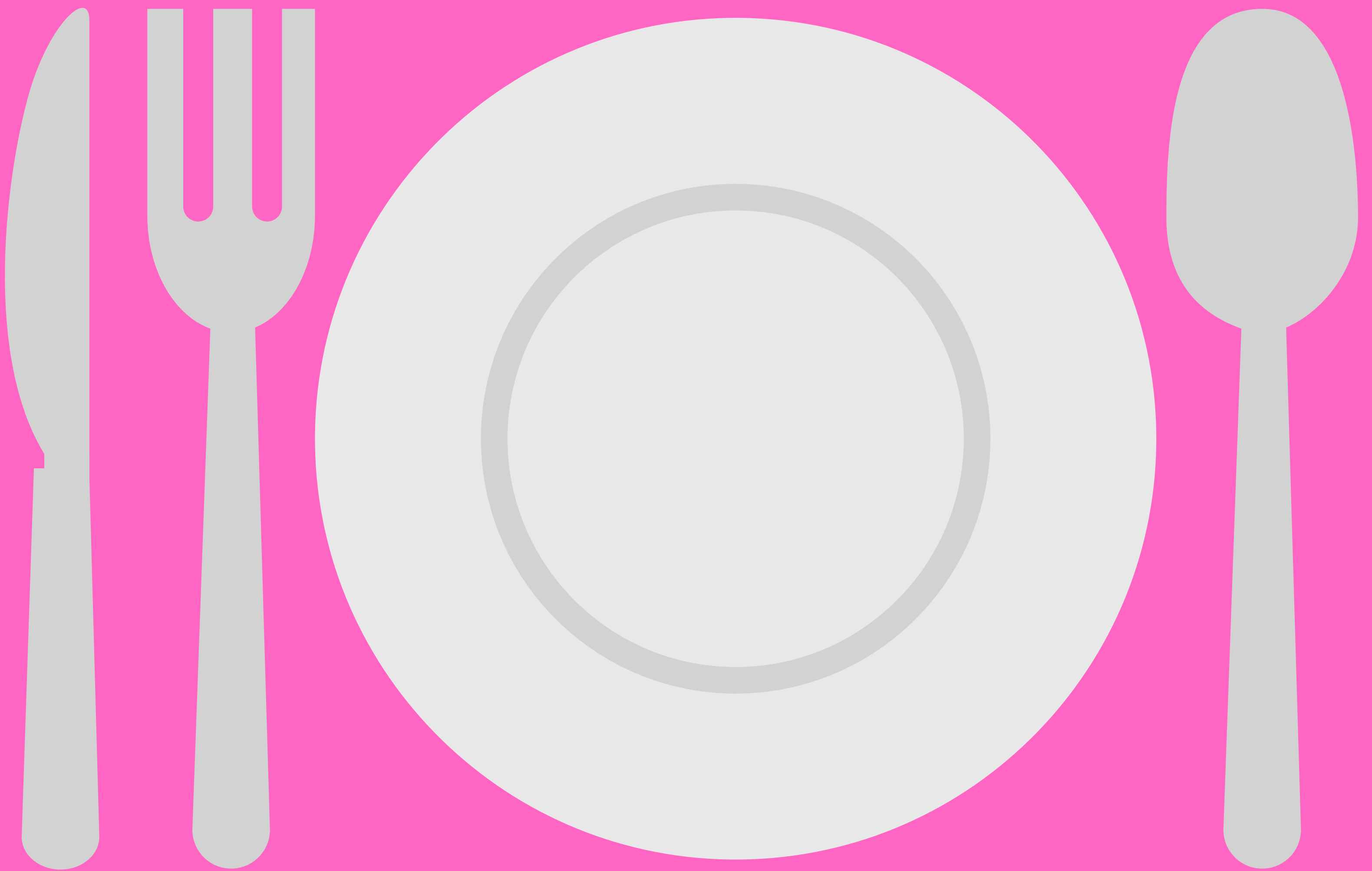


How to build a healthy plate



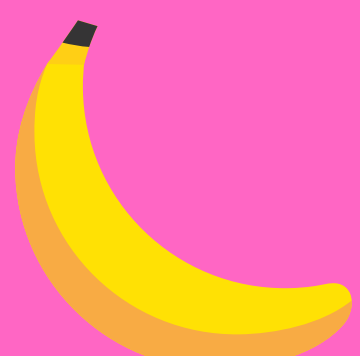
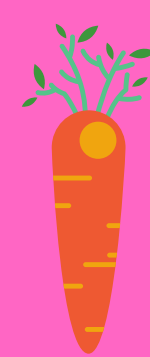
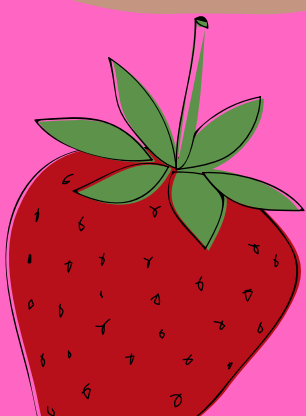
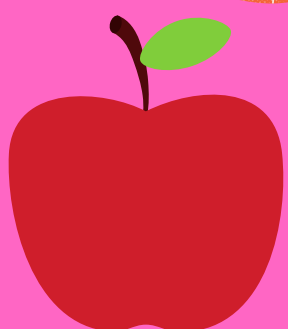
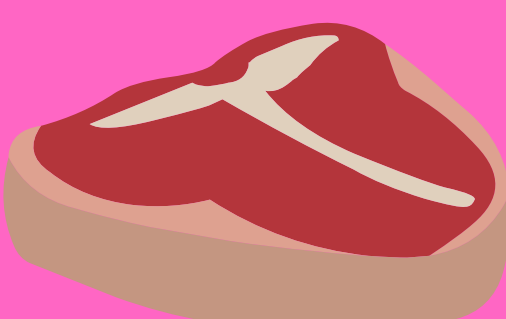
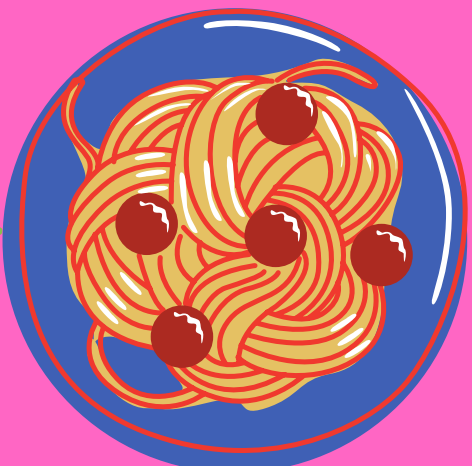
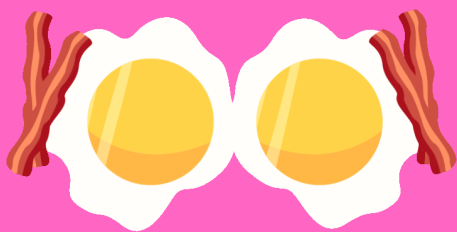
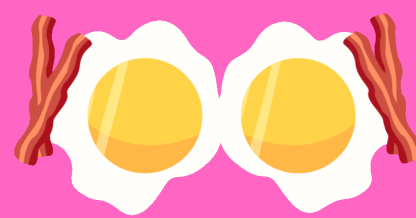
Food Guidelines

We want to focus on getting in whole foods 80% of the time. When you think of whole foods think of foods that come from the ground, land, or sea. They are in their natural form. The other 20% will come from the foods that feed your soul! Whatever that means to you.

Here is what CONSISTENCY looks like



Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Whole Food

Recommendations

This is a starting point. You can mix and match here by selecting a protein, fat, carb, and veggie from this list

Protein	Fats	Carbs	Veggies
Grass fed beef	Almonds	Sweet Potatoes	Spinach
Wild caught salmon	Walnuts	Red Potatoes	Mixed Green
Ground turkey	Pumpkin Seeds	White Potatoes	Arugula
Bison	Macadamia Nuts	Brown Rice	Bok Choy
Pork Chop	Cashews	White Rice	Broccoli
Shrimp	Pistachios	Oatmeal	Brussel Sprout
Wild Caught White Fish	Avocado	Quinoa	Cabbage
Chicken	Avocado oil	Sprouted Grains	Cauliflower
Lamb	Extra virgin olive oil	Bananas	Kale
Elk	Ghee	Raspberries	Spouts
Greek Yogurt	Grass Fed Butter	Blueberries	Cucumbers
Cottage Cheese	Nut Butters	Blackberries	Peppers
Eggs	Coconut Oil/Milk	Pineapple	Asparagus
Tempeh	MCT Oil	Watermelon	Green Beans
Tofu		Mangos	Carrots
		Cherries	Celery
		Grape Fruit	Egg Plant
		Peaches	Peas
		Kiwi	Zucchini
		Beans	Squash
		Peaches	
		Lentils	

What to do if you cant get whole foods

Like I mentioned we want to focus on getting in whole
in? foods 80% of the time.

When you think of whole foods think of foods that come from the ground, land, or sea. They are in their natural form.

Now I know just how busy life can be and you might be thinking well what if I dont have time to make these whole foods from scratch??

You can find whole food selections in the frozen and prepackaged aisles. I love to use these type of things on busy nights or if I am running low on groceries!

Bagged salads

Rice packets

Frozen veggies

Frozen/cold meats

Canned meats

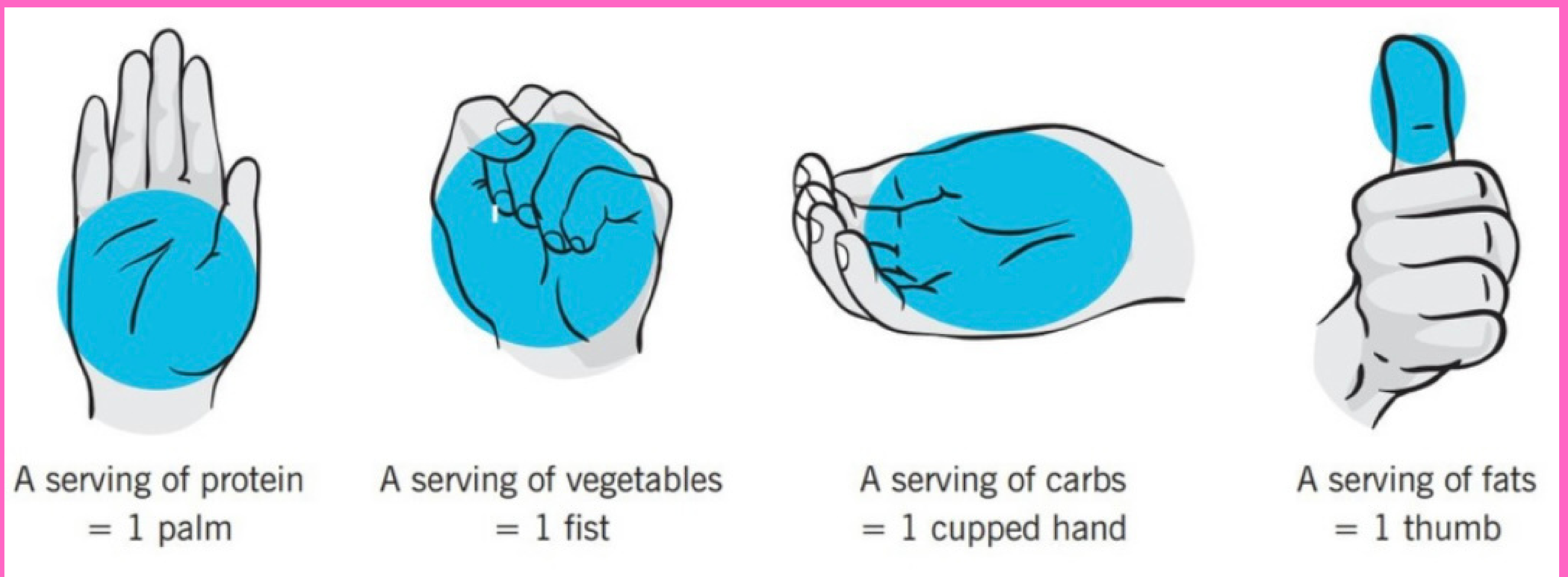
Deli meats (look for natural/nitrate free brands) Frozen potatoes...yes this includes frozen fries :)

Serving Sizes

If tracking calories isn't for you We are going to use our hands as guidelines to build a healthy plate.

Its a super easy way to gauge are you getting an appropriate serving of protein, fats, carbs, and veggies with no food scale or measuring cups required!

Please see the below visual by macronutrient



Step 1: Protein

Start with a palm size portion of protein
Or you could think of it as protein taking
up a 1/4 of your plate



Step 2: Veggies

Next add a fist size serving of veggies to your
plate

Sometimes I even like them to take up half of
my plate for some extra nutrients and fiber



Step 3: Carbs

Next we are going to add a cupped handful of carbs to our plate

Don't be afraid of carbs! they are our bodies preferred source of energy. Espeically if you are working out these are great to have post work out for recovery



Step 4: Fats

Lastly we will add our serving of healthy fats

Be careful because these will for sure add up! Especially on salads between the dressing and toppings.

I typically like to use my fat source while cooking my veggies or protein (olive oil, duck fat, avocado oil, butter, ect...)



What to do if you feel stuffed or hungry?

We use these recommendations as a starting point.

During this process I do want you listening to your body.

If you are hungry try adding in a Protein+Veggie/Fruit as a snack

If you are feeling full, remove one of your snack options

If you have any questions, please let me know!