

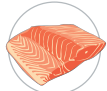
# Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

## EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



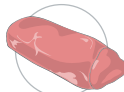
Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats  
goat, camel, horse kangaroo, crocodile



Plain Greek yogurt



Tempeh



Tofu



Edamame



Cultured cottage cheese



Insects



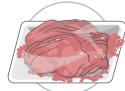
Lentils and beans

*These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).*

## EAT SOME



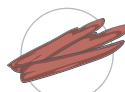
Uncultured cottage cheese



Medium-lean meats



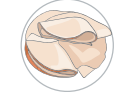
Canadian bacon



Meat jerky



Lamb



Minimally processed lean deli meat



Poultry sausage



Protein powders



Seitan



Tempeh bacon



Textured vegetable protein



Black bean burgers



Traditional veggie burgers

*These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).*

## EAT LESS



Fried meats



Chicken fingers, nuggets, and wings



High-fat meat



High-fat sausages



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish



Plant-based meats

Burgers, sausage, hot dogs, tofurky, etc.

*This includes items such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.*

# Vegetables

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.

