

# 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**

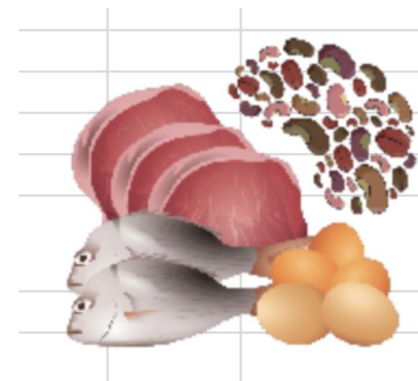
Fish	Shellfish	Cultured Cottage Cheese	Tempeh
Chicken	Venison	Plain Greek Yogurt	Legumes
Turkey	Lamb	Organic Cheeses	Lentils
Beef	Bison	Minimally Processed Sausages	
Pork	Eggs	Protein Powders	

### 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**

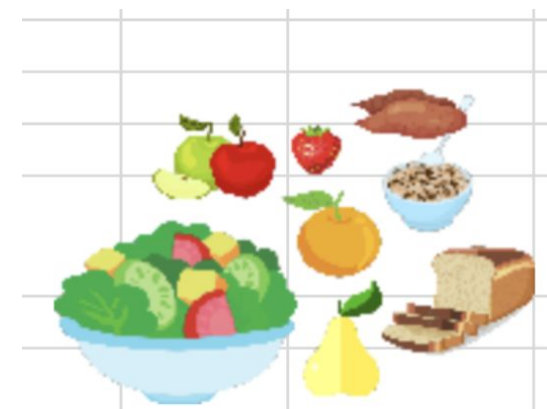
Oats	Sprouted grains	Broccoli	Brussel Sprouts	Potatoes
Quinoa	Kale	Cauliflower	Cucumbers	Apples
Brown rice	Collards	Squashes	Cabbages	Berries
Barley	Lettuces	Asparagus	Tomatoes	Citrus
Millet	Spinach	Carrots	Mushrooms	

### Look For:

*Sprouted grains*  
*Low glycemic fruits*  
*Organic greens*  
*Eat the rainbow*

### Limit:

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



**Thumb Size**  
(1 Tbl)  
**FATS**

Almonds	Nut Butters	Avocado	Avocado Oil	Red Palm Oil
Pistachios	Seed Butters	Dark	Butter	Organic Whole Cream
Cashews	Pecans	Chocolate	Ghee	Organic Whole Sour Cream
Brazil Nuts	Walnuts	Olive Oil	Flaxseed Oil	Uncured Clean Bacon
Seeds	Fresh Coconut	Walnut Oil	Sesame Oil	Organic Cheeses
		Coconut Oil		

### 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  $\frac{1}{2}$  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

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Grass fed beef  
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**Limit:**

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Fried meats  
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