



PROTEIN EXCHANGES - LUNCH MEAT

Fork Friendly Selections (carb)

Serving Size

Product Pictures

All Fork Friendly Selections contain 100 calories per serving.

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

Chicken

Applegate Naturals

-Oven Roasted Chicken Breast (0) ----- 6 slices

HEB

-Rotisserie Seasoned Chicken Breast (0) ----- 6 slices

Kroger

-Deli Thin Sliced Oven Roasted ----- 8 slices
Chicken Breast (3)

Private Selection

-Golden Roasted Chicken Breast (4) ----- 5 slices



Ham

HEB

-Natural Black Forest Uncured Ham (2) ----- 6 slices

Hillshire Farms

-Ultra Thin-Sliced Lower Sodium ----- 8 slices
Honey Ham (4)

Kroger

-Deli Style Smoked Ham (2) ----- 8 slices

Oscar Mayer

-Deli Lower Sodium Honey Ham (1) ----- 3 slices



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Roast Beef

HEB

-Reserve Angust Roast Beef (2) ----- 5 slices

Oscar Mayer Deli Fresh

-Slow Roasted Roast Beef (1) ----- 5 slices



Turkey

Applegate Naturals

-Oven Roasted Turkey Breast (2) ----- 4 slices

HEB Reserve

-All flavors (2) ----- 6 slices

Hillshire Farms

-Lower Sodium Turkey Breast (5) ----- 8 slices

Hormel Natural Choice

-Oven Roasted Deli Turkey (2) ----- 6 slices

Private Selection

-Cracked Pepper Turkey Breast (4) ----- 6 slices



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

