

Visually Balanced Meal Guide

Using the healthiest of foods, preferably organic, your **plate** should look like this:

1/3 High-Quality Low-fat Protein

- **Meat:** Free-range (chicken, beef, etc.) the size and thickness of the palm of your hand
- **Fish:** The size and thickness of your whole hand
- **Eggs:** 3 to 4 whole organic free-range

2/3 Low Glycemic Index Carbohydrates

(in any combination of 2)

- **Beans/Legumes/Tempeh/Edamame** (protein and carb) **(balanced)**
- **Vegetable Carbohydrates:** mostly green, most favorable **(2 fists)**
- **Starchy Carbohydrates:** yam and orange squashes **(1 fist)**
- **Fruit Carbohydrates:** berries, apple, pear, etc. **(1 fist)**
- **High Glycemic Vegetables:** potato, carrots, peas, beets **(1/2 fist or 1/2 cup)**
- **Starchy Grains:** sparingly *rice, *millet, *rice pasta, etc. **(1/2 fist or 1/2 cup)**

Healthy Good Fats (your choice)

- **Nuts or Olives:** **(9-12)**
- **Seeds or Oils:** olive, coconut, grapeseed, almond butter **(1 Tbsp.)**
- **Avocado:** **(1/2)**

Plus - Eat a salad **(2 fists)**

Note: For every 2 slices of gluten-free bread you need 4 ounces meat (sandwich). **Exclude** * Starchy Grains if on the Grain-Free Lifestyle and use Paleo bread.

