

Food Spectrum: General

Protein sources

Prioritize fresh, lean, minimally-processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

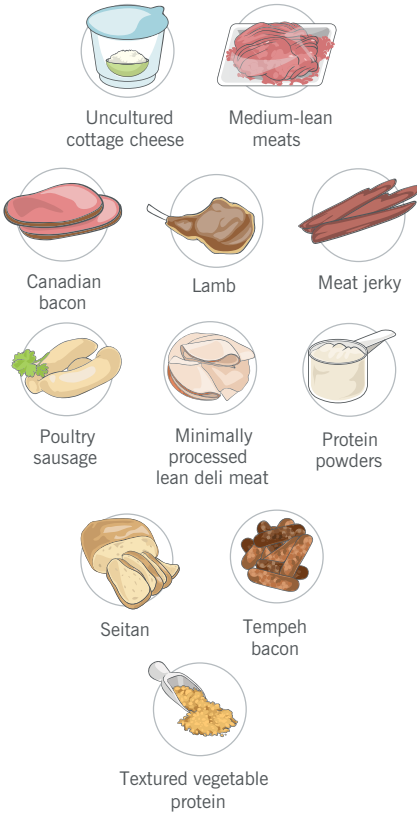
EAT MORE



Lentils and beans

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT SOME

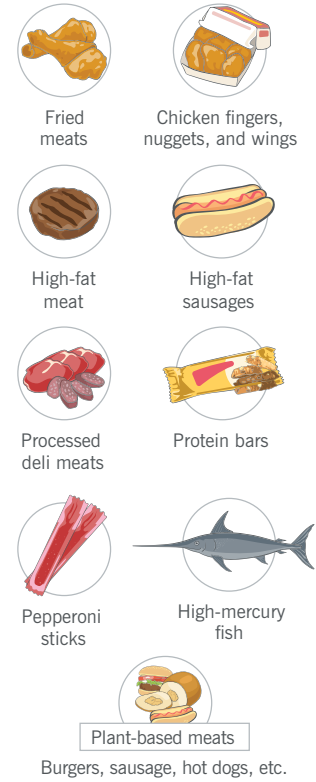


Black bean burgers

Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT LESS



This includes items such as Impossible, Beyond, Gardein, Boca, Tofurky, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

For more on protein choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)