

PFCs List - Healthier options for planning meals and snacks.

PROTEINS

SERVINGS: 1-2 PALM SIZE

LEAN PROTEINS:

- CHICKEN
- TURKEY
- EGGS WHITES
- LEAN FISH
- SHELLFISH
- BISON
- VENISON
- LOIN-TYPE BEEF
- HEMP

NON-LEAN PROTEINS:

- GROUND/OTHER BEEF
- WHOLE EGGS
- FATTY FISH (EX.SALMON)
- PORK
- LAMB

FATS

SERVINGS: 1 SMALL PALM FULL (SOLIDS)

OR 1 THUMB SIZE (OILS)

- AVOCADO

NATURAL NUT BUTTERS:

- ALMOND
- PEANUT
- CASHEW

OILS

- AVOCADO
- COCONUT
- MACADAMIA
- OLIVE
- PEANUT
- SESAME

RAW NUTS:

- ALMONDS
- CANDLENUTS
- PEANUTS
- PECANS

SEEDS:

- CHIA
- FLAX
- PUMPKIN/PEPITA
- SESAME
- SUNFLOWER



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CARBOHYDRATES

SERVINGS: 1-2 FIST SIZE

GRAINS:

- OATS
- QUINOA
- BROWN RICE
- ANCIENT WHEAT (EINKORN, KAMUT, ETC)

FRUITS:

- APPLES
- BANANA (½)
- BERRIES
- CHERRIES
- GRAPES
- GRAPEFRUIT
- MANGO
- MELON
- ORANGES
- TOMATO
- TROPICAL FRUITS
- ETC.

VEGETABLES:

- BEETS
- CARROTS
- CAULIFLOWER & CAULIFLOWER RICE
- EGGPLANT
- SQUASH
- CUCUMBER
- LEAFY GREENS
- CELERY
- ASPARAGUS
- BROCCOLI
- ETC.

FREE FOOD ITEMS! - NO LIMITS AT ALL:

HERBS:

- BASIL
- PARSLEY
- ROSEMARY
- THYME
- CILANTRO
- ETC.

SPICES:

- CINNAMON
- GARLIC
- GINGER
- MUSTARD
- NUTMEG
- ETC.

NATURAL SWEETENERS:

- MONK FRUIT
- STEVIA
- ERYTHRITOL
- RAW HONEY

