UPGRADED Moms & Kids

YOUR PLATE-->

HIGH CARBS

Beets
Beans
Carrots
Fruit
Squash
Peas
Potatoes
Corn

FATS

Nuts, coconut oil, olive oil avocado, butter

LOW-CARB VEGETABLES

Asparagus
Zucchini
Broccoli & Cauliflower
Cucumber
Tomatoes
Lettuce/Greens
Snow Peas
Cabbages
Celery
Green Beans
Brussel Sprouts

PROTEIN

BAKED, BROILED, GRILLED, SAUTEED:

Turkey, Chicken, and Eggs
Beef
Fish
Pork
Lamb
Shellfish
Cottage Cheese

LOW-CARB VEGETABLES

FATS

PROTEIN

HIGH-CARBS
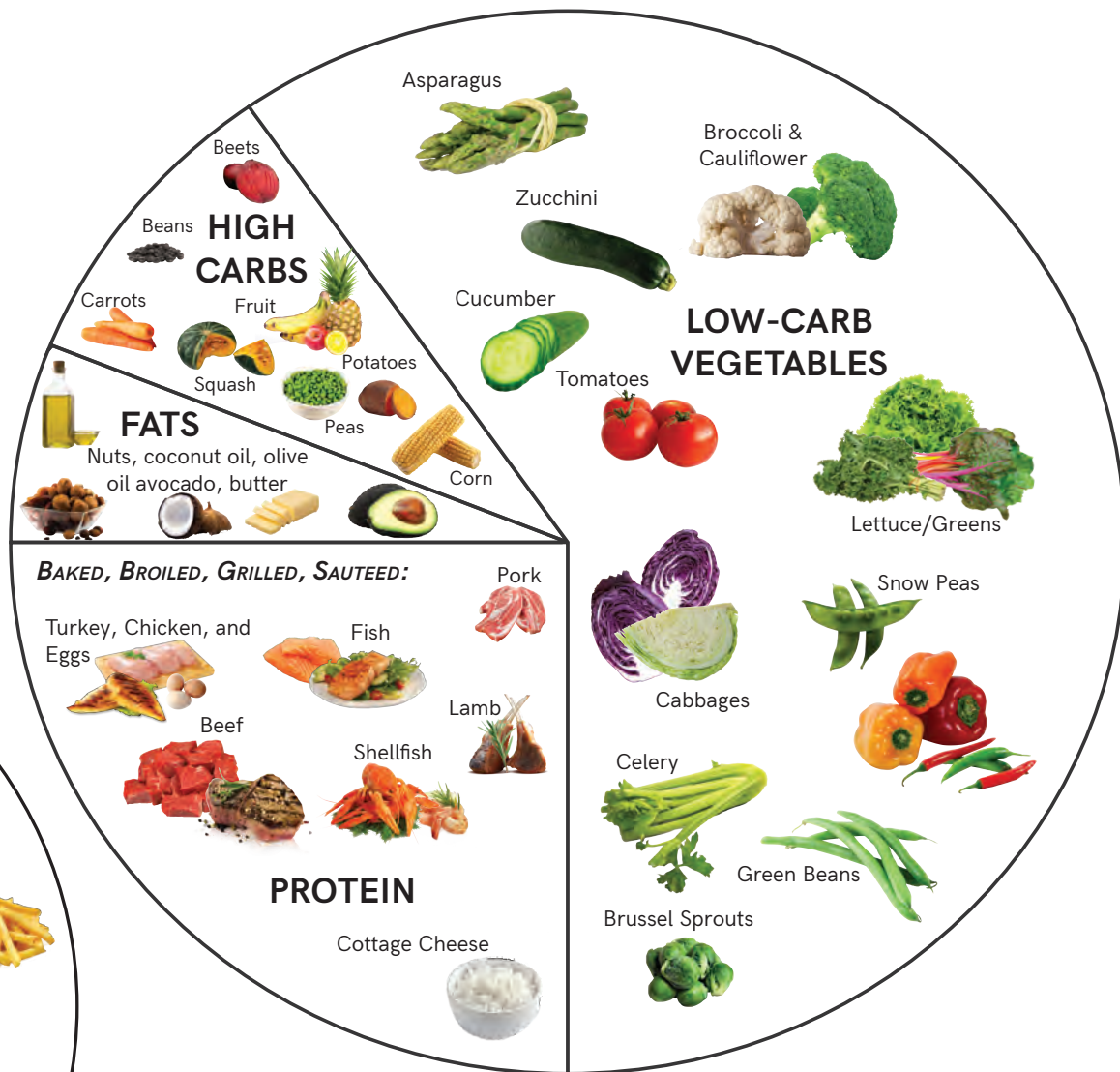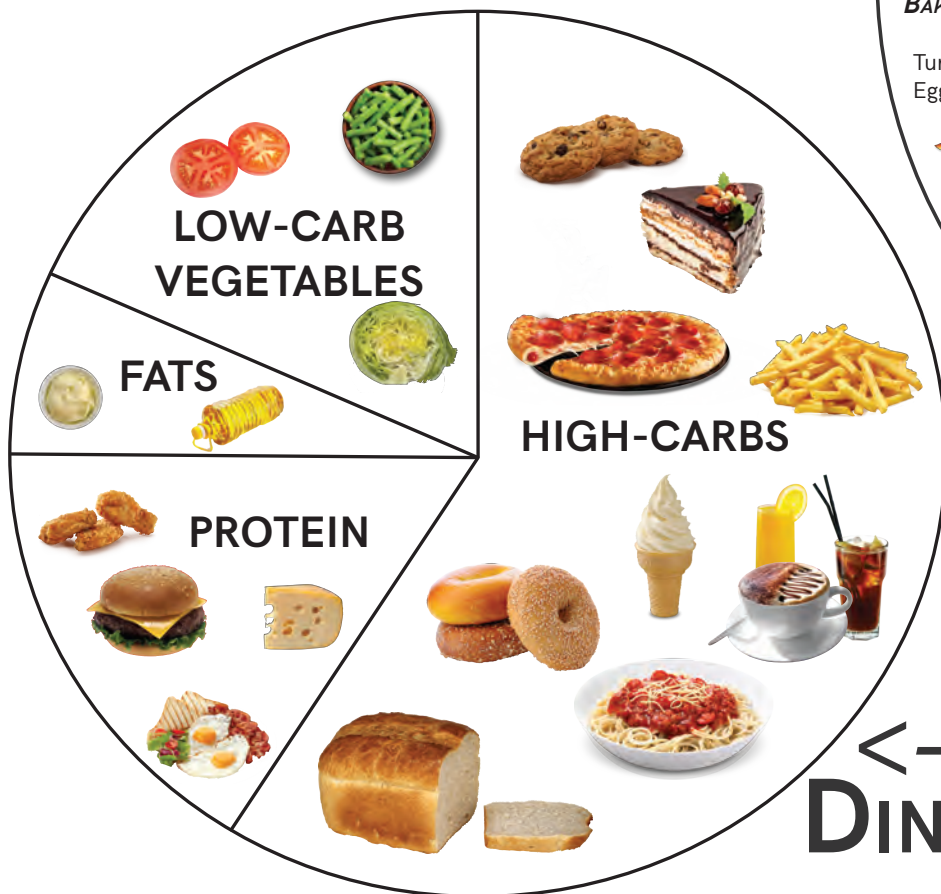
<--TYPICAL DINNER PLATE

Adult Maintenance Plan

Breakfast: Protein(g)

    ☐ Protein:
       (4oz animal protein-size of palm OR 25-35g)
    ☐ Fat:
       (2Tbs-Avacoado, Olive Oil, Coconut Oil, Butter, raw nuts)
    ☐ Low-starch veggies:
       (cucumbers, brocoli, peppers, zucchini, green beans)
    ☐ Carbs/High starch veggies/fruit/sugar:
       (1/2 cup sweet potato/rice/corn/beans/apples/berries)

Lunch:

    ☐ Protein:
       (4oz animal protein-size of palm OR 25-35g)
    ☐ Fat:
       (2Tbs-Avacoado, Olive Oil, Coconut Oil, Butter, raw nuts)
    ☐ Low-starch veggies:
       (cucumbers, brocoli, peppers, zucchini, green beans)
    ☐ Carbs/High starch veggies/fruit/sugar:
       (1/2 cup sweet potato/rice/corn/beans/apples/berries)

Dinner:

    ☐ Protein:
       (4oz animal protein-size of palm OR 25-35g)
    ☐ Fat:
       (2Tbs-Avacoado, Olive Oil, Coconut Oil, Butter, raw nuts)
    ☐ Low-starch veggies:
       (cucumbers, brocoli, peppers, zucchini, green beans)
    ☐ Carbs/High starch veggies/fruit/sugar:
       (1/2 cup sweet potato/rice/corn/beans/apples/berries)

Snacks:

    ☐ Protein:
    ☐ Fat:
    ☐ Low-starch veggies:

*Insulince response (fat storing hormone)

*25-35g of protein assumes a complete animal protein. If you choose a plant protein,
you'll need to combine plants to get a complete profile of amino acids. For ex.
*Beans+Nuts/seeds/grains = Complete protein
Plant source provice only a fraction of animal sources.