

GRAINS/STARCHES (portion: 1-2 “fists”)	PROTEINS (every meal/snack) (portion: 1-2 “palms”)	FATS (portion: 2 “thumbs”)	VEGGIES/FRUITS (portion: 2 “cupped hands”)	Other Ingredients (optional)
Rice Sweet/white potatoes Oatmeal Quinoa Couscous Whole grain/lentil pasta Lentils Banza pasta Whole grain pitas Whole grain bread Ezekiel bread Noodles (brown rice, udon, etc) Whole grain cereal (Oatmeal Squares, Kashi, Total, etc) Crackers Potatoes Corn Peas (Grains: >2g fiber per serving)	Chicken Turkey Eggs (2-3) Fish: salmon, cod, tuna, tilapia Lean beef (>90% lean) Beans (garbanzo, black, cannellini, kidney, etc) Hummus (4tbsp) Chicken sausage Greek yogurt (1 cup) Cottage cheese (1 cup) Tofu Tempeh Plant based sausage Edamame (1/2 cup) Protein powder (100% whey, pea or soy based, brown rice, casein, etc)	Avocado Nuts (any) Trail mix Nut butters Olive/avocado/sunflower oils Yogurt Cheese	Kale Spinach Broccoli Cauliflower Eggplant Bell peppers Carrots Cucumbers Onions Zucchini Brussels sprouts Asparagus Etc Bananas Oranges Grapes Apples/apple sauce Dates Figs Etc	Herbs/spices of any kind: Garlic Pepper Oregano Red pepper flakes Cilantro Dill Cinnamon Dressings Vinegars Sauces

	Starches/Grains	Protein	Healthy Fat	Vegetables/Fruits	Other Ingredients
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

*Aim for 3 meals per day that have an item in every column; *all snacks should have a source of protein