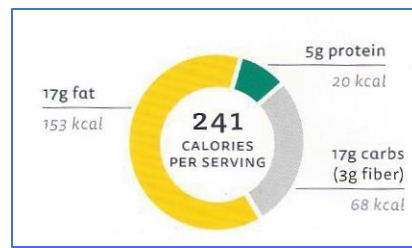


Balancing Your Food Diet:

- Many foods occurring in nature are a combination of carbs and protein or protein and fat in varying proportions. **Legumes** are primarily a carb source and significant protein
- **Full-fat Greek yogurt and cottage cheese** sources of protein, while also containing some fat.
- Similarly, **nuts, cheese and eggs** sources of fat and provide non-trivial amounts of protein.
- Soy based plant protein **tofu and edamame**, watch absorption
- Using **non-fat Greek yogurt**; watch additives and sweeteners
- Non-starchy vegetables like **leafy greens, cabbage, cauliflower, broccoli, bell peppers and brussels sprouts** are superfoods – carbs with lots of fiber and some protein, are rich sources of polyphenols (powerful antioxidants and anti-inflammatory properties; vary the colors.
- **Avocados, olives, avocado oil and olive oil** plant-based sources of monounsaturated fat considered heart healthy.
- Use **ghee or coconut oil** for cooking at high-temperatures.

For More Complete Information See:

<https://www.v8well.com/p/the-v8well-macro-nutrient-guide>



This visual display used in *The Vegetarian Reset* book by Vasudha Viswanath is a helpful aid in determining a well-balanced meal. Every recipe shows the makeup of the fats/protein/carb calories contained in that recipe.