



An example of a balanced meal (50/50) for a person with an active lifestyle or a sit down job but also gets in a couple of workouts each week plus some walking or jogging.
Half a large chicken breast (50% protein to inhibit the release of insulin)
Half a cup of cooked basmati rice (50% carbohydrate. Enough energy for 3-4 hours)
Also 1/4 avocado (some good fats) and leafy greens (healthy stuff)



A visual comparison—High Calorie Carbohydrate VS Low Calorie Carbohydrates.
One cup of potato = 120 calories (high calorie) One medium potato provides 120 calories.
One cup of carrots = 16 calories (low calorie) A whole plate of carrots equals 120 calories.
One cup of broccoli = 8 calories (very low calorie) Two plates of broccoli equals 120 calories.
Beware of the high calorie carbohydrates.