

ONE SERVING OF STARCHY CARBS (30-40 g)

- 3/4 cup cooked rice
- 3/4 cup cooked quinoa
- 1 cup cooked lentils
- 3/4 cup cooked beans
- 2 oz dry chickpea pasta
- 1 large banana
- 2 1/2 cups mixed fruit
- 6 cups air-popped popcorn
- 1/2 cup uncooked steel-cut oats
- 2 slices of bread
- 1 medium potato
- 2 servings of Birch Benders paleo pancake mix
- 3 Birch Benders frozen waffles

DAILY CARBOHYDRATE GUIDELINES

- 1 serving of starchy carbs: 30–40 g
- Strength training <3 times per week: 1 serving of starchy carbs
- Blood-sugar-control issues (PCOS, insulin resistance, type 2 diabetes): 1 serving of starchy carbs
- Strength training 3+ times per week: 2 servings of starchy carbs
- Athletes, pregnant and breastfeeding women: 3+ servings of starchy carbs