

Avoid Added Sugar Over the next 28-days, you are going to limit or avoid eating all added sugar. Examples includes:

- Candy and chocolate
- Cookies, muffins, cakes, pastries, and baked goods
- Sugared cereal
- Sodas, fruit juice, and fruit drinks
- Ice cream, sorbet, and flavored yogurts
- Dressings and sauces

Easy Meal Planning To make things easier, you will find a list of foods to include when planning your meals. Whilst this is not an exhaustive list and other items are allowed, the foods listed are delicious and full of nutrients. If you choose foods that are not on this list, ensure that they fit the criteria of "no added sugar," and opt for whole grains option where possible. We also recommend minimizing your consumption of artificial sweeteners.

Portion Size Guide

- One portion of protein = size of one palm
- One portion of carbohydrates = size of one cupped hand
- One portion of healthy fat = size of one thumb
- One portion of vegetables = size of one fist

Men should aim to eat a total of five to seven servings of PCF each per day (about two per meal). Women should aim to eat a total of four to five servings of PCF each per day (one to two per meal). In addition to this, add plenty of non-starchy vegetables to your meals (about five servings per day).



Easy Meal Builder Guide

Balanced Meals squash sugar cravings naturally. Make sure you're having a good mix of Protein (P), Carbs (C) and Fats (F) at every meal.

	Breakfast	Lunch	Dinner	Snacks
Mon	P: C: F:	P: C: F:	P: C: F:	P: C:
Tues	P: C: F:	P: C: F:	P: C: F:	P: C:
Wed	P: C: F:	P: C: F:	P: C: F:	P: C:
Thur	P: C: F:	P: C: F:	P: C: F:	P: C:
Fri	P: C: F:	P: C: F:	P: C: F:	P: C:
Sat	P: C: F:	P: C: F:	P: C: F:	P: C:
Sun	P: C: F:	P: C: F:	P: C: F:	P: C:



Easy Meal Builder Guide

Protein (P)	Carbs (C)	Fats (F)
<p>.Meat and Poultry Beef, Lamb, Pork, Venison, Chicken, Turkey, Duck</p> <p>.Fish and Shellfish Crab, Cod, Haddock, Mackerel, Pollock, Prawns, Salmon, Trout, Scallops, Squid</p> <p>.Dairy and Eggs Cottage Cheese, Eggs, Plain Strained Yogurt, Whey Protein Powder</p> <p>.Plant Based Beans, Chickpeas, Lentils, Peas, Tempeh, Tofu, Pea Protein Powder</p>	<p>.Starches Carrots, Corn, Parsnips, Potatoes, Pumpkin, Squash, Sweet Potatoes, Yams</p> <p>.Fruit Apricots, Apples, Berries, Bananas, Cantaloupe, Cherries, Grapefruit, Grapes, Lemons, Limes, Mangoes, Melons, Oranges, Papaya, Peaches, Pineapple, Plums</p> <p>.Whole grains Amaranth, Barley, Brown Rice, Millet, Quinoa, Oats, Sorghum, Spelt, Teff, Wild Rice</p>	<p>.Nuts and Seeds Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pistachios, Walnuts, Chia Seed, Flaxseed, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds</p> <p>.Drapes Avocados, Coconuts, Olives</p> <p>.Dairy/other Butter, Ghee, Natural Nut Butters, Omega 3 Supplement, Fish Oil</p>
Veggies	Flavor	Extras
<p>.Salad Arugula, Beet Greens, Bok Choy, Kale, Lettuce, Radicchio, Spinach, Watercress</p> <p>.Vegetables Asparagus, Bean Sprouts, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celeric, Celery, Cucumber, Eggplant, Fennel, Green Beans, Green Onions, Leeks, Mushrooms, Okra, Onions, Radishes, Rutabaga, Tomatoes, Zucchini</p>	<p>.Vegetables Fresh Chili Peppers, Garlic, Ginger, Turmeric</p> <p>.Herbs Basil, Bay Leaves, Chives, Cilantro, Dill, Lemongrass, Marjoram, Mint, Oregano, Parsley, Rosemary, Thyme</p> <p>.Spices Cinnamon, Coriander, Cumin, Fennel, Mustard Seeds, Nutmeg, Paprika,</p>	<p>.Cooking Oils Coconut Oil, Olive Oil</p> <p>.Drizzling Oils Avocado Oil, Extra Virgin Olive Oil, Flaxseed Oil, Pumpkin Seed Oil, Walnut Oil</p> <p>.Sauces Hot Sauce, Mustard, Tabasco, Tamari Sauce, Vinegars</p>



Easy Meal Builder Guide

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