

WAKE-UP	BREAKFAST	LUNCH	SNACK	DINNER
1 c. fresh fruit and veggie juice	½ c. whole grain ½ c. fruit 1 svg. fat	1 c. greens 1 c. raw veggies ½ c. beans 1 svg. fat	1 svg. nuts or seeds	3 oz. meat ½ c. whole grain or starchy veggie 1 c. cooked veggies 1 svg. fat

### VEGGIES:

*½ c. cooked or 1 c. raw*

Asparagus  
Beets  
Broccoli  
Brussels sprouts  
Butternut squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cucumbers  
Green beans  
Kale  
Mixed greens  
Mushrooms  
Onions  
Peppers  
Spinach  
Squash  
Tomatoes  
Zucchini

### FRUITS:

*Small, ½ c. juice or ¼ c. dried*

Apples  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Dates  
Grapefruit  
Grapes  
Kiwis  
Oranges  
Peaches  
Pineapple  
Raspberries  
Strawberries  
Watermelon

### FATS:

1 T. salad dressing  
1 tsp. coconut oil  
1 tsp. grass-fed butter  
1 tsp. mayo  
1 tsp. olive oil  
1/8 of an avocado  
2 T. olive oil dressing  
5 olives

### WHOLE GRAINS OR STARCHY VEGGIES:

*½ c. cooked*

Barley  
Brown rice  
Chia seeds  
Oatmeal  
Quinoa  
Whole wheat pasta  
Corn  
Peas  
Potatoes  
Sweet potatoes

### MEATS:

*3 oz. cooked*

Chicken  
Halibut  
Herring  
Mackerel  
Salmon  
Sardines  
Shrimp  
Turkey  
Beef tips (1x/month)  
Ground beef (1x/month)  
Ribs (1x/month)  
Steak (1x/month)  
Pork chops (1x/month)

### BEANS:

*½ c. cooked*

Black  
Garbanzo  
Kidney  
Lentils  
Lima  
Navy  
Pinto

### NUTS OR SEEDS:

*2 T. seeds or small handful nuts*

Almonds  
Cashews  
Flaxseeds  
Hazelnuts  
Pecans  
Pistachios  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

### HERBS, SPICES, ETC:

Apple Cider Vinegar  
Black pepper  
Cayenne pepper  
Cinnamon  
Coriander  
Cumin  
Dill  
Garlic  
Garlic powder  
Ground cloves  
Himalayan salt  
Honey  
Nutritional yeast  
Onion powder  
Pure Vanilla Extract  
Thyme  
Turmeric