

### Visually Balanced Meal Guide

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

#### **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:** 3-4 whole organic free-range
- **Tofu:** 3-4 ounces organic soy (extra firm)

#### **2/3 Low Glycemic Index Carbohydrates**

(in any combination of 2)

- **Beans/Legumes/Tempeh/Edamame** (protein & 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**

- **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.

