

TLC Diet Plan

Here is a list of safe food groups for a TLC Diet. Refer to the servings for your Meal Plan.

Food Group	Number of Servings	Serving Size
Whole Grains	1	1 cup oatmeal
Fruits 1 cup mixed berries	1	1 cup mixed berries
Nuts/Seeds	1	Handful of almonds
Low-Fat Dairy (or alternative)	1	1 cup low-fat yogurt
Lean Protein	1	4 oz grilled chicken
Vegetables	2	Mix Salad with Vegies
Whole Graina	1	1 cup of quinoa
Healthy Fats	1	1 tablespoon of olive oil
Fatty Fish	1	6 oz baked salmon
Vegetables	2	Steamed broccoli and cauliflower
Whole Grains	1	1 sweet potato or whole grain roll
Healthy Fats	1	1 tablespoon avocado

Meal Plan

Breakfast	Lunch	Dinner	Snacks
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Shopping List

Produce	Fridge	Pantry	Extras
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