

THE MAIN COURSE

For your 400 - 600 calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Follow these suggestions below to crafting a healthy third meal easy and delicious.



Portion Size:
Size of 2 Fists

VEGETABLES

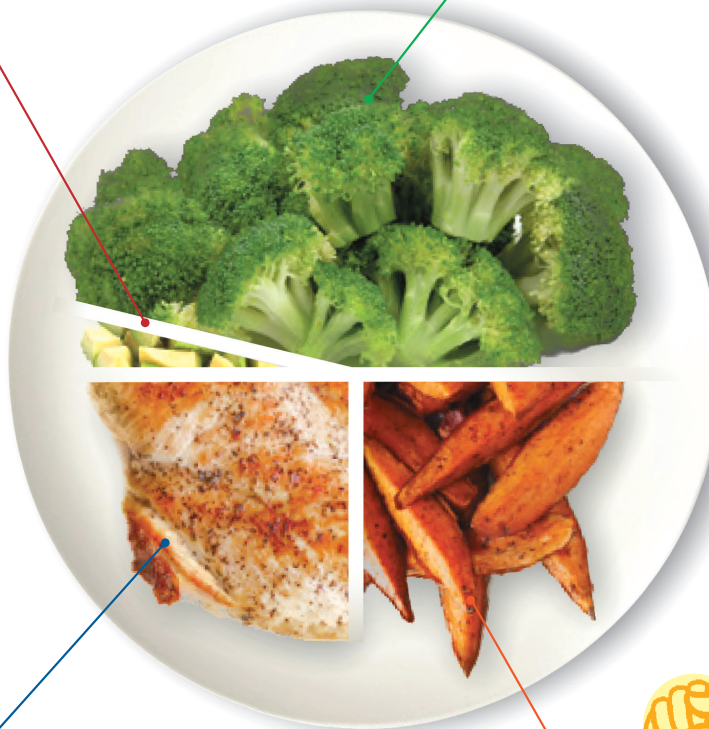
- Raw veggies
- Cooked veggies
- Veggie soups
- Fresh fruit



Portion Size:
Thumb

GOOD FATS

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil



Portion Size:
Palm of Hand

PROTEIN

- Poultry
- Beef/game/lamb
- Fish
- Eggs
- Low-fat dairy



Portion Size:
Size of Fist

COMPLEX CARBS

- Grains
- Quinoa
- Brown rice
- Sweet potatoes or yams
- Cereals (sugar-free, whole grain)
- Legumes