

WELL NOURISHED PLATE

Serving size for low starchy
veggies and starchy options is
1/2 cup

Low Starch Veggies

Anything GREEN
leafy greens (spinach,
chard, spinach, beet
greens, kale)
cruciferous veggies
(broccoli, caulifloewr,
brussels sprouts...)
asparagus, cucumber,
zucchini, summer squish
egg plant, bell peppers
okra, mushrooms
green beans, artichoke

6-8 servings

Protein

Animal Protein
fish, seafood, pork,
chicken, turkey, red
meat, eggs

Aim for 15-25 grams
per meal or about 3
oz

Starchy Options

Fruits
legumes
root veggies (potatoes,
beets, parsnips)
winter squash, butternut,
pumpkin
whole grains (limit)

1-2 servings

Fat

Sauces
butter
olive oil
Nut butter
cheese

1-2 Tbs



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