

**SERVING  
SIZE**

**IDEAS**

### LEAN PROTEIN

1 palm (women)  
1-2 palms (men)

#### ANIMAL PRODUCTS

chicken • turkey • fish  
seafood • lean pork • eggs  
lean beef • wild game  
cottage cheese • whey protein

#### PLANT-BASED

tofu • tempeh  
plant-based protein powder  
beans & legumes\*  
\*also count as a high-fibre carb

### VEGGIES & COLOURFUL FRUITS

1 fist

#### VEGETABLES

spinach • kale • collards  
bok choy • beets  
mushrooms • cauliflower  
broccoli • cabbage • kohlrabi  
celery • cucumber • fennel  
onions and garlic • green beans  
green peas • carrots • radishes  
peppers • squash • artichokes  
okra • eggplant • tomatoes  
fresh herbs

#### FRUITS

apples • berries • cherries  
citrus • peaches • plums  
apricots • cantaloupe  
red grapes • kiwi • mango

### STARCHES

1 cupped hand

#### SWEET/STARCHY FRUITS

bananas • plantains  
fresh figs or dates

#### STARCHY TUBERS

potatoes • sweet potatoes •  
taro • yuca

#### WHOLE GRAINS

brown, wild, red rice  
oats • quinoa • amaranth  
buckwheat groats • corn

#### WHOLE GRAIN PRODUCTS

whole grain breads & pastas

### HEALTHY FATS

1 thumb (women)  
1-2 thumbs (men)

#### NUTS

almonds • pecans • walnuts  
hazelnuts • Brazil nuts  
cashews

#### SEEDS

coconut • pumpkin seeds  
hemp seeds • chia seeds  
flax seeds • sesame seeds

#### OILS & BUTTERS

unprocessed or extra-virgin oil  
or butter from fresh nuts &  
seeds • extra-virgin olive or  
coconut oil • avocado oil

#### OTHER

coconut milk • fish oil  
avocados • butter

**FOODS I LIKE**

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

# HOW TO BUILD A MEAL

1

Choose your

**LEAN PROTEIN**

2

Choose your

**VEGETABLES AND/OR  
COLOURFUL FRUIT**

3

Choose your

**STARCH**

(if appropriate)

4

Choose your

**HEALTHY FATS**

5

Choose your

**HERBS & SPICES**