

THE NUTRISTIC METHOD

Protein + Healthy Fat Quick Reference

Your Two Simple Actions Steps

1. Always include a protein
2. Always include healthy fat (about 2 tablespoons)

If you do just this, your blood sugar becomes more stable, cravings decrease, and energy improves.

Ask yourself at every meal:

👉 Where is my protein?

👉 Where is my fat?

PROTEIN OPTIONS

Animal-Based

Beef • Chicken • Turkey • Pork • Lamb • Bison
Salmon • Trout • Cod • Sardines
Shrimp • Scallops
Eggs (eat the whole egg)
Greek yogurt • Cottage cheese • Cheese

Plant-Based

Beans • Lentils
Nuts
Seeds
Nut butters (2 tbsp)
Protein powder (pea, hemp, pumpkin, beef isolate)

HEALTHY FAT OPTIONS

Cooking Fats

Olive oil
Avocado oil
Butter
Ghee
Coconut oil

Whole Food Fats

Avocado
Olives
Nuts
Seeds
Nut butters
Full-fat dairy
Full-fat mayo or avocado mayo

Omega-3 Fats (Use Often)

Salmon • Sardines • Mackerel
Egg yolks
Walnuts
Flax • Chia • Hemp seeds • Pumpkin seeds

Fats to Limit

Margarine
Trans fats
Highly processed vegetable oils