



CHEAT SHEET

Macronutrient Mix & Match Chart: Women's Fat Loss

Follow the guidelines below to build your meals and snacks. *Remember: carbs grow out of the ground and most protein walks around. Fats leave an oily mark behind.*

CORE PROTEINS

Choose **Clean, Pastured Versions Whenever Possible**

Meal: Palm-Sized Portion
Snack: 2-fingers portion

Beef, Lamb, Pork and Wild Game All Lean Cuts

Fish/Seafood (clean)

Farmed Bay Scallops, Farmed Blue Mussels, Sardines, Tilapia, Wild Alaskan Salmon, etc.

Poultry

Chicken, Duck, Ostrich, Turkey, etc.

Eggs / Egg Whites

***Whole Organic Soy Products**

Edamame, Tempeh, Tofu,

**Limit these to no more than one serving per day.*

Pure Protein Powder

(1 scoop): unsweetened, undenatured whey, hemp, rice, or vegan mixed

Beans Aduki, Black, Chick peas, Lentils, Lima, etc

** Beans are 1/2 low GL carb and 1/2 protein*

Dairy (pastured/raw)

Cottage Cheese, Cow or Goat Cheeses, Plain Yogurt (Greek), Milk

**Milk is 1/2 high GL carb and 1/2 protein*

CORE FATS

Choose **Organic, Fresh/Raw Versions Whenever Possible**

3-4 Thumb-Sized Portions Daily

Butter (1 teaspoon)
Pastured butter, Organic ghee (clarified butter)

Oils (unrefined)

(1-2 teaspoons)
Almond, Avocado, Coconut, Cold pressed olive, Flaxseed (no heat), Macadamia nut, Peanut, Sesame, etc.

Nuts/Seeds/Butters

(1 oz or 1 tablespoon)
Raw, unsalted best: Almonds, Cashews, Chestnuts, Hazelnuts, Nut Butters, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts, etc.

High-Fat Spreads

(1-2 tablespoons)
Avocado/Guacamole, Hummus, Homemade mayo, Pesto, Olives/Tapenade, etc.

CORE VEGGIE CARBS

Low-Mid Range Glycemic Load

3-4 Cupped-Hands Portions Daily
Mixture of Cooked and Raw: More Cooked in Cold Weather, More Raw in Hot Weather

Low Glycemic Veg

Artichokes, Asparagus, Bok Choy, Broccoli, Broccoli Raab, Brussels Sprouts, Cabbage (any kind), Carrots, Cauliflower, Celery, Chard, Collards, Chicory, Cucumbers, Daikon, Dandelion Greens, Eggplant, Escarole, Fennel, Green Beans, Jicama, Kale, Leek, Lettuce (any kind), Mustard Greens, Onions, Peppers, Radish, Shallots, Spaghetti Squash, Spinach Sprouts (any kind), Sugar Snap/Snow Peas, Summer Squash, Tomatoes Turnip/Rutabaga, Zucchini, etc

Mid Glycemic Veg

(Starchy) (fist-sized portion) Beets, Peas, Pumpkin, Sweet Potato, Winter Squash, (Acorn, Butternut, Delicata, etc.), Yam, etc.

CONTROL CARBS

Mid-High Range Glycemic Load Use Discretion

0-2 Portions Daily:
Always with Protein
-Within 2 Hours Post-Exercise Best

Non-Caloric Sweeteners

(small amount) Erythritol, Stevia, Xylitol

Low Glycemic Fruits

Apples, Berries, Citrus, Melon, Pears, etc

Gluten-Free Whole Grains: Mid-to-High Glycemic Load

Amaranth, Buckwheat (Kasha), Corn, Millet, Oats (GF), Quinoa, Rice (whole grain, such as brown, wild, basmati, etc.), GF Whole Grain Pasta (Soba Noodles, Rice pasta, etc.)

Starchy Vegetables (high GL)

Parsnip, White Potato
Fist-Sized Portion:

High Glycemic Fruits

Tropical fruits

Caloric Sweeteners

(high GL) (small amount)
Blackstrap Molasses, Coconut Nectar, Dried Fruit, Soaked Date Puree, Palm Sugar, Rice Syrup

Helping You Make Tastier, Healthier Food in Less Time

