



TRANSFORMATIONAL
WEIGHT LOSS & WELLNESS

www.mariarippo.com

Food Servings Guide:

1 Serving of Protein =

1 ounce meat/poultry/fish

1 slice bacon

¼ cup cottage cheese (raw if possible)

6 ounces Greek yogurt

½ ounce nuts/seeds

1 egg

1 TBS nut butter

1 Serving of Carbohydrates =

1 slice bread

½ cup grain

½ cup legumes

1 small tortilla

10 rice crackers

2 rye crackers

4 prunes

1 date

1 cup fruit or 1 piece of fruit such as apple, peach, pear or two small pieces fruit such as plums, persimmons, nectarines

1 cup non-starchy vegetables

½ cup starchy vegetables (potatoes, squash, carrots, beets)

½ cup whole milk (preferably raw)

6 ounces plain yogurt (not Greek style)

1 Serving Fat:

1 tsp oil, butter or lard (include cod-liver oil here if you are taking it)

1 ounce raw cheese/avocado

(If you are a protein type and crave more fat, use more and see how you feel)

Ideal food ratios =

Protein Type:

45% protein, 35% carbs, 20% fat

Mixed Type:

40% protein, 50% carbs, 10% fats

Carb Type:

20% protein, 70% carbs, 10% fats