

Daily Portion Tracker



Inside Palm
(3-5oz or 25g)



Cupped Hand
(15g net or 20g total)



Thumb Size
(1 Tbl)



Cup
(8 oz)

Macronutrients	PROTEINS	CARBS	FATS	WATER
Portions Per Day				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Personalized Portions and Whole Food List



Inside Palm
(3-5oz or 25g)
PROTEINS

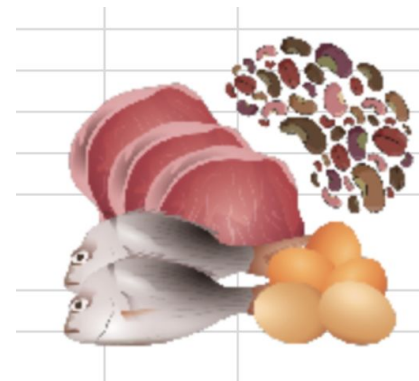
Fish	Shellfish	Legumes
Chicken	Venison	Cultured Cottage Cheese
Turkey	Lamb	Plain Greek Yogurt
Beef	Bison	Organic Cheeses
Pork	Eggs	Minimally Processed Sausages
Tempeh	Lentils	Protein Powders

Look For:

No hormones/antibiotic
Wild caught seafood
Grass fed beef
Nitrite / Nitrate free / Uncured

Limit:

Non-organic protein powders
Non-organic dairy
Fried meats
Processed soy



Cupped Hand
(15g net or 20g
total)
CARBS

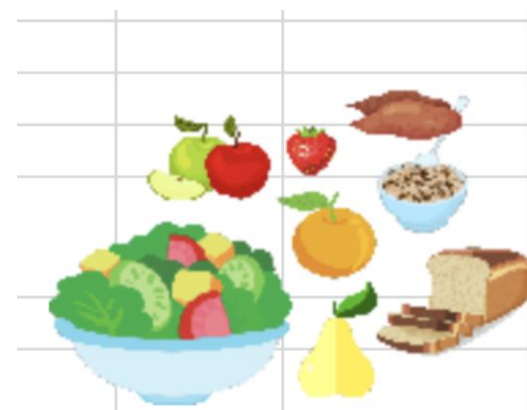
Oats	Sprouted grains	Carrots	Potatoes
Quinoa	Collards	Brussel	Apples
Brown rice	Lettuces	Sprouts	Berries
Barley	Broccoli	Cucumbers	Citrus
Millet	Cauliflower	Cabbages	
Kale	Squashes	Tomatoes	
Spinach	Asparagus	Mushrooms	

Look For:

Sprouted grains
Low glycemic fruits
Organic greens
Eat the rainbow

Limit:

Fruit's juices
Processed grains (bagels, muffins, cakes)
Chips / pretzels / crackers
Canned fruits



Personalized Portions and Whole Food List



**Thumb Size
(1 Tbl)
FATS**

Almonds
Pistachios
Cashews
Pecans
Brazil Nuts
Walnuts
Seeds
Butter
Ghee

Fresh Coconut
Avocado
Olive Oil
Walnut Oil
Coconut Oil
Avocado Oil
Flaxseed Oil
Sesame Oil
Red Palm Oil

Dark Chocolate
Nut Butters
Seed Butters
Organic Whole Cream
Organic Whole Sour Cream
Uncured Clean Bacon
Organic Cheeses



Look For:

Extra virgin
Organic
Cold pressed
Raw Nuts

Limit:

Processed oils in clear containers (canola, sunflower, corn, cottonseed)
Hydrogenated oils and trans fats
Shortening / Margarine
Fried Foods



**Cup
(8oz)
WATER**

Filtered Water
Mineral Water
Spring Water

- Add tiny pinch of sea salt to ½ daily intake (must be colored salt)
- Add electrolyte powder like Ultima
- Drink upon rising and in between meals throughout the day
- Use glass or stainless-steel water bottle

Look For:

No hormones/antibiotic
Wild caught seafood
Grass fed beef
Nitrite / Nitrate free / Uncured

Limit:

Non-organic protein powders
Non-organic dairy
Fried meats
Processed soy



My Nutrition Profile Summary

My Info

Age		Activity Level	
Gender		Goal	
Height		Diet Preference	
Weight		Water (8oz glasses)	

My Numbers

Calories	/ day	BMI		BMR	
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My Meal Plan

Proteins		Fats		Carbs		Water (8oz glasses)
servings		servings		servings		
daily intake		daily intake		daily intake		