

# My Summary Sheet

## My Info

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

## 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		½ body weight in ounces Max 100oz	

# My 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				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

# Personalized Portions and Whole Food List



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

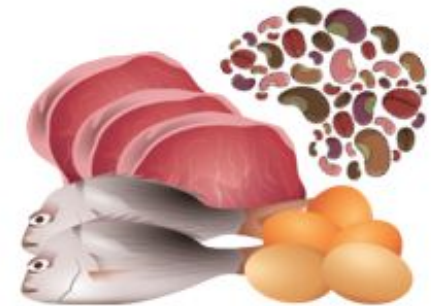
## PROTEINS

**Fish**  
Chicken  
Turkey  
Beef  
Pork

**Shellfish**  
Venison  
Lamb  
Bison  
Buffalo

**High Quality Protein Powders**  
Cultured Cottage Cheese  
Plain Greek Yogurt  
Minimally Processed Sausages  
Clean Beef and Wild Game Jerky

**Eggs**  
Tempeh  
Quinoa *(also considered carbs)*  
Beans *(also considered carbs)*  
Lentils *(also considered carbs)*



### Look for:

*No hormones/antibiotics*  
*Wild caught seafood*  
*Grass fed beef*  
*Nitrite/Nitrate free/Uncured*  
*Pastured pork / poultry*

### Limit:

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



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

## CARBS

**Oats**  
Quinoa  
Brown Rice  
Barley  
Rye

**Millet**  
Basmati Rice  
Sprouted Wheat  
Beans  
Lentils

**Kale**  
Collard Greens  
Lettuces  
Spinach  
Other Greens

**Broccoli**  
Cauliflower  
Brussel Sprouts  
Cabbages  
Bok Choy

**Squashes**  
Zucchini  
Asparagus  
Carrots  
Tomatoes

**Cucumbers**  
\*Potatoes  
\*Beets  
Mushrooms  
Apples  
Citrus  
Pears  
Berries  
\*Bananas  
\*Melons  
\*Peaches  
\*Cherries

### Look for:

*Sprouted grains*  
*Low glycemic*  
*Organic greens*  
*Eat the rainbow*  
*Dirty Dozen/Clean 15*

### Limit:

*\*High glycemic*  
*Fruit juices*  
*Processed grains*  
*Chips/Pretzels/Crackers*  
*Canned*



# Personalized Portions and Whole Food List



**Thumb Size  
(1 Tbl)**

**FATS**

Almonds  
Pistachios  
Cashews  
Brazil Nuts  
Pecans

Peanuts  
Seeds  
Walnuts  
Nut Butters  
Seed Butters

Fresh Coconut  
Avocado  
Dark Chocolate  
Butter  
Ghee

Olive Oil  
Avocado Oil  
Coconut Oil  
Sesame Oil  
Flaxseed Oil

Walnut Oil  
Clean Tallow  
Clean Lard  
Uncured Bacon  
Organ Meats

Whole Cream  
Whole Sour Cream  
Cheeses  
Dressings



**Look for:**

Extra virgin  
Organic  
Grass fed dairy  
Cold pressed  
Raw nuts

**Limit:**

Processed oils in clear containers (corn, canola, safflower, soybean)  
Hydrogenated oils and trans fats  
Vegetable shortening  
Margarine  
Fried foods



**Cup  
(8oz)**

**WATER**

Filtered Water  
Mineral Water  
Spring Water  
Seltzer Water  
Coconut Water

\*Add tiny pinch of sea salt to ½ daily intake (colored varieties)

\*Add electrolyte powder like Ultima

\*Drink water upon rising and in between meals

\*Use glass or stainless-steel water bottles

\*Try Stur brand of water flavor if taste is a challenge

**Look for:**

Filters for tap water  
Unsweetened/unflavored water  
Bottled at source label

**Limit:**

Distilled water  
Artificial sweetened or colored water flavor enhancers  
Diet and regular sodas  
Sports drinks

