Providence

PROTEIN	HEALTHY FATS	FIBER	CARBS
4-6 oz (women) 6-8 oz (men)	**1-2 tbsp (women) 2-3 tbsp (men)**	**women: 1-2 tbsp (seeds), 1/4 -1/2 c (berries) men - 2-3 tbsp (seeds), 1/2 c (berries)**	**2-3 servings per day** ***preferably 1 per meal***
• Bone broth • Cage-free eggs • Canned light tuna • Chicken • Crab • Duck • Wild fish • Salmon • Halibut • Lobster • Shrimp • Scallops • Turkey • Steak • Ground Beef • Ribs • Bison • Lamb • Sardines • Venison • Pork chops • Pork tenderloin • Protein Powder Plant Based Proteins • Nuts, Seeds, Bean/Legumes	• Algae oil • Avocado • Avocado oil • Avocado oil mayo • Coconut oil • Coconut milk • Cultured or pastured organic butter • Flaxseed oil • Ghee • MCT oil • Nut butters: organic almond, pecan, walnut, macadamia and cashew • Olive oil • Olives • Raw nuts: almonds, cashews, macadamia, pecans, walnuts, brazil nuts, pistachios • Wild fish	Seeds • Chia seeds • Flax seeds Fruit • Blueberries • Raspberries • Strawberries Vegetables • Artichokes • Asparagus • Beans/Legumes • Bok choy • Broccoli • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Cucumber • Eggplant • Jicama • Leafy greens • Mushrooms • Onion • Peppers • Radishes • Squash - acorn, delicata, spaghetti, summer, zucchini • Tomato • Zucchinni	• Beans • Chickpeas • Parsnip • Sweet potato • Yam • Lentils • Some squash (ex: butternut) • Peas • Corn/corn flour • Plantains* • White potatoes* • Most grains*

**the servings sizes suggested are per meal*