

Chef V's Healthy Routine Portion Chart

(Mix & Match! Literally Thousands of Options!)

Protein (6 oz. serving)	Starch ($\frac{1}{2}$ cup serving)	Vegetable (Unlimited servings)	Seasoning/Herbs
Wild Salmon	Quinoa	Any Leafy Green	Garlic
Fresh Tuna	Brown Rice	Broccoli & Cauliflower	Ginger
Trout	Wild Rice	Green Beans	Basil
Mackerel	Black Rice	Peas	Cilantro
Canned Tuna	Black Beans	Zucchini	Parsley
Cold Water Fish	Kidney Beans	Any Squash	Rosemary
Organic Chicken	Lentils	Sweet Potato	Thyme
Organic Turkey	Pinto Beans	Carrots	Red Chili Flakes
Duck	Lima Beans	Parsnips	Cayenne Pepper
Lamb	White Beans	Cabbages	Black Pepper
Vegetarians: Beans & Nuts	Gluten Free, Corn Free Pasta	Any Onions & Bulbs	No-salt Seasoning
		Mushrooms	Raw Coconut Oil (1tbsp.)
		Cabbage	Cold Pressed Olive Oil (1 tbsp.)
		Cucumber	Apple Cider Vinegar
		Snap Peas	Balsamic Vinegar
		Avocado	Coconut Aminos (soy sauce sub)