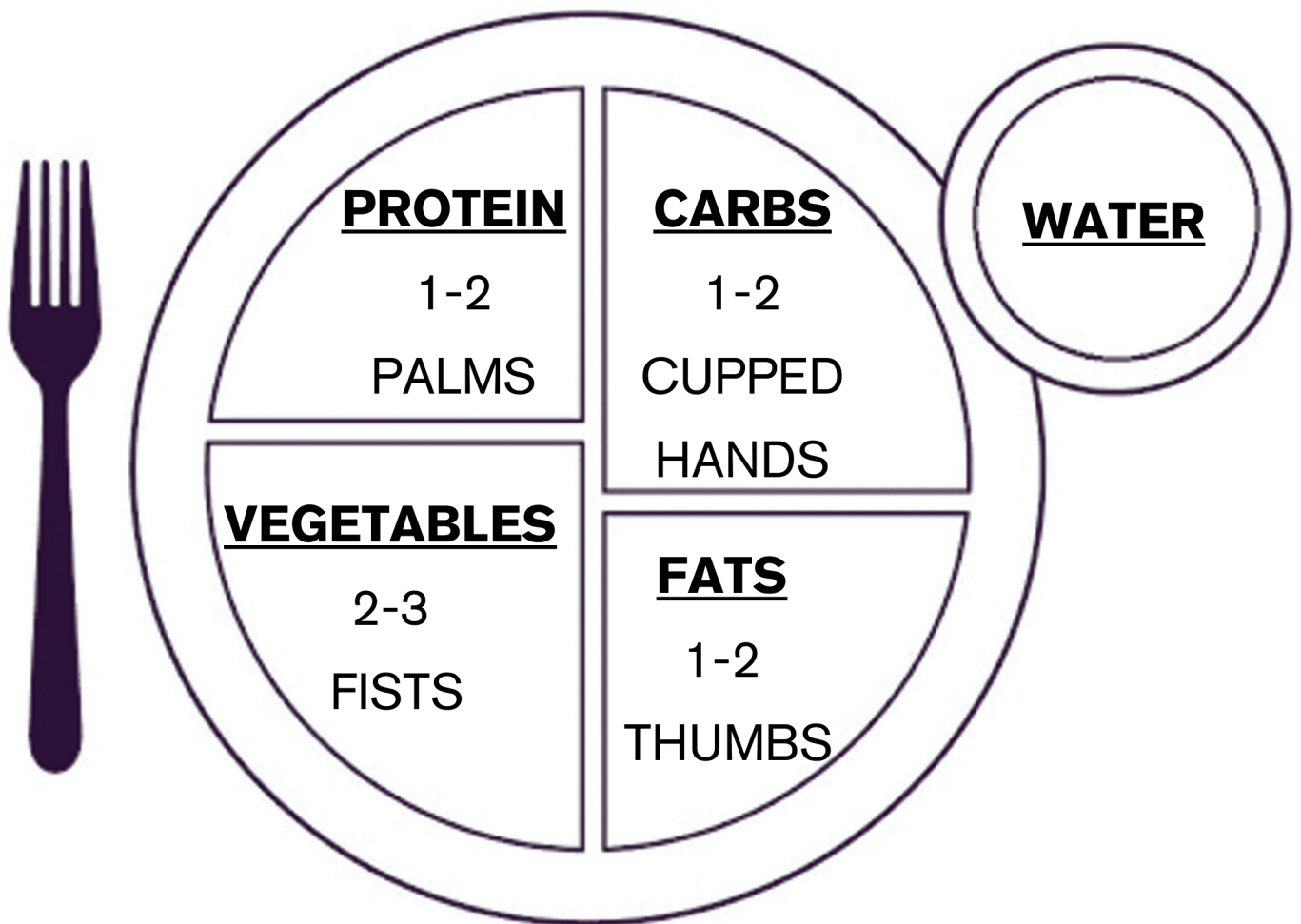
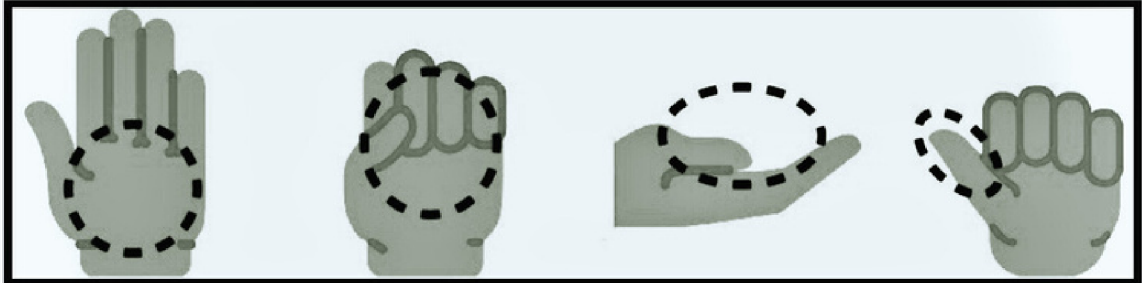


Portion Guide

Use Your Hand to Make Your Plate



These are the recommendations per plate. Depending on your goals, enjoy 3-6 plates per day.

Macro Guide

A BALANCED PLATE WILL HELP YOU FEEL SATISFIED AND GIVE YOU ENERGY.
USE THIS LIST AS A GUIDE WHEN MAKING YOUR PLATE.



PROTEINS

- CHICKEN BREAST ▪ TURKEY BREAST
- EXTRA-LEAN BEEF
- 97% LEAN GROUND MEATS
- EGG WHITES
- TUNA, COD, TILAPIA
- SHRIMP, SCALLOPS
- PROTEIN POWDER ▪ TOFU ▪ SEITAN
- GREEK YOGURT ▪ COTTAGE CHEESE

CARBS

- WHEAT ▪ RICE ▪ OATS
- CORN ▪ QUINOA ▪ BUCKWHEAT
- PASTA / NOODLES ▪ BREADS
- BREAKFAST CEREALS
- POTATOES & SWEET POTATOES
- STARCHY VEGETABLES
- FRUIT

FATS

- BUTTER & GHEE
- CREAM ▪ CHEESE
- MAYONNAISE ▪ DRESSINGS
- OIL ▪ OLIVES ▪ AVOCADO
- FLAX SEEDS ▪ COCONUT
- SUNFLOWER SEEDS
- WALNUTS ▪ PEANUTS
- ALMONDS ▪ CASHEWS
- NUT & SEED BUTTERS
- OTHER TREE NUTS