nutrition UPRISING

SNACKS:

options

instead

avoid carbs and

focus on protein, fat & veggie

Daily Macronutrient Goals

A low carb, moderate protein, high fat approach to decrease inflammation, balance weight, and increase energy! Any food philosophy can be used, just make your plates look like this at meals.

NON-STARCHY VEGGIES

Leafy greens, broccoli, carrots, Avocado, cabbage, coconut, mayo, cauliflower, nuts, seeds tomatoes. olives, oils peppers, onions, green beans, asparagus, onions, mushrooms, etc.

CARBS

FAT

Starchy veggies, grains, fruit, beans, sugars, desserts

PROTEIN

All animal meat, fish, eggs, dairy, tofu, protein powder, colagen

Sample Meal Based on

This bowl is a perfect example because it's:

- 50% veggies (peppers, riced cauliflower, parsley)
- 25% is from high quality protein source (shredded meat)
- 25% is from whole food carbs (plantains)
- A side of fat to keep you full and nourished (avocado)
- Note the colorful veggies- this provides phytonutrients!

