



Eating in 3s

How to Build your Meals and Snacks

For every meal and snack, think about choosing foods in 3s. No more food pyramid or My Plate! By eating in 3s, it makes things simple and balanced.

- 1) What is your Protein?**
- 2) What is your Fat?**
- 3) What is your Carb?**

For example, for breakfast your protein would be 2 eggs, your fat would be butter you scramble the eggs in, and your carb would be peppers and mushrooms that you add to the eggs for flavor and color. Your meal is complete!

Your carbs should be from tree nuts, seeds, non-starchy veggies and greens first and foremost. You can add other carbs like fruits, starchy veggies and other complex carbs but controlled by portioning. Think of your food as a budget. There isn't any food you can't have but there are limits to certain foods and the amounts of them consumed such as simple sugars, processed foods, and hydrogenated fats.

See Our Menu at FitFuelFoods.com