

THE SUGAR IMPACT PLATE



When you eat according to the Sugar Impact Plate, with balanced meals of clean, lean protein, healthy fats, colorful non-starchy veggies, and some slow carbs, you're not going to be chased by cravings all day, and you'll eat less overall. Plus, what you do eat will be food that heals and honors your body, and burns fat fast.

PROTEIN

One of the fastest ways to calm your sugar cravings is by eating protein. Every meal should include 1 serving of clean, lean protein including wild/sustainable seafood, chicken, turkey, or grass-fed beef (4–6 ounces for women, 6–8 ounces for men).

HEALTHY FAT

Fat doesn't make you fat; sugar makes you fat. Ideally, you should have 2–4 servings of healthy fats at every meal.

NON-STARCHY VEGETABLES

The more non-starchy veggies you eat, the better. I want you to get 2 or more servings at every meal (using 1/2 cup cooked or 1 cup raw as a serving size).

SLOW LOW CARBS

Aim to get 1–2 servings of high-fiber starchy carbs per meal or snack (using 1/2 cup cooked as a serving). Larger or more athletic men can have 3 servings per meal.