



Using the suggested portion sizes as a guideline, build 3 Main Meals from Proteins, Produce, Fiber and Fats and 1-2 Mini Meals from combinations of any 2 (PPFF) every day. Remember to add Vitamin P: Pleasure & Presence

## Simply Clean Mix & Match A Meal

### CORE PROTEINS

**Pastured / Organic Best Meal: Palm-Sized Portion**  
**Mini: 2-fingers portion**

**Beef, Lamb, Pork and Wild Game**  
All Lean Cuts

#### Poultry

Chicken, Duck, Ostrich, Turkey, etc.

#### Fish/Seafood (clean)

Sardines, Wild Alaskan Salmon, etc.

#### Eggs / Egg Whites

#### Protein Powder

Whey, Vegan (no soy)

#### Optional:

#### Lean Dairy (pastured/organic/raw):

Cottage Cheese, Lower-Cal Cow and Goat Cheeses, Plain Yogurt (Greek)

#### \*Fresh or Cultured Organic Soy Products:

Edamame, Tempeh

*\*No more than 2 soy servings per week*

### CORE PRODUCE

#### Low-Mid Range Glycemic Load

**Main: Cupped Hands Portion**  
**Mini: Fist-Sized Portion**  
Mixture of Cooked and Raw

#### Green Leafy Veg

Bok Choy, Broccoli Raab, Brussels Sprouts, Cabbage (any kind), Chard, Collards, Dandelion Greens, Escarole, Kale, Lettuce (any kind), Spinach, etc.

#### Low-Starch Veg

Artichokes, Asparagus, Broccoli, Celery, Carrots, Cauliflower, Cucumbers, Daikon, Eggplant, Green Beans, Jicama, Leek, Onions, Peppers, Radish, Spaghetti Squash, Sprouts Snow Peas, Summer Squash, Tomatoes, Turnip, etc.

#### Higher-Starch Veg

Beets, Parsnip, Peas, Pumpkin, Sweet Potato, White Potato, Winter Squash, (Acorn, Butternut, Delicata, etc.), Yam, etc.

#### Lower-Sugar Fruits

Apples, Berries, Citrus, Melon, Pears, etc.

### EXTRA FIBER FOODS

#### Low-Mid Range Glycemic Load Use discretion.

**Main: Fist-Sized Portion**  
**Mini: Half-Fist-Sized Portion**

#### Beans

Aduki, Black, Chickpeas, Edamame (see soy), Lentils, Lima, Kidney, Pinto, etc.

#### Highest -Fiber Grains (whole/gluten-free)

Amaranth, Buckwheat (Kasha), Cornmeal, GF Oat bran/Oats, Hominy, Millet, Quinoa, Wild Rice

#### Highest-Fiber Veg

Artichokes, Beet Greens, Brussels Sprouts, Chicory Greens, Dandelion Greens, Green Peas, Nettles, Parsnips, Potato Skins, etc.

#### Highest-Fiber Fruits

Blackberries, Cranberries, Kiwis (with skins), Lemons, Limes, Papaya Seeds, Pears (esp Asian), Raspberries, etc.

### CORE FATS

**Fresh / Raw Best Main: 1 Portion**  
**Mini: Half Portion**

**Pastured Organic Butter or Ghee**  
(1-2 teaspoons)

#### 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.

#### Spreads

(1-2 tablespoons)

Avocado/Guacamole, Store-Bought Hummus, Homemade Mayo, Pesto, Olives/ Tapenade, etc.

#### Highest-Fiber Fats

Avocado, Chia Seeds, Coconut (dried), Flaxseeds, Sesame Seeds, Chestnuts, etc.



CLEAN FOOD *Central*

Helping you make tastier, healthier food in less time!