

A Balanced Plate

High Quality Protein Sources

Wild Salmon, Wild Caught Fish, Grass Fed Beef, Wild Scallops, Pastured Eggs, Pastured Chicken, Turkey, Bison, Lamb

Healthy Fat Sources

Butter, Coconut oil, Avocado Oil, Olive Oil, Grass Fed-Ghee, Walnuts, Chia Seeds, Flax Seeds, Avocado, Olives

1 serving is the size of your thumb

Protein

Healthy Fats

1/2 Body Weight in ounces per day

Water

Slow Impact Carbs

Non-Starchy Vegetables

Non-Starchy Veggies
The more the merrier

Brussel Sprouts, Broccoli, Kale, Spinach, Cauliflower, Summer Squash, Zucchini, Carrots, Cabbage, Raw sauerkraut, Cucumbers

Slow Impact Carbs

Lentils, Butternut Squash, Wild rice, Quinoa, Black beans, Raspberries, Blueberries, Green Apple, Acorn Squash, Sweet Potatoes, Oatmeal

1 serving = 1/4 - 1/2 cup

(Post on fridge for a cheat sheet)