

Nutrient Selections and Servings for Peggy Hall's 4x4 Meal Plan!

PROTEIN

Chicken/turkey (3-4 oz cooked)
 fish (4-6 ounces)
 lean beef (3-4 ounces)
 eggs (2 large)
 beans (1/2cup – 1 cup cooked)
 yogurt (1 cup nonfat)
 cheese (2-3 oz)
 cottage cheese (1/2cup - 1 cup)
 rice, almond, oat milk (1 cup)
 protein powder (1 serving)
 coconut milk (light) 1 cup

CARBS

brown rice (1/2 cup)
 whole grain bread (1 oz)
 corn tortilla (1 oz)
 rice crackers (1oz)
 whole grain cereal (1 oz)
 sweet potato (1/2 cup)
 white potato (4 oz)
 rice pasta (1/2)
 oatmeal (1/3 cup dry)
 cous-cous (1/2 cup cooked)
 quinoa (1/2 cup cooked)

FRUIT

1 medium piece
 1 cup fresh fruit
 dried fruit (1/4 cup)
 fruit juice (8 ounces)

FATS

olive oil (1 or 2 teaspoons)
 butter (1 or 2 teaspoons)
 coconut oil (1 or 2 teaspoons)
 mayonnaise (1 or 2 teaspoons)
 almond butter or peanut butter (1 tablespoon)
 sour cream (1 or 2 teaspoons)
 avocado (1/2 small)
 20 almonds or other nuts (raw, unsalted)
 sunflower or pumpkin seeds (1or 2 tablespoons)
 tahini butter (1 or 2 teaspoons)
 parmesan cheese (1 or 2 teaspoons)
 olives (about 10 small)
 fat-burning salad dressing (1 Tbl)* Peggy's recipe
 fat-burning fudge (1 piece)* Peggy's recipe

VEGGIES

1 cup any fresh, raw
 1/2 cup cooked
 1 medium piece

