

How to Build a Meal

1. Choose one or more non-starchy vegetables

Non-Starchy Vegetables

Asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, collard greens, green beans, kale, spinach, tomatoes, zucchini, etc

2. Choose a protein

Nutrient Dense Proteins

Wild salmon, sardines, shrimp, scallops, clams, oysters, and other fish
Beans and lentils*
Pasture raised poultry and eggs
Wild game meats
Lean cuts of grass fed beef & pasture raised pork
Grass fed, organic dairy (plain Greek yogurt*, cottage cheese)
Organic, non GMO whole soy foods (tempeh, tofu, edamame)

*also contains carbohydrates

3. Choose a carbohydrate

Nutrient Dense Carbohydrates

Whole intact grains (steel cut oats, quinoa, wheat berries, amaranth, teff, spelt berries, millet, brown rice, etc)
Potatoes (sweet, purple, Yukon gold, etc)
Winter squash
Corn
Peas
Whole fruit
Beans and lentils
Grass fed, organic dairy

4. Choose a fat

Healthy Fats

Raw nuts and seeds
Natural nut butters (no added sugar)
Avocado
Extra virgin olive oil
Organic virgin coconut oil (small amounts)
Grass fed butter and ghee (small amounts)

5. Fill Your Plate!

