

Real Food Eating Guide

Use this list of real/whole foods to inspire your weekly menu.
Remember that quality is of great importance so whenever possible choose:

Organic Fruits & Vegetables / Grass Fed & Organic Meats
Organic, Full Fat Dairy / Pastured Eggs

Protein	3 to 5 servings per day
Animal options: beef, bison, cheese, chicken, clams, cottage cheese, duck, eggs, grouper, halibut, lamb, liver pate, mackerel, mahi mahi, mussels, oysters, pork, salmon, sardines, scallops, shrimp, snapper, trout, tuna, turkey, yogurt Veggie options: Beans: black, garbanzo, kidney, lentils, pinto, soybeans, white	¼ of your plate should be protein Serving size is the palm of your hand Eat protein with every meal and small portion with snacks.
Fats	3 to 5 servings per day
Seeds: chia, flax, hemp, pumpkin, sesame, sunflower Nuts: almonds, brazil nuts, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts	2 Tbs. is a serving of nuts/seeds add to dishes or have as a snack
Oils: butter, coconut oil, extra virgin olive oil, ghee, olives, pumpkin oil, sesame oil, almond (or other nut) butter	2 to 3 tsp. is a serving of oil 2 Tbsp. is a serving of nut butter
Starchy Carbohydrates	3 to 5 servings per day (incl. fruit)
Veggies: acorn & butternut squash, beets, carrots, eggplant, fennel, kabocha squash, parsnips, plantain, potato, pumpkin, rutabaga, spaghetti squash, sweet potatoes, turnips, yam Whole Grains: amaranth, brown rice, buckwheat, corn tortillas, millet, oats, polenta, quinoa, rice noodles, sprouted whole grain bread	1/3 cup is serving size of veggie or grain ¼ of your plate can be starchy carbs These starchy carbs are excellent fuel and just as dense as “bread/pasta” carbs. Choose these more often than bread/pasta to help keep weight down and energy high.
Fruits: apple, apricot, avocado, blackberries, blueberries, cherries, coconut, cranberries, grapefruit, grapes, kiwi fruit, lemons, limes, melons, nectarine, orange, peach, pear, persimmon, plum, pomegranate, raspberries, strawberries, tangerines	1 or 2 pieces of fruit per day is good (if weight loss is a goal, limit or avoid high sugar fruit: banana, mango, pineapple, grapes, papaya, watermelon)
Non-Starchy Carbohydrates	Unlimited Servings
Leafy veggies: arugula, beet greens, bok choy, collard greens, kale, lettuces (darker the better), parsley, spinach, swiss chard, watercress Crunchy veggies: artichoke, asparagus, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, cucumbers, endive, garlic, green beans, jicama, leeks, mushrooms, onions, peppers, radishes, snap peas, sprouts, tomatoes, zucchini	Fill ½ your plate with these veggies Eat with every meal, at least 1 cup
Fluids Filtered Water, Mineral Water, Herbal Teas, Unsweetened Coconut & Almond Milk, Coconut Water, Fresh Squeezed Vegetable Juice	Drink mostly water! Drink half your weight in water daily

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