

EAT YOUR FOOD IN ORDER

#1
Fiber
EAT FIRST

#2
Protein
Healthy Fat
EAT Second

#3
Carbs
EAT LAST



High Fiber Foods

Asparagus
Avocado
Bok choy
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Egg Plant
Kale
Lettuce
Mushroom
Spinach
Zucchini

Protein Rich Foods

Leucine-rich proteins play a crucial role in muscle growth, repair, and protein synthesis.

Beef | Chicken | Turkey | Eggs

Dairy

Cheese | Cottage Cheese | Greek Yogurt

Fish

Cod | Salmon | Tuna

Whey Protein

Plant-Based Sources

Almonds

Lentils & Chickpeas

Pumpkin Seeds

Soy Products

Edamame | Tempeh | Tofu

Healthy Fat Foods

Avocado oil
Avocados
Egg
Extra-virgin olive oil
Flax, hemp, and chia
Grass Fed Ghee
Grass fed steak
MCT oil
Nut butter
Olives
Raw cheese
Raw nuts
Salmon