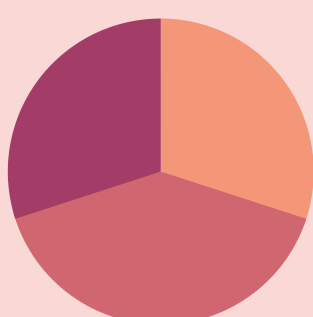


Laura Between Sundays

Macronutrient Guide to Balanced Eating

Fat
30
%



Carbs
40%

Protein
30%

Each time you eat, balance your plate by choosing a combo of protein, carbs, and fat! You'll enjoy balanced blood sugar all day long!

The percentages are a guide to how many calories from each macronutrient should be on your plate!



Carbohydrates

Lower Carb:

Artichokes
Asparagus
Broccoli
Cauliflower
Brussels sprouts
Cabbage
Peppers
Cucumber
Onion
Garlic
Summer Squashes

Green Peas
Leafy Greens
Lettuce/Mixed greens
Mushrooms
Radishes
Okra
Seaweed
Snow peas
Tomatoes
Zucchini
Celery

Moderate Carb:

Beets
Winter Squashes
Carrots
Sweet Potato
Yam
White Potato
New Potato
(small varieties)
Beans/Hummus
Lentils/Split Peas
Fruit

Higher Carb:

Oats
Rice
Bread
Pasta
Quinoa
Corn
(and corn products)
Farro
(and other grains)

30%

Protein

Beef
Chicken
Eggs
Pork
Turkey
Fish
(except Tilapia)
Shellfish
Lamb
Sardines
(and other small fish)
Cottage Cheese
(and other high protein
cheeses)
Greek Yogurt

30%

Fat*

*A couple TBLs
is all you need

Avocado
Butter
Nuts and
Seeds
Nut butter
Olive Oil
Avocado oil
Coconut Oil
Mayonnaise
Cheese
Coconut