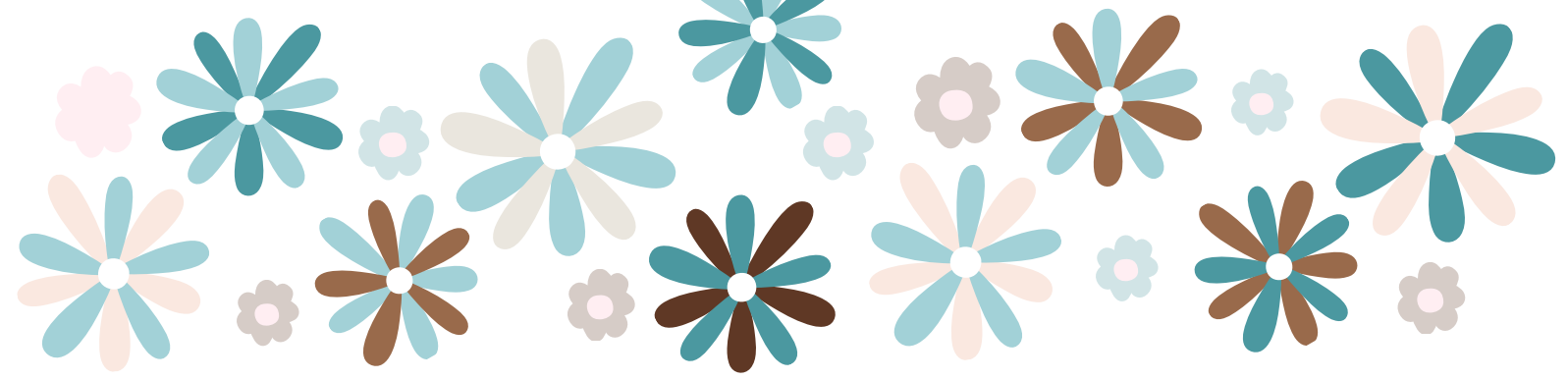


CROSSOVERS / XO

This is a meal that combines a protein source, a gentle carb, and healthy fats.

Steps to creating a Crossover Meal:

1. Choose your protein: lean or fatty meat or fish, whole eggs and egg whites, cultured dairy products, or choose collagen, whey protein, or gelatin.
2. Add fats as desired. Even if your protein source contains fat, other fats can be added to the meal.
3. Add your carb in E-Meal safe amounts: fruit, gentle whole grains, beans/legumes, or sweet potatoes.
4. Add optional Fuel Pull foods to your plate, such as non-starchy veggies, berries and certain forms of dairy.



S-HELPER

The S-Helper is an S-meal with limited gentle carbs added. It's about $\frac{1}{3}$ - $\frac{1}{2}$ of an E serving of carbs.

S-Helper Foods List

- $\frac{1}{3}$ cup - $\frac{1}{2}$ cup quinoa
- $\frac{1}{4}$ cup brown rice
- $\frac{1}{3}$ - $\frac{1}{2}$ cup oatmeal
- $\frac{1}{3}$ - $\frac{1}{2}$ cup beans or lentils
- $\frac{1}{2}$ piece of fruit
- $\frac{1}{2}$ sweet potato
- 1 piece sprouted or true sourdough toast
- $\frac{1}{2}$ sproted wrsp or tortilla