

STREET PARKING 3/2/1 NUTRITION GUIDE

A simple guide to daily nutrition habits with healthy food options

3 SERVINGS OF PROTEIN DAILY

1 serving = 1 palm



- Chicken Breasts/Thighs (boneless, skinless)
- Collagen Powder
- Eggs, Egg Whites
- Fish/Seafood
- Greek Yogurt (plain)
- Ground Meat (any kind, 90% lean)
- Lamb
- Lean Game Meat (Bison, Duck, Venison, etc.)
- Pork Tenderloin
- Protein Powder* - Any
- Steak (Any cut)
- Turkey Bacon
- Turkey Breast
- Yogurt (Plain)

Plant based options:

- Beans, Any Type
- Chickpeas
- Hemp Seeds
- Lentils
- Nutritional Yeast
- Seitan
- Soy Beans
- Tempeh
- Tofu

LIQUID PROTEINS (such as egg whites): Use measuring cups that are roughly the same size as your hand. It's OK if it's not perfect!

PLANT BASED PROTEIN SOURCES: If you follow a plant-based lifestyle and consume a protein source that's not listed, aim for at least 20g or more per serving. Items like peanut butter do not have enough protein in a serving.

***PROTEIN POWDERS:** aim for whole foods for your protein servings and save the protein powders for your post-workout, travel or when you don't have any other option.

If there is a protein source you would like to consume that's not listed, aim for at least 20g or more per serving.

2 SERVINGS OF VEGGIES DAILY

1 serving = 1 closed fist



- Any Leafy Greens
- Asparagus
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Mushrooms
- Onions
- Radishes
- Tomatoes
- Yellow Squash
- Zucchini

ANY vegetable will qualify, even if it's not listed above.

STARCHY VEGETABLES: we recommend you aim to get your two servings of vegetables from the items listed above. However, if you would like to count your starchy vegetables (*potatoes, squash, carrots, peas, etc.*) towards your totals - go for it!

You can eat them raw, from frozen, cooked, sauteed, blended, pureed. We do not recommend deep frying vegetables or taking corn and popping it into popcorn. If you do make yourself some popcorn, make sure you've gotten your 2 servings of vegetables in other ways!

1 SERVING OF FRUIT DAILY

1 serving = 1 cupped hand



- Apples
- Bananas
- Berries (Blueberries, Blackberries, Raspberries, Strawberries, etc.)
- Cantaloupe
- Cherries
- Grapes
- Kiwi
- Mangoes
- Oranges
- Peaches
- Pears
- Plums
- Watermelon

ANY unsweetened fruit works even if it's not listed.

You can eat them raw, from frozen, cooked, sauteed, blended, or pureed. Dried fruits are less ideal since you miss the overall volume from the whole fruit as well as the water. We recommend saving those for travel or when you don't have any other option.

But, what about the sugar in fruit? When you eat a piece of fruit, you're getting a lot more than just sugar. You ingest all of the other nutrients in the fruit like vitamins, minerals, fiber, antioxidants and water.