

macronutrient portion guide

25 G PROTEIN



- 5-6 ounces of meat, fish, poultry



- 1 cup of protein-rich dairy like Greek yogurt, cottage cheese, and liquid eggs

15 G FAT



- 1 Tbsp of butter, oils



- 2 Tbsp of nut and seed butters



- 1/4 cup whole nuts and seeds, coconut milk, coconut cream

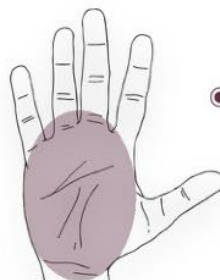


- 1/2 cup olives, coconut

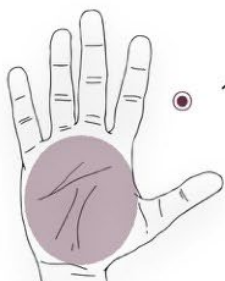
25 G CARBOHYDRATE



- 1 cup of strawberries, blueberries, blackberries, oranges



- 1/2 cup diced peaches, pineapples, tangerines, pears, mango, papaya, banana, rice, quinoa, oats, potatoes



- 1/4 cup dried fruit



- 2 cups grapefruit, watermelon, non-starchy vegetables