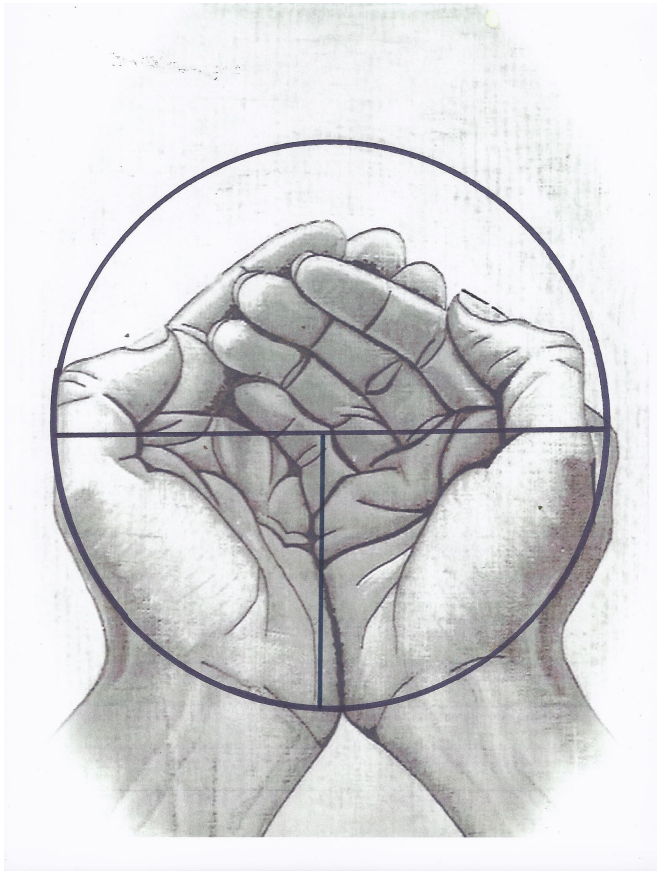


Balanced Meals + Quality Whole Foods = Optimal Health

What does a meal look like?



Protein (1 serving per meal)

- Animal Protein serving size is 3-4 ounces, size of one palm, $\frac{1}{4}$ of plate
- Vegetarian Protein - serving size is 6 ounces, size of 2 palms, $\frac{1}{2}$ of plate

Starchy carbohydrate (0-2 servings per meal)

- $\frac{1}{3}$ - $\frac{1}{2}$ cup - size of one palm, $\frac{1}{4}$ of plate

Non Starchy Carbohydrates (2 or more servings per meal)

- Each serving is $\frac{1}{2}$ cup cooked
- 1 cup raw, all the fingers, $\frac{1}{2}$ of plate

Fat (1-3 servings per meal)

- Serving size is 1 tbsp, each thumb is one serving

An important part of a healthy diet is to maintain alkalinity and balance. This can be achieved with the quality of the foods we eat and their portion size. Using a plate or our hands as a guide, we can create balanced meals that support our body hormonally and digestively; with the optimal ratios of protein, fat and carbohydrates. Balancing the food groups makes it easier for the body to digest, making sure there is adequate fiber, micronutrients, and nourishment.

Booster Foods - In addition to the 3 food groups, add booster foods to each meal. Some of my favorites include

- Nutritional yeast Seaweed Mountain or ocean salt
- Green powder all spices mineral broth
- Pesto's gomasio tea
- sesame seeds Chia seeds Fresh ground flax seeds
- Ferments such as - sauerkraut, Kim chi, olives, pickles,

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NON-STARCHY CARBOHYDRATES - eat at **least 2 servings** per meal, $\frac{1}{2}$ of your plate filled with green leafy veggies. A serving size is $\frac{1}{2}$ cup cooked or 1 cup raw. Try to make this a mix of raw and cooked veggies. Non starchy veggies are full of fiber, vitamins, minerals, antioxidants, liver supportive nutrients and low on the glycemic index.

- Arugula Asparagus Bamboo shoots Bean sprouts
- Beet greens Bell peppers (red, yellow, green) Summer squash
- Broccoli Cabbage Shallots Brussels sprouts
- Cauliflower Celery Spinach Collard greens
- Fennel Chives Coriander Jalapeno peppers
- Endive cucumber Green beans Dandelion greens
- Leeks Kohlrabi Kale Mustard greens
- Onions Lettuce Mushrooms Spaghetti squash
- Parsley Radishes Radicchio Swiss chard

Protein - Eat protein at each meal. This represents $\frac{1}{4}$ of your plate. A healthy animal protein serving is about 3-4 ounces per meal (size of palm) while a vegetarian protein is 6 ounces (1 cup). This includes

- Lean turkey or Chicken, Lamb, pastured Beef, eggs
- Cold water fish - Wild salmon, halibut, sole, scallops, sardines
- Protein Powder - Whey, Pea, hemp or rice
- Vegetarian Proteins - legumes and grains, yogurt, cottage cheese, cheese, seaweed, nutritional yeast

Starchy Carbohydrates - These are the foods that contain glucose. Limit these choices to 0-2 servings per meal. A serving size is $\frac{1}{2}$ cup of cooked grain, $\frac{1}{3}$ cup of beans or legumes, $\frac{1}{2}$ cup of cooked winter squash or root veggie. Best choices

- All winter squash, Sweet Potato and yams
- Cooked carrots and beets, parsnips, all root veggies
- All beans and legumes - kidney, pinto, lentils, mung, black bean, chick peas, etc
- Non-glutinous grains - quinoa, millet, brown rice, buckwheat.

