

Focus on whole, minimally processed sources of carbs that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.



Carbohydrates

EAT MORE	EAT SOME	EAT LESS
<ul style="list-style-type: none"> • Beans • Rolled oats • Buckwheat • Lentils • Quinoa • Rice • Potatoes • Sorghum • Millet • Plain, non-Greek yoghurt • Fresh and frozen fruit • Sweet potatoes • Whole or sprouted grain breads, muffins, pastas and wraps 	<ul style="list-style-type: none"> • Corn • Couscous • Instant oats • Milk • Vegetable juices • Flavored yoghurts • Pancakes and waffles • Whole grain crackers • Oat based granola bars • White bagels, breads, english muffins, pasta and wraps • Sugar free soda 	<ul style="list-style-type: none"> • Cereal bars • Fruit juices • Flavored milk • Honey and syrups • Canned, dried and pureed fruit w/ added sugar • Sugar based soda • Crackers • Sugar • Pretzels • Foods with 10+g added sugar
<p>FRUIT (MORE AND SOME)</p> <ul style="list-style-type: none"> • Blueberries • Apples • Bananas • Mango • Pineapple • Kiwifruit • Oranges • Melons • Pears • Lemons • Nectarines • Cherries • Apricots • Strawberries • Papaya • Grapefruit • Plums • Watermelon 		<p>These foods are also rich sources of fats so be mindful of both carb and fat content:</p> <ul style="list-style-type: none"> • Chips • Fries • Candy bars • Donuts • Cookies • Pastries • Muffins • Cakes



Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters) and pressed oils (like olive and avocado)



EAT MORE	EAT SOME	EAT LESS
<ul style="list-style-type: none"> • Extra virgin olive oil • Walnut oil • Oil based dressings • Avocado and oil • Cheese >6 months • Egg yolks • Seeds: Chia, flax, hemp, pumpkin and sesame • Nuts: Cashews, pistachios, almonds, brazil nuts and pecans • Peanuts and natural peanut butter • Olives • Pesto made w/ olive oil • Fresh coconut • Natural nut butters 	<ul style="list-style-type: none"> • Virgin and light olive oil • Butter • Ghee • High oleic safflower or sunflower oil • Sesame oil • Flaxseed oil • Coconut oil/milk • Peanut oil and regular peanut butter • Dark chocolate • Low sugar marinades and dressings • Cream • Cheese <6 months • Flavored nuts and nut butters • Trail mix (note that this high in carbs as well) 	<ul style="list-style-type: none"> • Bacon • Sausage • Margarine • Processed cheese • Corn oil • Sunflower oil • Canola oil • Soybean oil • Safflower oil • Hydronated or shortening oils • Fat rich foods with 10+ g added sugar



Vegetables



EAT THE RAINBOW

GREEN

- Green beans
- Broccoli
- Cucumbers
- Spinach
- Celery
- Kale
- Arugula
- Brussel sprouts
- Cabbage
- Green peppers
- Iceburg lettuce
- Romain lettuce
- Snap peas
- Asparagus
- Chinese cabbages
- Zucchini
- Artichoke
- Peas*

ORANGE

- Pumpkin
- Orange pepper
- Butternut squash*
- Yellow pepper
- Carrots
- Yellow beets
- Summer squash
- Orange peppers
- Acorn squash
- Sweet potato*
- Corn*

RED

- Beets*
- Tomatoes
- Red cabbage
- Red onions
- Rhubarb
- Red peppers
- Radicchio
- Radish

PURPLE

- Eggplant
- Purple asparagus
- Purple cauliflower
- Purple peppers
- Purple carrots
- Rutabaga*
- Purple cabbage

WHITE

- Cauliflower
- Mushrooms
- Garlic
- Onions
- Shallots
- White carrot
- Artichoke
- Fennel
- Leeks
- Parsnip
- Sprouts
- Potatoes*

*Starchy veggies, treat as carbohydrates





Meal Planning

Consider using the **4/3 rule** when grocery shopping. This would last you well over a week if you were to cook once but made enough so you had leftovers the next day.

When at the grocery store simply pick up:
4 protein, 4 veggies, 4 carbohydrates, 4 fats,
3 fruits.

Then take an element from each category and build a meal from it.

For example:

4 protein: Chicken, eggs, lean beef, fish.

4 Veges: Broccoli, zucchini, spinach, carrots.

4 Carbs: Oats, rice, wholegrain bread, beans.

4 Fats: Olive oil, butter, avocado, natural peanut butter.

3 Fruits: Blueberries, apples, bananas.



Meal Planning

Breakfast becomes:

Salmon + wholegrain bread + butter +
spinach

or

Eggs + oatmeal + peanut butter + grated
zucchini + blueberries.

Lunch becomes:

Chicken (or tofu) + rice + avocado + carrots +
banana on the side.

or

Lean beef (or tempeh) + beans + olive oil +
broccoli.

Dinner becomes:

Chicken (or lentils) + zucchini + butter + rice
+ apple on the side.

or

Fish + beans + avocado + spinach.

If possible, add 2 veges instead of just 1 and
then you're really winning!