

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, zucchini, etc.

2. Choose a protein

Quality Proteins

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

*also contains carbohydrates

3. Choose a carbohydrate

Nutrient Dense Carbohydrates

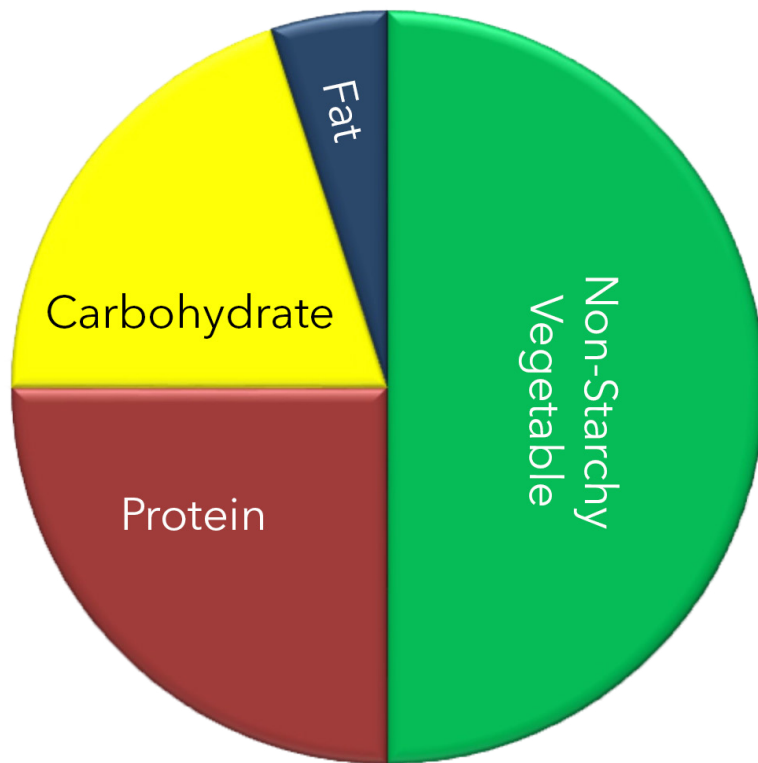
Whole intact grains (steel cut oats, quinoa, wheat berries, amaranth, teff, spelt berries, millet, sorghum, brown rice, etc.)
Potatoes (sweet, purple, Yukon gold, etc.)
Winter squash, plantains, parsnips, turnips
Whole fruit
Beans and lentils
Grass fed, organic dairy

4. Choose a fat

Healthy Fats

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

5. Portion Your Plate



Tips to Live By

- Eat the colors of the rainbow every day: **ROY G BIV**.
- Choose whole and minimally processed foods.
- Anchor every meal and snack with adequate protein and healthy fat.
- Limit added sugar.
- Eliminate sweetened and artificially sweetened drinks.
- Stay hydrated with plenty of water.

Cooking Oils

High Heat: Coconut, Grapeseed, Avocado

Moderate Heat: Olive, Unrefined Sesame

How to Build a Snack

Portions and the need for snack(s) may vary based on individual needs

1. Choose an Anchor

Quality Protein

Beans, ½ cup
Edamame, ¼ cup shelled
Hard-boiled egg, 1
Hummus, ¼ cup
Natural deli meats, 2-3 slices
Tuna, 1½ oz
Unsweetened, clean jerky
Unsweetened protein powder, 2 Tbsp

Grass-Fed, Organic Dairy

Cottage cheese, ½ cup
Pure cheese, ¾-1 oz
Plain Greek yogurt, 4-6 oz

Healthy Fat

Raw Nuts and Seeds

Almonds, cashews, pecans, walnuts, 10
Peanuts, 20
Pumpkin or sunflower seeds, 2 Tbsp
Chia, flax or hemp seeds, 2 Tbsp

Natural Nut or Seed Butter

Almond butter, 1 Tbsp
Cashew butter, 1 Tbsp
Peanut butter, 1 Tbsp
Sunflower seed butter, 1 Tbsp

Avocado, ¼
Guacamole, ¼ cup
Olives, 6-8
Tahini, ¼ cup

2. Choose a Fuel (optional)

Nutrient Dense Carbohydrate

Fruits

(¼ cup dried, ½ cup fresh/frozen or 1 piece)

Apple	Grapes
Banana	Orange
Berries	Peach
Cherries	Pear

Vegetables

Bell peppers	Celery
Broccoli	Radishes
Carrots	Snap peas
Cauliflower	Tomatoes

Grains and Starches

Sweet potato, 4 oz (size of computer mouse)
Baked potato, 4 oz (size of computer mouse)
Beans, ½ cup
Air-popped popcorn, 3 cups
Steel cut oats, ½ cup cooked
Whole grain crackers, 5-6
Whole wheat bread, 1 slice

Dairy

Milk, 1 cup
Regular plain yogurt (non-Greek), 4-6 oz
Plain kefir, 1 cup

