

LOW CARB PORTION GUIDE

Proteins

Meat / Poultry 4-6 oz (Palm size)

Fish / Seafood 6 oz (Hand size)

Eggs 2-3 Large

Tofu / Tempeh

Non-Starchy Veggies

Leafy Greens 2+ Cups

Cruciferous 1-2 Cups

Peppers/Zucchini 1 Cup

Asparagus 8-10 Spears

Healthy Fats

Oils / Butter 1-2 Tbsp

Avocado 1/2 Medium

Nuts / Seeds 1 oz (Small handful)

Cheese 1 oz (Thumb size)

Limited Carbs

Berries 1/2 Cup

Greek Yogurt 1/2 Cup (Plain)

Starchy Veg 1/4 Cup (Max)

Legumes 1/4 Cup (Cooked)

** Adjust portions based on individual caloric needs and activity levels.*