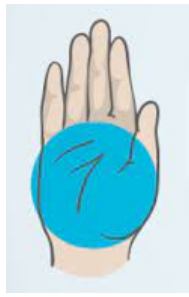




# HOW TO BUILD A HEALTHY MEAL

Portions per meal with examples (your individual needs may vary)

**PROTEIN**  
20-30g



Organic preferred:

- Eggs (2 eggs= 12g)
- Chicken (3oz = 20g)
- Fish (3oz = 20g)
- Beef (3oz = 20g)
- Deli meats (3oz=20g)
- Bone Broth (8oz =5- 10g)
- Collagen or Protein powder (varies)
- Beans/legumes (1c = ~15g)
- Tofu or tempeh (3oz = ~ 16g)
- Edamame (3oz = 10g)
- Cottage Cheese (3/4c = ~ 18g)
- Hard cheese (1oz = ~ 7g)
- Greek Yogurt, plain (3/4c = ~16g)
- Quinoa ( 1c = ~ 8g)



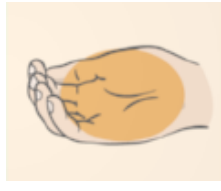
**VEGGIES**  
1/2-1 cup



- |             |                 |              |               |
|-------------|-----------------|--------------|---------------|
| Broccoli    | Brussel sprouts | Arugula      | Romaine       |
| Cabbage     | Onions          | Spinach      | Mushrooms     |
| Asparagus   | Garlic          | Kale         | Artichoke     |
| Cauliflower | Leeks           | Collard      | Celery        |
| Bok Choy    | Chives          | Mixed greens | Summer squash |
| Radish      | Shallots        | Chard        | Zucchini      |



**CARBS**  
(starches & fruits)  
1/2-1 cup



- |                  |                              |                    |
|------------------|------------------------------|--------------------|
| Spaghetti squash | All whole fruits (not juice) | Whole wheat pasta  |
| Butternut squash | All beans/lentils/legumes    | Chickpea pasta     |
| Sweet potatoes   | Quinoa                       | Whole grain bread, |
| Carrots          | Millet                       | Corn on the cob    |
| Beets            | Brown or white rice          | Plantains          |
| Potatoes         | Unsweetened oats             | Yucca              |



**HEALTHY FATS**  
can vary



- Extra virgin Olive oil
- Avocado Oil (for cooking)
- Coconut oil (for cooking)
- Nut butter



- Nuts and seeds
- Avocado
- Olives
- Coconut

## REMEMEBER!



- Avoid refined oils such as: canola, soybean, corn, and margarine
- Reduce processed foods, fast-food, white flour, and added sugars.
- Eat 3 meals a day and 1-2 snacks. Avoid grazing or skipping meals.
- Prioritize nutrient rich foods like colorful plants and animal protein
- Tune into when your body is hungry and satisfied.