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|  | | **Higher Protein/Higher Fat** | | | **Lower Protein/Higher Fat** | | **Higher Protein/Lower Fat** |
| **Base Protein** | | Fatty Meat – 4 to 6 oz.  Fatty Fish – 4 to 6 oz.  Poultry with Skin – 4 to 6 oz. | | | Tempeh or Tofu – 4 to 6 oz.  Eggs – 3  Cheese – 3 oz. | | Lean Meat -- 4 to 6 oz.  Lean Fish or Seafood – 4 to 6 oz.  Poultry without Skin – 4 to 6 oz.  Lean Cold Cuts – 4 to 6 oz.  Protein Powder – 1 oz.  Seitan (Wheat Gluten) – about 4 oz. |
| **Add Protein** | |  | | | Greek Yogurt – ½ cup  Beans – ½ cup  Cheese – 1 to 2 oz.  Nuts/Seeds or Nut Butter – 2 Tbs. | |  |
| **Add Fat** | | If your protein sources include Cheese, Nuts/Seeds or Nut Butter, or if your meat is very high in fat, like Lamb, do not add any additional fat. If your protein sources include Egg, Tempeh or Tofu, use the lower amount of added fat. | | | | |  |
|  | |  | | Dressings and Sauces – 2 to 4 tsp.  Oils – 2 to 3 tsp.  Heavy Cream – 2 to 4 tsp.  Coconut Milk – 2 to 4 tsp.  Nuts or Nut Butter – 1 to 2 Tbs.  Avocado – a few slices (less than ¼ whole) | | | Dressings and Sauces – 1 to 2 Tbs.  Oils –up to 1 Tbs.  Heavy Cream –1 to 3 Tbs.  Coconut Milk – 1 to 3 Tbs.  Nuts or Nut Butter – 1 to 2 Tbs.  Avocado – ⅓ whole |
| **Add Non-Starchy**  **Carbohydrate, if**  **needed** | |  | For all meals, if your meal doesn’t  already include beans, add one of these: | | | Beans -- ½ cup  Bean Soup – 1 cup  Vegetable Soup – 1 to 1½ cups  Non-Tropical Fruit – 1 cup  Tropical Fruit -- sparingly | |
| **Add Non-Starchy Vegetables** | | For all meals, add unlimited non-starchy vegetables, raw, cooked or in a salad, as desired. | | | | | |
| **Add Starchy Vegetable or Whole Grain (opt.)** | | Intact Grains (Brown Rice, Quinoa, Millet, Steel-Cut Oats, Barley, Buckwheat, Bulgur Wheat, etc.) – about ½ cup  or  Sweet Potato, Winter Squash, Peas, Beets, etc. – about ½ cup | | | | | |

No processed grains, potatoes or other simple carbohydrates are allowed. No sweeteners except for a very small amount of honey or maple syrup, or 70%+ chocolate as per the book.