

Eating Guidelines

- Meal every 4 hours
- 2-4 meals per day



Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein = 1 palm



A serving of vegetables = 1 fist



A serving of carbs = 1 cupped hand



A serving of fats = 1 thumb

HOW TO BUILD A PLATE:



Two palm-sized portions; i.e. meat, fish, eggs, cottage cheese

STEP 1 | PROTEIN



Two fist-sized portions; i.e. broccoli, salad, carrots, spinach

STEP 2 | VEGETABLES



Two cupped hand sized portions; i.e. grains, beans, starches, and fruits

STEP 3 | CARBS



Two thumb-sized portions; i.e. oils, nuts, butters, and seeds

STEP 4 | FATS

HELP WHAT DO I EAT!?!

NEED CARBS + FAT

Chia Seeds
Fruit & Nut Butter
Berries & Coconut Milk
Peanut Butter & Banana
Chocolate Bar
Coconut Cookies

Nut Butter Fudge
Avocado Toast
Bread & Olive Oil
Donuts
Fries
Dried Coconut Flakes

Coconut Flour
Potato Chips
Tortilla Chips
Popcorn & Butter
Fried Plantains in Oil
Chocolate Covered Fruit

NEED CARBS

Fruit
Dried fruit
Potatoes
Squash
Root Veggies (Taro)
Rice
Honey / Syrup
Corn Tortillas
Popcorn (Plain)
Jam/Jelly
Gummies / Candy
Kombucha
Juice / Gatorade
Cereal
Breads
Balsamic Vinegar
Barbecue Sauce
Sundried Tomatoes
Wine / Beer

NEED PROTEIN

Deli Meat
Egg Whites
Whey Protein
Turkey Breast
Chicken Breast
Pork Tenderloin
Turkey Jerky
Soy / Tofu
Shrimp
Canned Tuna in Water
Black Bean Pasta
Cod / Flounder
Non-fat Cottage Cheese
Non-fat Ricotta
Collagen Peptides
Bone Broth (fat removed)

NEED FAT

Olive Oil
Olives
Avocado
Coconut Oil
Coconut Milk
Almonds
Walnuts
Brazil Nuts
Nut Butter
Mayonnaise
Butter / Ghee
Bone Marrow
Fish Oil
Sesame Oil
Flaxseeds
Hemp Hearts
Salad Dressing
90%+ Dark Chocolate
Almond Flour

NEED CARBS + PROTEIN

Non-Fat Flavored Yogurt
Oats + Yogurt + Whey
Crackers & Deli Meat
Protein Shake & Fruit
Fruit & Non-fat Yogurt
Egg Whites & Potatoes
Tuna-Rice Poke-Bowl
Quinoa or Wild Rice
Beans / Lentils / Peas
Whole Wheat Bread
Cereal & Skim Milk
Whole Grain Crackers
Non-Fat Sorbet / Fro-yo
Veggie Burger
Fat Free Pudding
Non-Fat Chocolate Milk

NEED PROTEIN + FAT

Hummus
Cheese...ALL The Cheese!
Nut Butter
Steak / Beef
Eggs, Egg Yolks
Canned Oysters / Sardines
Bacon / Pork Belly
Whole Milk
Plain Whole Yogurt / Dairy
Full Fat Sour Cream
Cottage Cheese
Chorizo / Sausage
Chicken Thighs
Salmon, Fatty Fish
Coconut Milk Protein Shake
Beef / Pork Jerky

HIGH VOLUME LOW MACROS

SNACKS

Seaweed Strips
Air-Popped Popcorn
Sugar Free Jello
Rice Cakes
Shirataki Noodles
Celery / Carrots

FRUITS & VEGGIES

Cucumbers
Celery
Zucchini
Cauliflower
Mushrooms
Cabbage
Radishes
Pickles
Blueberries
Strawberries
Lemon / Lime
Sprouts

BEVERAGES

Seltzer Water
Iced Tea
Hot Tea
Coffee
Kombucha
Cashew Milk
Almond Milk
Zero Vitamin Water
Water & Lemon
Flavored Water
Chicken Broth

CONDIMENTS

Salsa
Mustard
Apple Cider Vinegar
Kimchi
Sauerkraut
Lemon/Lime Juice
Coconut Aminos
Hot Sauce
Horseradish
Fish Sauce
Non-Fat Sour Cream
Non-Fat Cottage Cheese
Nutritional Yeast
PB2 + Water
Lakanto Maple Syrup