

**PORTIONS ON THE FAST METABOLISM DIET**

To figure out your portion sizes, first determine your goal weight. Take that number and subtract it from your current weight. That number determines your portion sizes while you are on the Fast Metabolism Diet.

**IF YOU HAVE 20 POUNDS OR FEWER TO LOSE:** Go by the basic portions listed in the table below.

	PHASE 1	PHASE 2	PHASE 3
Avocado	none	none	½ avocado
Bread, Bagels, Tortillas	1 slice of bread, ½ bagel, 1 tortilla	none	1 slice of bread, ½ bagel, 1 tortilla
Cooked Grains: Rice, Pasta, Quinoa	1 cup	none	½ cup
Crackers or Pretzels	1 ounce	none	½ ounce
Dressings	2 to 4 tablespoons	2 to 4 tablespoons	2 to 4 tablespoons
Edamame ( <b>VEGAN ONLY</b> )	none	½ cup	none
Eggs	3 egg whites	3 egg whites 1 egg white (snack)	1 whole egg plus up to 2 additional egg whites
Fish	6 ounces	6 ounces (3 ounces for snack)	6 ounces
Flours	¼ cup	none	⅛ cup, Nut flours (HF) - ¼ cup
Fruit	1 cup or 1 piece	1 cup or 1 piece (lemons & limes only)	1 cup or 1 piece
Guacamole	none	none	⅓ cup
Herbs, Spices, Broths, and Condiments	unlimited	unlimited	unlimited
Hummus	none	none	⅓ cup
Legumes/Beans	½ cup	none	½ cup
Meat	4 ounces	4 ounces (2 ounces for snack)	4 ounces
Non-Dairy Milks	¼ cup condiment, 1 cup full serving	none	¼ cup condiment, 1 cup full serving, coconut milk (can) ¼ cup

**PORTION SIZES AT-A GLANCE**

Oats	steel cut ¼ cup dry, 1 cup cooked rolled oats ½ cup dry, 1 cup cooked	none	Steel cut 1/8 cup dry, ½ cup cooked rolled oats ¼ cup dry, 1 cup cooked
Oils	none	none	3 tablespoons
Olives	none	none	¼ cup
Raw Nuts	none	none	¼ cup
Raw Nut and Seed Butters	none	none	2 tablespoons
Tofu, Tempeh ( <b>VEGAN ONLY</b> )	none	4 ounces	none
Vegetables and Salad Greens	<b>Unlimited</b> - 2 cups minimum meals, 1 cup minimum snacks (where required) <b>ALL PHASES</b>		

**IF YOU HAVE 20–40 POUNDS TO LOSE:**

Add a half portion. For example, if a portion of chili is 2 cups, and you want to lose 30 or 40 pounds, then you would have 3 cups of chili.

	PHASE 1	PHASE 2	PHASE 3
Avocado	none	none	¾ avocado
Bread, Bagels, Tortillas	1 slice of bread, 1 bagel and 1 1/2 tortillas	none	1 slice of bread, 1/2 bagel and 1 tortillas
Cooked Grains: Rice, Pasta, Quinoa	1 ½ cups	none	¾ cup
Crackers or Pretzels	1 ½ ounces	none	¾ ounce
Dressings	3 to 6 tablespoons	3 to 6 tablespoons	3 to 6 tablespoons
Edamame ( <b>VEGAN ONLY</b> )	none	¾ cup (⅔ cup)	none
Eggs	4 egg whites	4 egg whites 2 egg whites (snack)	2 whole eggs plus up to 3 additional egg whites
Fish	9 ounces	9 ounces (4.5 ounces for snack)	9 ounces
Flours	⅔ cup	none	3 TBS Nut flours (HF) - 6 TBS
Fruit	1 ½ cups or 1 ½ pieces	1 ½ cups or 1 ½ pieces (lemons & limes only)	1 ½ cups or 1 ½ pieces
Guacamole	none	none	⅓ cup
Herbs, Spices, Broths, and Condiments	unlimited	unlimited	unlimited
Hummus	none	none	⅓ cup
Legumes/Beans	¾ cup	none	¾ cup
Meat	6 ounces	6 ounces (3 ounces for snack)	6 ounces
Non-Dairy Milks	⅔ cup condiment, 1 ½ cup full serving	none	3 TBS condiment, ¾ cup full serving (oat), 1 ½ cup (nut, coconut) coconut milk (can) ⅔ cup

**PORTION SIZES AT-A GLANCE**

Oats	steel cut $\frac{3}{8}$ cup dry, 1 $\frac{1}{2}$ cup cooked rolled oats $\frac{3}{4}$ cup dry, 1 $\frac{1}{2}$ cup cooked	none	steel cut 3 TBS dry, $\frac{3}{4}$ cup cooked rolled oats 6TBS dry, $\frac{3}{4}$ cup cooked
Oils	none	none	4 $\frac{1}{2}$ tablespoons
Olives	none	none	$\frac{3}{8}$ cup
Raw Nuts	none	none	$\frac{3}{8}$ cup
Raw Nut and Seed Butters	none	none	3 tablespoons
Tofu, Tempeh ( <b>VEGAN ONLY</b> )	none	6 ounces (3 oz. snack)	none
Vegetables and Salad Greens	<b>Unlimited</b> - 2 cups minimum meals, 1 cup minimum snacks (where required) <b>ALL PHASES</b>		

**IF YOUR LONG-TERM GOAL IS TO LOSE MORE THAN 40 POUNDS:**

Even if you have to lose more than 40 pounds, you'll be eating as if you only want to lose 40 pounds (for example, 3 cups of chili), with one exception: that is, I require that you double your veggie portion. So if the suggested portion for someone trying to lose 40 pounds is 2 cups of spinach, I want you to eat 4 cups of spinach so we keep our eye on the long-term goal and use that food as the catalyst for continued weight loss.

	PHASE 1	PHASE 2	PHASE 3
Avocado	none	none	¾ avocado
Bread, Bagels, Tortillas	1 slice of bread, 1 bagel and 1 1/2 tortillas	none	1 slice of bread, 1/2 bagel and 1 tortillas
Cooked Grains: Rice, Pasta, Quinoa	1 ½ cups	none	¾ cup
Crackers or Pretzels	1 ½ ounce	none	¾ ounce
Dressings	3 to 6 tablespoons	3 to 6 tablespoons	3 to 6 tablespoons
Edamame ( <b>VEGAN ONLY</b> )	none	¾ cup (¾ cup)	none
Eggs	4 egg whites	4 egg whites 2 egg whites (snack)	2 whole eggs plus up to 3 additional egg whites
Fish	9 ounces	9 ounces (4.5 ounces for snack)	9 ounces
Flours	¾ cup	none	3 TBS, Nut flours (HF) - 6 TBS
Fruit	1 ½ cups or 1 ½ pieces	1 ½ cups or 1 ½ pieces (lemons & limes only)	1 ½ cups or 1 ½ pieces
Guacamole	none	none	⅓ cup
Herbs, Spices, Broths, and i Condiments	unlimited	unlimited	unlimited
Hummus	none	none	⅓ cup
Legumes/Beans	¾ cup	none	¾ cup
Meat	6 ounces	6 ounces (3 ounces for snack)	6 ounces

**PORTION SIZES AT-A GLANCE**

Non-Dairy Milks	$\frac{3}{8}$ cup condiment, 1 $\frac{1}{2}$ cup full serving	none	3 TBS condiment, $\frac{3}{4}$ cup full serving (oat), 1 $\frac{1}{2}$ cup (nut, coconut) coconut milk (can) $\frac{3}{8}$ cup
Oats	1 $\frac{1}{2}$ cups cooked	none	$\frac{3}{4}$ cup cooked
Oils	none	none	4 $\frac{1}{2}$ tablespoons
Olives	none	none	$\frac{3}{8}$ cup
Raw Nuts	none	none	$\frac{3}{8}$ cup
Raw Nut and Seed Butters	none	none	3 tablespoons
Tofu, Tempeh ( <b>VEGAN ONLY</b> )	none	6 ounces (3 oz. snack)	none
Vegetables and Salad Greens	<b>Unlimited</b> - 2 cups minimum meals, 1 cup minimum snacks (where required) <b>ALL PHASES</b>		