

How many carbs should you eat at every meal?

Well, this is a tough question because some people can eat a lot more carbs than others depending on how insulin resistant they are. Usually we ask people to try to avoid counting their intake of the three macronutrients, carbohydrates, protein, and fat. Instead, we recommend that you fill two thirds to three quarters of your plate with non-starchy vegetables, and the rest of your plate with a protein source. We encourage you to cook your vegetables in healthy fats such as avocado or coconut oil and select fattier cuts of proteins such as the chicken leg over chicken breasts.

In general you don't need to be worried about tracking your consumption of the following carbohydrates, non-starchy vegetables, leafy greens, avocados and olives. You should be mindful of your intake of nuts and nut butters, seeds and seed butters, starchy vegetables, fruits and dairy products such as cheese and yogurt. The goal is to focus on eating real foods and only eating until you feel full. Also, make sure you listen to your body. Everyone is different. Try not to compare what works for you to what works for someone else.