



From Fat to Thin Thinking



Food Assembly System

Step 1:
**Vegetable or
Salad Base**
1.5 cups total

Baby Spinach / Kale
Mixed Greens
Shredded Cabbage
Zucchini noodles
Peppers / Onions
Romaine lettuce
Green Beans
Broccoli
Spaghetti Squash

Step 2:
Healthy Oil
1 teaspoon

Olive Oil
Coconut Oil
Salad dressing (lite)
Sesame Oil
Butter
Avocado Oil
Avocado

Step 3:
**Protein
Source**
3 oz. serving

Cooked Chicken Breast
Turkey / Veg. Meatball (3)
Turkey Sausage
Fish (fresh / canned)
Lean Steak / Pork
Eggs (2)
Beans (2/3 cup)
Tofu

Step 4:
Flavor
approx. 50 cal.
amount varies

Indian curry sauce / paste
Broth or stock
Salsa
Thai Sauce
Marinara
Spices
BBQ Sauce
Mustard

Step 5:
Sizzle
approx. 40 cal.
amount varies

Jalapeno
Parmesan Cheese
Salsa
Fresh Herbs – mint/dill
1 Tbl. Chopped nuts
Pickles
Chutney
1 Tbl. Dried fruit
Avocado