



HEALTHY PORTIONS CHART

PROTEIN (6oz. serving)	STARCH (1/2 cup serving)	VEGETABLE (Unlimited Servings)	SEASONING/HERBS (2 tablespoon serving)
Beans	Quinoa	Any Leafy Green	Garlic
Nuts	Brown Rice	Broccoli & Cauliflower	Ginger
Avocado	Wild Rice	Green Beans	Basil
Wild Salmon	Black Rice	Peas	Cilantro
Fresh Tuna	Black Beans	Zucchini	Parsley
Trout	Kidney Beans	Any Squash	Rosemary
Mackerel	Lentils	Sweet Potato	Thyme
Canned Tuna	Pinto Beans	Carrots	Red Chili Flakes
Cold Water Fish	Lima Beans	Parsnips	Cayenne Pepper
Organic Chicken	White Beans	Cabbages	Black Pepper
Organic Turkey	Gluten Free, Corn Free Pasta	Onions & Bulbs	No-salt Seasoning
Duck		Mushrooms	Raw Coconut Oil (1tbsp.)
Lamb		Cucumber	Cold Pressed Olive Oil (1tbsp.)
		Cabbage	Apple Cider Vinegar
		Snap Peas	Balsamic Vinegar
		Avocado	Coconut Aminos (soy sauce sub)