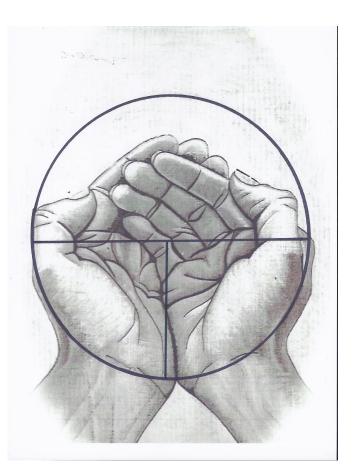
What does a meal look like?



Protein (1 serving per meal)

- Animal Protein serving size is 3-4 ounces, size of one palm, ¹/₄ of plate
- Vegetarian Protein serving size is 6 ounces, size of 2 palms, ¹/₂ of plate

Starchy carbohydrate (0-2 servings per meal)

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

Non Starchy Carbohydrates (2 or more servings per meal)

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

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.

0	Arugula	Asparagus	Bamboo shoots	Bean sprouts
0	Beet greens	Bell peppers	s (red, yellow, greer	ı) Summer squash
0	Broccoli	Cabbage	Shallots	Brussels sprouts
0	Cauliflower	Celery	Spinach	Collard greens
0	Fennel	Chives	Coriander	Jalapeno peppers
0	Endive	cucumber	Green beans	Dandelion greens
0	Leeks	Kohlrabi	Kale	Mustard greens
0	Onions	Lettuce	Mushrooms	Spaghetti squash
0	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

- o 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, 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.

Fat - Eat 1-3 servings of healthy fats at each meal. One serving size of fat is 1 tbsp. nuts or seeds, nut butter, olive oil, 1/3 avocado, 1 tbsp. butter. Animal proteins contain fat as well.

Fat molecules are bound to oxygen, so can easily oxidize. This makes it very
important to eat raw fats as much as possible. This means to use water or
broth while cooking, rather than oil in a sauté. You can do this for all your
cooking needs; it really tastes just as good. When you are ready to add the
oil at the beginning of a sauté, simply add water or broth instead and
continue as you normally would.

0	Raw soaked nuts and seeds or oil	Freshly ground flaxseed meal Avocado
0	Olive oil and olives	Sesame oil
0	Coconut milk and oil, butter, ghee	Cod Liver oil

Fruit - A great source of fresh vitamins, minerals and antioxidants. Try to stick to 2 servings of lower glycemic seasonal fruits. Higher glycemic have with a protein/fat

Best low glycemic fruits -

• all berries, green apples, lemons, and grapefruits

Moderate Glycemic Index

0	Cherries	Pear	Fresh apricots	Pomegranates
0	Melons	Orange	Peaches	Pitted Prunes
0	Plum	Grapefruit	Apples	Persimmons
0	Kiwi fruit	Lemons	Limes	Nectarines
0	Tangerines	Plums	Passion Fruit	

High Glycemic Index Fruits

- Banana Pineapple Grapes Watermelon
- Mango Papaya