
  - . 13 F, 29 C, 28 P
- ... white bean chicken chili (GF, not DF)
  - . 13 F, 30 C, 34 P
- ... small fit griddle breakfast (GF, not DF)
  - . 12 F, 31 C, 27 P
- ... small good morning (GF, not DF)
  - . 12 F, 34 C, 31 P
- ... small steak and eggs (GF, DF)
  - . 7 F, 32 C, 31 P
- ... steel cut oat (GF, DF)
  - . 10 F, 30 C, 24 P
- . [diet to go](#):
  - . fully cooked, just need to reheat
  - . hard to find nutrition, but most of the balance or balance diabetes plans fit within the recommendations, just are going to have to look at each one
- . [sunbasket](#):
  - . simple cooking or heat-only instructions
  - . most meals take about 30 minutes to prepare
  - . several different options, but will need to look at macro breakdown on each
- . [metabolic meals](#):
  - . just have to reheat meals
  - . menu changes weekly
  - . several different options, but will need to look at macro breakdown