

ROAR+nutrition

Follow this guideline 80%, indulge 20%

Fiber content of common foods:

- Broccoli 1 cup = 2.4 grams
- Artichoke, medium = 7 grams
- Brussels sprouts 1 cup = 4 grams
- Cauliflower 1 cup = 2.1 grams
- Spinach 1 cup = 2.4 grams
- Kale 1 cup = 2.6 grams
- Asparagus 1 cup = 2.8 grams
- Almonds 1 oz = 3.5 grams
- Raspberries ½ cup = 4 grams
- Blueberries ½ cup = 2 grams
- Sweet potato 1 cup = 4 grams

Carbohydrate content of common foods:

- Sweet potato, 1 cup = 27 grams
- Carrot, 1 medium = 6 grams
- Strawberries, 1 cup whole berries = 11 grams
- Baking potato, 1 medium = 37 grams
- Corn cob, 1 medium = 32 grams
- Black beans, ½ cup cooked = 20 grams
- Lentils, ½ cup cooked = 20 grams
- Brown rice, 1 cup cooked = 45 grams
- Whole wheat pasta, 1 cup cooked = 40 grams
- Wild rice, 1 cup cooked = 35 grams

Protein content of common foods:

- 1 chicken breast = 20 grams
- Eggs = 6 grams
- Fish 3 oz = 17 grams
- Steak 3 oz = 20 grams
- Pork 3 oz = 20 grams
- Almonds 1 oz = 6 grams
- Broccoli 1 cup = 3 grams
- Pumpkin seeds 1 oz = 5 grams

Fat content - include a mix of:

Saturated fats

- Primarily animal sourced
- Lard, tallow 1 oz = 9 grams
- Grassfed butter 1 tbsp = 7 grams
- Non-animal: coconut oil, palm oil 1 tbsp = 12 grams

Poly-unsaturated fats

- Fish (salmon, mackerel, herring, albacore tuna, and trout) 3 oz = 10 grams
- Walnuts, sunflower seeds, flax seeds 1 oz = 4 grams

Mono-unsaturated fats

- Extra virgin olive oil 1 tbsp = 10 grams
- Nuts & nut oil 1 oz raw nuts = 8 grams; 1 tbsp = 6 grams
- Seeds & seed oil 1 oz raw seeds = 5 grams; 1 tbsp oil = 6 grams
- Avocado & avocado oil; 1 avocado = 20 grams; 1 tbsp oil = 10 grams

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Low carb diet ratios:

Protein ~25%

Fats ~50%

Carbohydrates/fiber ~25%

1,800 calorie diet:

Protein: ~450 calories

Fats: ~900 calories

Carbohydrates: ~450 calories

Protein: ~112 grams

Fats: ~100 grams

Carbohydrates: ~112 grams

Foods to avoid:

- Vegetable oils
- Hydrogenated/Partially hydrogenated oils/Margarine
- High fructose corn syrup
- Soda, fruit juice & sugary beverages
- Breakfast cereal/Instant oatmeal
- Flavored yogurt
- Fancy coffee drinks
- Protein bars, granola bars
- Protein shakes
- Instant meal replacers

Sample menu

Breakfast: 2 poached eggs, 2 cups wilted arugula, 1 tbsp melted butter with 1 pinch of salt and paprika, 1 grassfed breakfast sausage

Morning snack: 1 oz raw nuts, 1 cup berries

Lunch: 3 oz chicken breast, 1 cup steamed broccoli with butter and ¼ cup bone broth

Afternoon snack: cucumber slices with 1 mashed avocado and fresh parsley or cilantro, salt & pepper

Dinner: 4 oz meat or fish, 2 cups sautéed greens with shredded carrot (cook in butter or coconut oil), 1 small, roasted sweet potato, salt, pepper, garlic & onion to taste

Dessert: ½ piece of fruit or ½ cup of berries