

Guide to Balance

Including fat and protein with your meal helps balance blood sugars and ward off cravings. Fiber from whole food carb sources is also hugely beneficial.

Look to have most of your carbs come from vegetables. Fill in with a couple fruits, some beans, and small amounts of whole grains. If watching your weight, limit whole grains to 0-2 servings (1/2 cup) per day.

Always ask yourself: does this meal have a source of both fat and protein? Note that some foods may fall under 2 or even 3 categories (meaning they supply a combo of fat/protein like an egg or salmon; or protein and carb like beans/lentils; or a combo of all 3 like some nuts and seeds)!

Foods are listed here according to the nutrient that predominates.

P = protein, F = fat, C = carbs

CARBS

- Vegetables
- Fruits
- Beans (P)
- Lentils (P)
- Oats
- Quinoa
- Brown rice
- Sweet potatoes
- Peas
- Ezekiel bread

PROTEIN

- Eggs (F)
- White Fish
- Fatty fish (F)
- Chicken
- Turkey
- Beef (F)
- Pork
- Tofu
- Hemp seeds (F)
- Chia seeds (F, C)
- Protein powder

FAT

- Olive oil
- Coconut oil
- Coconut flakes
- Avocados (C)
- Avocado oil
- Tahini (P)
- Nuts (P,C)
- Nut butters (P,C)
- Butter
- Ghee
- Fatty fish (P)

