

EAT THIS

PROTEIN

Lean Meats
Eggs
Fish
Bacon (no sugar,
no nitrites/nitrates)

AVOID

Processed Meats

VEGGIES

Fresh
Frozen
Canned

AVOID

Fried Veggies & Dips

STARCHES

Quinoa
Brown Rice
Oats
Fruits
Vegetables

AVOID

Cereals, Crackers,
Chips, Pasta

FATS

Fish, Coconut,
Avocado &
Olive Oil
Fish
Nuts/Seeds

AVOID

Vegetable Oils &
Margarine

CONDIMENTS

Homemade
Salad Dressings
(Oil & Vinegar)
Mustards
Hot Sauces

AVOID

Jelly, Jam, Conventional
Salad Dressings

PORTION GUIDE

PROTEIN



ONE SERVING
ladies = 1 palm
men = 2 palms

VEGGIE



ONE SERVING
1 fist full
5 servings / day

STARCHES



ONE SERVING
1 cupped hand

FATS



ONE SERVING
1 thumb
add to each meal

BREAKFAST



Start with Protein

Whole Eggs Cooked Your Way, Nitrate /
Nitrite-Free Bacon, Meat or Poultry



Add a Variety of Veggies

Leafy Greens, Bell Peppers, Onions,
Mushrooms, Sauerkraut, Kimchi, etc.



Add Some Flavor

Spices of Choice, Salsa, Frank's RedHot,
Tobasco, etc.



Add a Little Extra

Fat: Avocado or Coconut Oil, Avocado
Carbs: Sprouted Bread, Potato, Sweet Potato



Healthy Beverages

Water, Selzer Water with Apple Cider Vinegar,
Coffee (no cream or sugar), Tea

SHAKES



Start with Protein Powder

Berries (fresh or frozen), Avocado (adds
creaminess), Powdered Fruit Supplement



Add a Veggie

Leafy Greens, Celery, Beets, Cucumbers,
Pumpkin Puree, Powdered Greens



Add Fruit (Optional)

Whey, Pea, Vegan
Ask Your Coach for a Brand Recommendation



Add Unsweetened Liquid

Unsweetened Nut Milk, Hemp Milk, Tea,
Water, Coffee



Optional Extras

Nuts, Seeds, Nut Butter, Oats, Cinnamon,
Coconut or Cacao Nibs/Powder