

**For a full meal: Choose a Protein Source, 1-2 Complex Carbohydrates, and as many servings of Vegetables & Greens as you'd like.**

### **Protein Source**

Meat (4 oz raw/3 oz cooked)

Chicken (light or dark)

Turkey (light or dark)

Beef

Fish (any)

Lamb

Egg (1)

Legumes (1/2 cup, cooked)

Pinto beans

Black beans

White beans

Dals

Nuts/nut butters (1/4 cup/1 oz)

Almonds

Walnuts

Pistachios

Pecans

Hazelnuts

Macadamia

Dairy (1/4-1/2 cup, full fat) (if taken)

Yogurt

Milk

Cream

Half and Half

Cottage cheese

Cream cheese (up to 1 oz)

(Choose one per meal/snack)

### **Complex Carbohydrate Source**

Grain (1/2 cup cooked)

Rice (white or brown)

Wheat (whole grain)

Oats (groats/steel cut/rolled)

Quinoa

Starchy Vegetables (1/2 cup cooked)

Potato

Sweet potato

Corn

Carrots

Winter squash

Peas

(May take both if appetite allows)

### **Oils & Sweeteners**

Oils

Ghee

Sesame

Almond

Walnut

Olive

Sweeteners

Raw sugar

Molasses

Honey

(Oils: up to 1 Tbsp with meals,  
Sweeteners as desired)

### **Vegetables and Greens**

Vegetables 1/2-1 cup

Avocado

Beet

Broccoli

Celery

Fennel

Garlic

Green beans

Okra

Onion

Peppers

Radishes

Sprouts

Tomato

Zucchini

Greens 1/4 -1/2 cup (cooked with  
ghee/oil and spices)

Chard

Collards

Kale

Lettuce

(Always have vegetables, may have multiple. May prep vegetables in blends. Take greens when desired.)