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

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