

Daily Eating Guide



Protein	Grains	Fruit	Vegetables
8 oz. milk (non-dairy too) 8 oz. yogurt 4 oz. cottage cheese (6 for men) 4 oz. ricotta (6 for men) 4 oz. hummus (6 for men) 2 oz. cheese (3 for men) 2 eggs (3 for men) 2 oz. nuts/nut butter 2 oz. seeds (weigh after cooking) 4 oz. chicken (6 for men) 4 oz. turkey (6 for men) 4 oz. pork (6 for men) 4 oz. beef (6 for men) 4 oz. lamb (6 for men) 4 oz. fish (6 for men) 4 oz. shellfish (6 for men) 6 oz. beans 6 oz. lentils 4 oz. shelled edamame 2 oz. dry roasted edamame 4 oz. tofu (6 for men) 4 oz. tempeh (6 for men) 4 oz. veggie burger 2 oz. soy nuts (3 for men) 2 oz. soya granules (3 for men)	Precooked Hot (Weigh 4 oz after cooking) Dry-Cold or Hot (Weigh 1oz dry, then cook) 1 oz. dry oatmeal 1 oz. dry grits 1 oz. oat bran 1 oz. quinoa flakes 1 oz. shredded wheat 1 oz. Ezekiel cereal 1 oz. Uncle Sam's cereal 1 oz. Fiber One cereal 1 oz. rice cakes 4 oz. potato 4 oz. sweet potato 4 oz. cooked rice 4 oz. cooked wheatberries 4 oz. cooked quinoa 4 oz. cooked polenta 4 oz. cooked millet 1 piece Ezekiel bread 1 oz. cream of wheat 1 oz. cream of rice	6 oz. or... 1 piece: Apple Pear Orange Grapefruit Banana Peach Nectarine 2 pieces: Plum Kiwi Persimmon 3 pieces: Apricots Clementines 6 oz.: Berries Grapes Cherries Pineapple Mango Papaya Melons Fresh Figs	(Weigh after Cooking) Artichokes Asparagus Bok Choy Beet greens Beets Broccoli Brussels sprouts Cabbage Cauliflower Carrots Celery Collard greens Cucumbers Dandelion greens Eggplant Green beans Jicama Kale Leeks Lettuce Mushrooms Onions Peppers Radicchio Snow Peas Spaghetti Squash Spinach Sugar snap peas Swiss chard Tomatillo Tomatoes Turnip greens Watercress Yellow squash Zucchini Use Sparingly: Corn Peas Butternut squash Acorn squash Pumpkin Turnip Rutabaga Parsnips
Breakfast: 1 Protein 1 Grain 1 Fruit Lunch: 1 Protein 1 Fat 1 Fruit 6oz Vegetables Dinner: 1 Protein 1 Fat 14oz Vegetables (8oz salad+ 6oz cooked veggies) 10 oz Vegetables at lunch & 10 oz Vegetables at dinner is also compliant	Fats 2 oz. avocado 2 oz. olives 2 oz. hummus 0.5 oz. (IT) butter 0.5 oz. margarine 0.5 oz. oil 0.5 oz. mayonnaise 0.5 oz. dressing 0.5 oz. nuts or nut butter 0.5 oz. seeds 0.5 oz. tahini 0.5 oz. pesto 1 oz. coconut butter, cream, or meat (dried only 0.5 oz) 1 oz. cream 1 oz. sour cream 1 oz. cheese 1 oz. cream cheese	Condiments (free) 8 oz. broth 2 oz. salsa 2 oz. marinara 2 oz. ketchup (unsweetened) 0.5 oz. nutritional yeast Salt and pepper Vinegar Lemon juice or wedge Lime juice or wedge Capers Soy Sauce Cinnamon Hot sauce Mustard Spices Herbs	

No Sugar, No Flour, 3 Meals, Measured Portions