

# Macronutrient Portion Guidelines

## Enjoy Nutrient Dense Real Food!

LOW CARB | MODERATE PROTEIN | HIGHER HEALTHY FAT

### High Quality Protein (Moderate Amounts)

#### SERVING SIZES PER MEAL COULD INCLUDE THE FOLLOWING OPTIONS:

- Meat or Seafood: 3–4 oz (about the size of your palm)
- Eggs: 2–3 whole eggs (yolk and all)
- Cheese: 1.5 oz (a little bigger than your thumb or a cheese stick. 1½ deli-slices)
- Full-fat Greek Yogurt (unsweetened/plain): 1–1½ cups
- Cottage Cheese: ½–¾ cup
- Tofu: 7 oz | Tempeh: 4 oz | Seitan: 1.5 oz

### Carbohydrates (Low Amounts)

#### “FREE” VEGETABLES – EAT FREELY

- All lettuces, radicchio, endive, spinach
- Alfalfa sprouts, celery, bok choy, raw mushrooms

#### “PREFERRED” VEGETABLES – AIM FOR 2 CUPS TOTAL DAILY

- Asparagus, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, cucumber
- Eggplant, green beans, jicama, kale, leeks, cooked mushrooms
- Okra, radishes, sauerkraut, snow peas, spaghetti squash, summer squash, tomatoes, turnips

### Healthy Added Fats (Consume to Point of Satisfaction)

#### ADD TO MEALS FOR FLAVOR AND SATIETY.

- Oils, Butter, Aioli: 1–2 tbsp
- Heavy Cream, Sour Cream, Cream Cheese: 2 tbsp
- Whipped Cream (unsweetened): ½ cup
- Nut & Seed Butters (sugar-free): 1–2 tbsp
- Nuts: 1 closed handful
- Seeds: 1 tbsp
- Avocado: ½ small or ½ cup
- Coconut Flakes (unsweetened): ¼ cup
- Olives: Up to 10

### High-Carb Foods to Avoid

#### AVOID GRAINS, STARCHES, SUGARS, AND JUICE

- Grains: Oats, pasta, rice, quinoa, wheat, couscous, baked goods
- Starches: Carrots (for now), corn, green peas, potatoes, winter squash
- Added Sugars: In all forms (as sweeteners and sweets)
- Juice: Don't drink carbs
- Beans and Legumes: Avoid until Visit 3 (unless vegetarian)
- Fruit: Avoid until the end of Week 3

For further details, refer to your  
JumpstartMD QuickStart Guide.