

PROTEIN

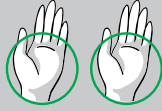


TODDLERS
1 Palm



FEMALES & KIDS

1 Palm
(3 Ounces)



MALES

1.5 - 2 Palms
(5 Ounces)

PORTION SIZE

FAT



TODDLERS
1 Thumb



FEMALES & KIDS

1 Thumb



MALES

1 Big Thumb

PORTION SIZE

CARBS



TODDLERS
1 Fist



FEMALES & KIDS

1 Fist
(3 Ounces)



MALES

2 Fists
(5 Ounces)

PORTION SIZE

Lean Proteins

- Bison
- Chicken
- Egg Whites
- Greek Yogurt (fat free)
- Hemp
- Hemp Protein Powder
- Lean Fish and Shellfish
- Turkey
- Venison
- Whey Protein Powder

Non-Lean Proteins

- (don't add a fat with these options)
- Beef
 - Cheese
 - Cottage Cheese
 - Eggs (whole)
 - Greek Yogurt
 - Lamb
 - Non-lean fish (salmon)
 - Pork (tenderloin, ham, pork chops, etc.)

Fruits

- Avocados
- Olives

Oils

- Avocado
- Coconut
- Macadamia
- Olive

Raw Nuts and Natural Nut Butters

(No Cotton Seed Oil)

Seeds

- Chia
- Flax
- Hemp
- Pumpkin
- Sunflower

Condiments (in moderation)

- Butter
- Ghee
- Guacamole
- Mayonnaise
- Salad Dressing
- Sour Cream

Fruits

- Apples
- Bananas
- Berries
 - Blackberries - Blueberries
 - Raspberries - Strawberries
- Cherries
- Grapes
- Grapefruit
- Mangos
- Melon
 - Cantaloupe - Watermelon
 - Honeydew
- Oranges

Vegetables

- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Eggplant
- Green Beans
- Onions
- Peas
- Potatoes
- Squash
- Sweet Potatoes/Yams
- Tomato
- Zucchini

FREE UNLIMITED PORTION SIZE

Herbs

- Basil
- Bay Leaves
- Cilantro
- Parsley
- Rosemary
- Thyme
- Etc.

Spices

- Cinnamon
- Garlic
- Ginger
- Nutmeg
- Peppercorns
- Saffron
- Sea Salt (moderation)
- Etc.

Low-Carb Vegetables

- Asparagus
- Bok Choy
- Celery
- Collard Greens
- Cucumber
- Kale
- Lettuce (all types)
- Spinach

Natural Sweetener

- Stevia

Condiments

- Vinegars (Balsamic, Red Wine, etc.)
- Extracts (Almond, Vanilla, Etc.)
- Barbecue Sauce, Ketchup, Mustard

Grains/Dense Carbs

- Beans (fresh or dried)
- Brown Rice
- Quinoa
- Couscous
- Oatmeal
- Hot Cereal
- Almond Flour
- Cassava Flour
- Millet
- Gluten Free Bread
- Pasta

Natural Sweetener

- Raw Honey