

Eating Guidelines

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

PORTION CONTROL FOR WOMEN



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:



STEP 1 PROTEIN

One palm-sized portion; i.e. meat, fish, eggs, cottage cheese



STEP 2 VEGETABLES

One fist-sized portion; i.e. broccoli, salad, carrots, spinach



STEP 3 CARBS

One cupped hand sized portion; i.e. grains, beans, starches, and fruits



STEP 4 FATS

One thumb-sized portion; i.e. oils, nuts, butters, and seeds

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