

Portion Size for Male and Female

MACRONUTRIENT	WOMEN	MEN
PROTEIN	1 Palm or 20 - 30 grams	1-2 palms or 40 – 60 grams
FAT	1 Thumb or 7-12 grams	2 Thumbs or 15-25 grams
CARBOHYDRATES: Starches and Fruits	1 cupped handful or 20-30 grams	2 cupped handfuls or 40- 60 grams.
VEGETABLES	1 fists or 1 cup. *double for raw leafy greens	2 fists of 2 cups. *double for raw leafy greens
WATER	½ Bodyweight in ounces minimum	½ Bodyweight in ounces minimum

GROCERY LIST: not all inclusive but a great start!

Protein: Meats	Vegetables: Non-Starchy	Starches and Fruits	Fats
Portions: 1 Palm for WOMEN, 2 palms for MEN <i>Any cut when grass fed, pastured or wild caught. Leaner when conventional.</i>	PORTIONS: 1 fist for WOMEN, 2 fists for MEN	Portions: 1 cupped handful for WOMEN, 2 cupped handfuls for MEN	Portions: 1 full thumb for WOMEN, 2 full thumbs for MEN: OILS: .5-1T and 1-2T respectively.
Chicken	Broccoli	Sweet Potatoes <i>(preferred)</i>	Olive Oil
Turkey	Cauliflower	Beans and Lentils	Avocado/Avocado Oil
Ground Beef, Chicken or Turkey	Green Beans	Potatoes: all colors <i>(preferred)</i>	Pastured/grass fed Tallow
Steak	Onions	Brown Rice	Grass fed Butter/Ghee
Pork		White Rice <i>(preferred)</i>	
Eggs: 2-3 eggs = palm size	Brussels Sprouts	Sprouted Wheat Bread	Pastured Lard
Fish: wild caught	Asparagus	Quinoa	Free Range Duck Fat
Shellfish: all	Kale	Oats: old fashioned, rolled or steel cut	Coconut Oil
	Spinach	Amaranth	Red Palm Oil
PROTEINS: other: 1 cup for WOMEN, 2	Romaine	Buckwheat	Nuts/Nut butters

cups for MEN			
Cottage cheese	Tomatoes	Corn on the Cob	Seeds
		Corn or sprouted tortillas	
Greek Yogurt	Peppers	Whole Grain Pasta	Beverages
Protein Powders: 1 scoop for WOMEN, 2 scoops for MEN	Eggplant	Fruits: 2/ servings/day if goal is weight loss	Coffee: ideally black or with coconut milk/heavy cream.
Whey Isolate	Summer Squash: yellow and zucchini	Berries	Green or Matcha Tea
Vegan	Carrots	Oranges	Herbal Teas
Egg	Beets	Grapefruit	Kombucha/Coconut water limit to 8 oz.
Beef	Leeks	Lemons- unlimited	Sparkling Water
Collagen	Cucumber	Limes- unlimited	Filtered water
	Jicama	Bananas	Spices: ALL are ok
	Cabbage	Apples	Fresh and dried herbs
	Bok Choy	Mango	Cumin
	Celery	Papaya	Paprika
	Parsnips	Melons	Chili Powder
	Swiss Chard	Sweetener: 2 teaspoon/day	Sea Salt
		Raw Honey	Pepper
		Maple Syrup	