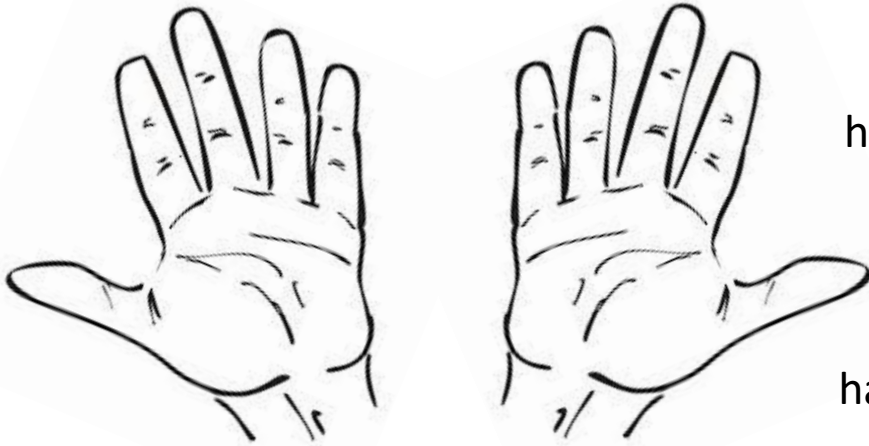


How Much Should I Eat?

Dr. Michael Tereo // www.DrTereo.com



Holding your out-stretched hands over your plate is a good indicator of how much to eat.

If you see food with your hands held in the out-stretched position, you are eating too much food for that meal to properly digest.

COMPLEX CARBOHYDRATES:

Sweet potatoes, Yams, Quinoa, Farro, Brown rice, Lentils, Beans

OIL:

Olive oil, coconut oil, avocado, ghee, pastured butter, bacon grease

PROTEIN:

Meat, Poultry, Eggs, Seafood

(shellfish and fin fish),

Nuts and Seeds,

Chia seeds, beans

VEGETABLES:

Green leafy,

be sure to eat a

Rainbow of vegetables.

