Phase 2 Meal Builder
Calorie Goal – 40% from fat, 35% from carbohydrates, 25% from protein

Start with your protein and read down

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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.