

GENERAL TIPS:

- Eat slowly and don't overfill yourself
- Eat more vegetables than fruit
- Keep a water bottle with you to stay hydrated
- Choose mostly whole foods with minimal processing
- Use a smaller plate to help control portions
- Plan ahead and make a grocery list to prepare meals for the week
- Make sure you have healthy options for busy or on-the-go days

*Plant Proteins: legumes, nuts, broccoli, mushrooms and spinach

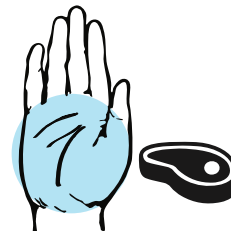
LOOK BETTER. FEEL BETTER. LIVE BETTER.

Try this **HANDy** Portion System

Use your own hands to provide reasonable portion sizes for a balanced meal.

Assuming you're active and eat 3-4 meals per day, make a plate with 1-2 portions (as shown) of protein, veggies, carbs and fat.

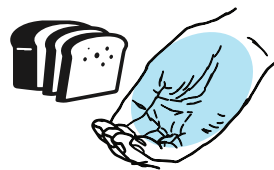
Keep in mind these are just starting points. Adjust portions based on hunger, fullness, goals, activity and most importantly results.



Your palm determines your protein portions



Your fist determines your veggie portions



Your cupped hand determines your carb portions



Your thumb determines your fat portions

GROCERY GUIDE

Improving your health and nutrition starts at the grocery store. Use the following lists to help guide you in your shopping to create well-balanced, healthy meals. Plan ahead and have an idea of what meals you're putting together before you fill your cart.

VEGGIES



- Lettuce & Salad
- Greens
- Kale **P**
- Spinach **P**
- Cabbage
- Bok Choy
- Cauliflower*
- Riced Cauliflower*
- Broccoli* **P**
- Asparagus **P**
- Brussel Sprouts **P**
- Carrots*
- Celery
- Snap Peas
- Cucumbers
- Tomatoes (fresh or canned)
- Bell Peppers
- Hot Peppers
- Green Beans***P**
- Onions
- Mushrooms **P**
- Garlic
- Ginger
- Green Onions
- Herbs (Parsley, Cilantro, Basil, Sage, Thyme, etc)

STARCHES



- White Potatoes
- Sweet Potatoes
- Squash/Pumpkin
- Carrots/Beets/Parsnips
- Peas
- Corn
- Rice (White or Brown)
- Whole Grain Breads
- Sourdough Bread
- Tortillas
- Oats

PROTEIN



- Whole Eggs/Egg Whites
- Ground Chicken
- Ground Turkey
- Ground Beef (grass-fed is great)
- Rotisserie Chicken
- Deli meats (high quality)
- Chicken breasts
- Turkey breasts
- Chicken/turkey sausages (watch for added sugars)
- Pork chops
- Turkey/Pork Tenderloin
- Bacon
- Steak
- Venison/Bison/Wild Game
- Salmon/Fish (non-breaded)
- Scallops/Shrimp/Lobster/Crab
- Canned or Fresh Tuna
- Jerky (low added sugars)
- Whey Protein Powder
- Collagen Protein Powder
- Plant Protein Powder

P = Plant protein

EGGS/DAIRY

MEAT/SEAFOOD

AVOID
CENTER
AISLES

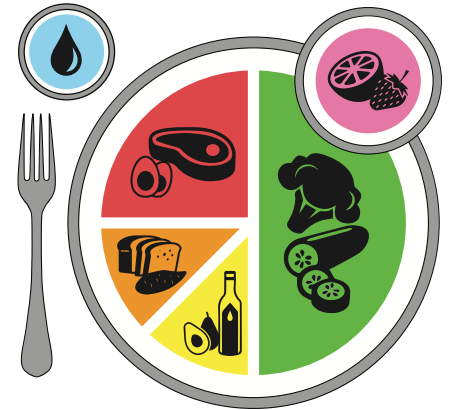
PRODUCE

Shop the perimeter first.

Limit processed, sugary, high carb foods.

CONDIMENTS

- Salsa
- Mustards
- Ketchup (no/low sugar)
- Hot Sauces
- Curry Pastes
- Fish Sauce
- Kim Chi/Sauerkraut
- Broths
- Soy Sauce(Coconut Aminos)
- Vinegars (Apple Cider, Red/White, Balsamic)
- Salt/Pepper/Spices
- Salad Dressing (watch ingredients and high sugar)



FRUIT



- Apples/Applesauce (no sugar added)
- Bananas
- All Berries/Cherries*
- Citrus Fruits
- Grapes
- Kiwis
- Mangos/Papayas*
- Melons
- Nectarines/Peaches*
- Pears
- Pineapple

FATS



- Avocados
- Ghee/Butter (grass-fed is great)
- Coconut Milk (full fat, canned)
- Avocado Oil (great all-purpose oil)
- Coconut Oil
- Olive Oil/Seed Oils (dressings)
- Nut Butters (almond, peanut, **P** cashew - low sugar)
- Almonds/Cashews **P**
- Walnuts/Pecans **P**
- Peanuts **P**
- All other nuts
- Olives
- Seeds (Sunflower, Pumpkin)

BEVERAGES



- Water
- Sparkling Water
- Coffee/Tea (unsweetened)

* Great item to purchase frozen for easy use and longer storage.