

# Estelle Food Quota

Make it tasty :)

- ☐ 4 palm sized (4oz.) portions meat or seafood
- ☐ 1 whole egg
- ☐ Protein shake (40g protein)
- ☐ 2-3 fists green/leafy vegetables
- ☐ 1 fists root vegetables (carrot, sweet potato, beet, yam, parsnip, etc.)
- ☐ 1 fist fruit or flowering portion of plant (squash, tomato, etc.)
- ☐ 1 fist starch (potato, rice, oat, etc.)
- ☐ \*Omega-3 fats--cold water fish, fish oil, chia, hemp, pumpkin seed