

## BEST PROTEIN SOURCES

(eat at every snack and meal)

- Beef 3-4 oz
- Bison 3-4 oz
- Chicken 3-4 oz
- Cottage Cheese 1/2 cup
- Crab 3-4 oz
- Eggs 2
- Egg Whites 4
- Fish (white fish, tilapia, halibut) 3-4 oz
- Greek Yogurt (plain) 1/2 cup
- Protein Powder (Whey and Casein) 1 scoop
- Salmon 3-4 oz
- Scallops 5 large
- Shrimp 5 large
- Tofu 1/2 cup
- Turkey 3-4 oz

## NEXT BEST PROTEIN SOURCES

- Beans 1/2 cup
- Edamame 1/2 cup
- Farro 1/2 cup
- Hemp Hearts 2 tbsp
- Lentils 1/2 cup
- Nuts 1/4 cup  
(unsalted, unroasted, pistachios, almonds,  
cashews, macadamia, brazil, pecans, walnuts)
- Nut Butters 1 tbsp  
(almond, peanut, cashew)
- Seeds 2 tbsp  
(unsalted, unroasted, sunflower, chia)

## BEST GRAIN & OTHER CARBOHYDRATE SOURCES

(eat at breakfast and after workouts)

- Ancient Grains 1/3 cup uncooked  
(amaranth, barley, farro, millet,  
quinoa, spelt, teff)
- Apples 1
- Bananas 1
- Berries 1/2 cup
- Breads 1 slice  
(pumpernickel, sourdough,  
whole grain, ezeikel)
- Brown Rice 1/2 cup cooked
- Grapefruit 1/2
- Oatmeal 1/2 cup cooked
- Sweet Vegetables 3/4 cup  
(beets, butternut squash, carrots, corn,  
parsnips, peas, potatoes, sweet potatoes,  
tomato sauce, turnips, vegetable juice)
- Tortilla 1 (6-inch)

## BEST FAT SOURCES

(eat at every snack and meal)

- Avocado 2 tbsp
- Cheese 1 oz
- Flax (ground) 1 tbsp
- Nuts 1/4 cup
- Nut Butter 1 tbsp
- Oils (coconut, grapeseed, olive) 1 tbsp
- Salad Dressings 1 tbsp  
(vinaigrette or yogurt based)