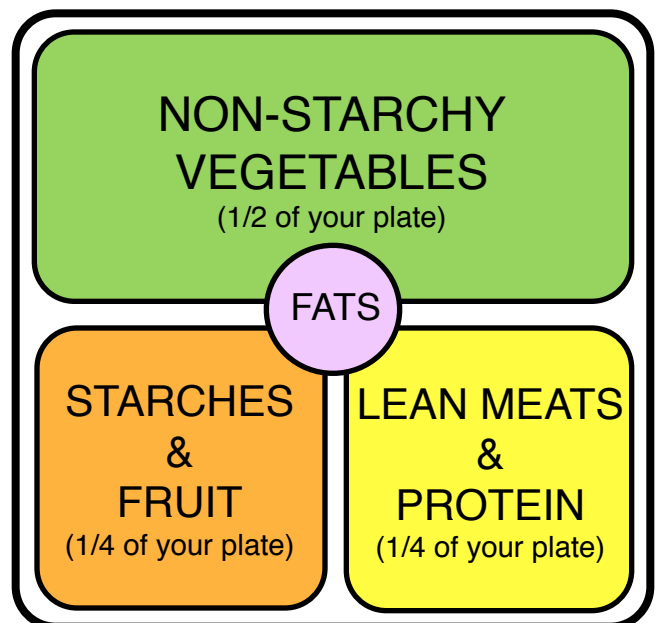


PORTIONING YOUR PLATE...

Made simple.



Non-Starchy Vegetables	Starches & Fruit	Lean Meats & Protein
Artichoke Asparagus Bean sprouts Beets Broccoli Brussels sprouts Cabbages Carrots Cauliflower Celery Cilantro Cucumber Eggplant Green beans Green onions or scallions Greens (mustard, kale, turnip, etc.) Leeks Mushrooms Okra Onions Parsley Pea pods Peppers (all varieties) Radishes Salad greens (not iceberg) Spinach Summer squash (yellow squash) Tomato Turnips Water chestnuts Zucchini	Brown rice Quinoa Whole wheat (or sprouted) bread Whole wheat pasta Whole wheat pita Whole wheat or corn tortilla Whole wheat crackers Beans Corn Peas Plantain Potato Sweet potato Acorn squash Butternut squash Pumpkin <hr/> Apple Apricot Banana Berries Cantaloupe Cherries Figs Grapefruit Grapes Honeydew melon Kiwi Mandarin oranges Mango Nectarine Orange Papaya Peach Pineapple Plums Tangerines/clementine Watermelon	Chicken Turkey Fish Beef (sirloin, tenderloin, round) Lean Ham Pork (tenderloin, loin chop) Cottage cheese (low fat or fat free) Egg whites Egg substitute Tofu Beans (black, pinto, kidney, etc.) Lentils Low fat cheese (limit to 3 gm fat/oz.)
		Fats
		Olive oil Grapeseed Oil Coconut Oil Avocado Almonds (natural) Pecans (natural) Walnuts (natural) Ground Flax Seed Pumpkin seeds (natural) Almond butter Peanut butter Cashew butter