

## Fruit



The Conscious Nutrition Food Tree has high quality foods from each food group. The Tree will provide a foundation for meal planning. The guidelines are not set in stone for each person or each day.

## **Serving Size Guidelines**

### **FAT:**

1/4 Cup Raw Nuts & Seeds  
1/4 Avocado  
1 T. of oils and nut butters

### **Protein:**

3 Ounces of Meat for Women  
4 Ounces of Meat for Men  
Organic, Free-Range Eggs  
1/2 Cup of Cooked Beans & Lentils

### **STARCHES:**

1/2 Cup Cooked Grains  
1/2 Sweet Potato  
3 red potatoes  
1 Corn Tortilla  
1 slice of Bread

### **VEGETABLES:**

**HEAPS**  
1 Cup is a Serving

## **Conscious Nutrition Program**

### **Basic Guidelines**

- Vegetables are the foundation of your program
- Divide your plate into thirds: 1/3 Veggies – 1/3 Protein – 1/3 Fat
- Eat 2 servings of healthy fat per MEAL: Healthy fat makes you thinner
- Eat one side of the Conscious Nutrition Tree or the other as often as possible. This will ensure you separating your Starches and Proteins at meals.
- You may combine protein and starches more often the closer you get to your goal and with increased amount of daily physical activity
- Fruit: Eat fruit with nuts as a snack, not with meals. Ex. Apple with almond butter
- Dairy: Dairy is for fun; not always for optimal health! Eat organic, whole, raw dairy products, or substitute for almond milk, coconut milk and goat dairy products. Dairy is best with the Protein Side of the Tree
- If you are drinking alcohol, eat less starch and fruit during that day and the next
- Drink liquids 30-60 minutes prior to or post meals
- Eat food or shake first every morning before any hot or cold beverages and supplements
- Don't forget the protein shake! It falls under the protein side of the tree.