

1-3 fist-sized portions of greens

- Spinach
- Baby kale
- Collard greens
- Mustard greens
- Swiss chard
- Arugula

1-2 fist-sized portions of other vegetables

- Beets
- Broccoli
- Cabbage
- Carrots
- Snap peas
- Green beans
- Brussels sprouts
- Cauliflower
- Green peppers
- Radish

1-2 palm-sized portions of protein

- Chicken
- Tuna
- Salmon
- Hardboiled egg
- Baked tofu
- Edamame
- Low-fat greek yogurt
- Cottage cheese
- Green peas
- Black beans
- Chickpeas

1-2 cupped-handfuls of carbs

- Sweet potato
- Butternut squash
- Quinoa
- Farro
- Brown rice
- Bulgar wheat
- Black beans
- Chickpeas
- Apple
- Strawberries
- Blueberries

1-2 thumb-sized portions of fats

- Olive oil
- Almonds
- Cashews
- Walnuts
- Full-fat greek yogurt
- Feta cheese

Toppings!

- Pickled vegetables
- Basil
- Mint
- Sauerkraut
- Kimchee
- Nutritional yeast
- Bone broth
- Bean sprouts
- Ginger
- Garlic
- Green onion
- Jalapeños
- Mushrooms
- Balsamic vinegar
- Apple cider vinegar
- Lemon juice