

Protein sources

Prioritize fresh, lean, minimally-processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken
Lean beef



Duck breast and thighs



Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats
goat, camel, horse, kangaroo, crocodile



Insects



Tempeh



Tofu



Edamame



Cultured cottage cheese



Plain Greek yogurt



Lentils and beans

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT SOME



Uncultured cottage cheese



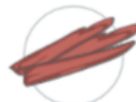
Medium-lean meats



Canadian bacon



Lamb



Meat jerky



Poultry sausage



Minimally processed lean deli meat



Protein powders



Seitan



Tempeh bacon



Textured vegetable protein



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT LESS



Fried meats



Chicken fingers, nuggets, and wings



High-fat meat



High-fat sausages



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish



Plant-based meats

Burgers, sausage, hot dogs, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, Tofurky, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.





A portion of protein =
1 palm



A portion of
vegetables = 1 fist



A portion of carbs =
1 cupped hand



A portion of fats
= 1 thumb