

REAL FOOD QUADRANT

As you plan your meals/snacks, follow these real food basics to keep blood sugar balanced while increasing satiety and maximizing nutrition. Emphasize MORE Protein and Non-starchy veg (upper quadrant) and use carbs and fats (lower quadrant) as modifiers or 'levers' based on your approach, your results and how you feel. Invest in the highest quality REAL food you can find and afford. (These are common food examples - not an exclusive list.)

PROTEIN:



Meal Portion: 4 - 6 oz - about the size of your palm or fist (half for snacks)

- Chicken/Turkey
- Beef/Bison
- Pork
- Wild Game
- Bone Broths
- Nitrate-free cured meats(sausage, bacon, deli meat)
- Fish/Shellfish
- Eggs (2-3)
- Dairy (if tolerated - portion per package)
- Protein Powder (per package - no junk/sugar)
- Hemp Seeds/Products (per package)
- Soy/Products (per package)
- Beans/Legumes (1 cup - count as a starch too)

NON STARCHY VEGGIES:



Meal Portion: 1-4 cups (i.e., add more greens to tolerance.)

- All greens, lettuces, sprouts, fresh herbs, spices
- Cruciferous (Broccoli, Cabbage, Brussels, Cauliflower)
- Onion (leeks, scallions)
- Fennel
- Garlic
- Asparagus
- Cucumber
- Celery
- Radishes
- Tomatoes
- Mushrooms
- Peppers
- Zucchini/Summer Squash/Spaghetti Squash

FRUIT & STARCHY CARBOHYDRATES:



2-4 servings per day (Keto 0-1)
Meal Portion: up to 1 cup (fist) - 1/2 for snacks/sides
Avoid dried fruits, processed foods, flours, sugars

- Berries, lemon, lime (Best - lowest glycemic impact)
- Tropical Fruits (Worst - Banana, Mango, Pineapple)
- Other fruits in moderation
- Root Veggies
- Potatoes
- Sweet Potatoes, Yams
- Winter Squashes
- Corn
- Peas
- Beets
- Carrots
- Grains
- Beans

HEALTHY FATS:



1-2 servings per meal (Keto can add 1-2 more)
half - 1 serving per snack. Avoid highly refined oils (canola, vegetable, corn, soybean, margarine)

- Butter/Ghee - 1 T
- Animal Fats (1 T or what occurs naturally in protein source - i.e., chicken skin, egg yolk, fatty fish/meats)
- Oil (olive, avocado, coconut, fish oil) - 1 T
- Avocado - 1/4 medium
- Nuts - 1/4 cup (closed handful)
- Seeds - 2 T
- Nut or seed butter - 2T
- Coconut Butter - 1T
- Mayo - 1 T
- Olives - 1/4 cup
- Full fat dairy (if tolerated - portion per package)
- Dark Chocolate (85%+ ~thumb size - ~1-2" square)