REAL FOOD. A BRIGHTER YOU.

THE 4 Jars DIET

QUICK START GUIDE

START WITH YOUR NEXT MEAL.



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“Man Is What He Eats”

— *Ludwig Feuerbach*



You can start today.

A simple framework for eating real food in the right proportions.

You don't have to finish the book, memorize long food lists, or change everything overnight. This guide gives you the essentials to get started with the 4 Jars Diet.

Start with small, doable steps. Use what you learn here to build meals you enjoy, and take it one meal at a time.



Here's what you'll find in this guide.

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This guide is educational and is not individualized medical advice. Consult an appropriate healthcare professional before making significant dietary changes. If you take medication, especially medication affected by food intake or blood glucose, work with your clinician. Do not change medication on your own.

THE FRAMEWORK

Start with your next meal.

The 4 Jars Diet gives you a simple framework for choosing real food and putting it together in the right proportions.

Real food.
Simple choices.
A healthier,
brighter you.

RIGHT THINGS IN

Choose real, nourishing foods from the four jars.



WRONG THINGS OUT

Move away from factory-created food products filled with ingredients that don't belong in your kitchen.



RIGHT PROPORTIONS

Put foods from the four jars together in the proper relationship.





Start with your next meal.

Choose the right things in, keep the wrong things out, and put them together in the right proportions.

You don't have to be perfect — just start.

RECOGNIZE

Meet the four jars

The 4 Jars framework organizes real food into four simple categories. Learn to recognize them, and building your plate becomes much easier.

1 UNPROCESSED PROTEIN

Beef • Pork • Chicken • Turkey
Eggs • Fish • Shellfish



2 UNPROCESSED CARBOHYDRATES

Fruit • Nuts • Legumes • Grains
Root Vegetables • Natural Sugars • Dairy



3 DARK LEAFY GREENS

Spinach • Kale • Collards • Chard
Arugula • Microgreens



4 FIBROUS VEGETABLES

Broccoli • Green Beans • Asparagus
Cauliflower • Brussels Sprouts



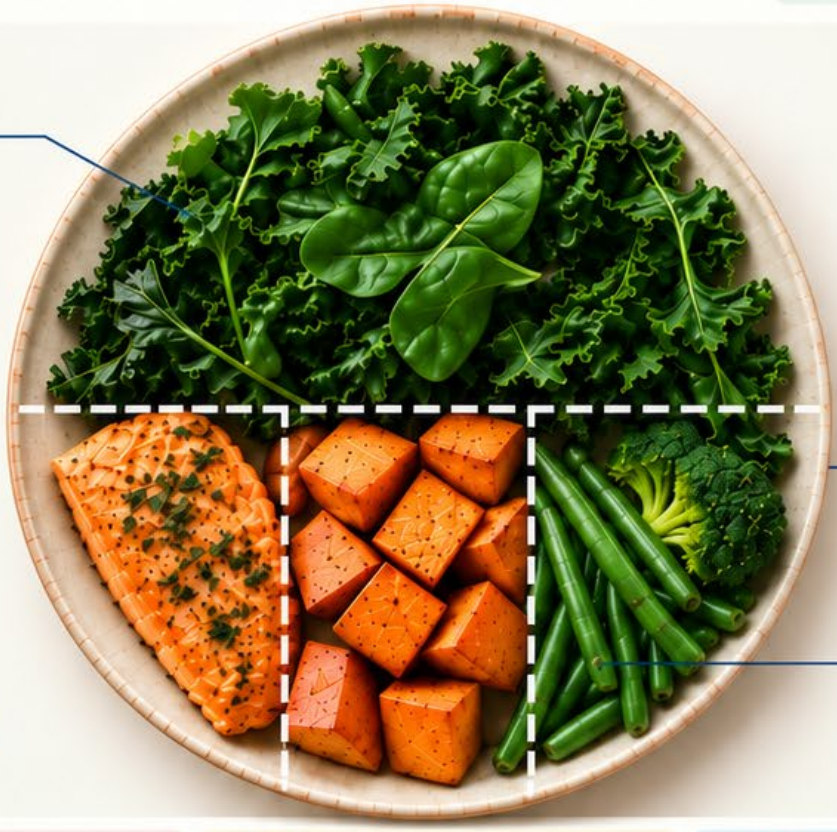
Learn to recognize these foods and building your plate becomes much easier.

BUILD

Build your 4 Jars plate

Once you know the four jars, putting them together is simple.

The plate helps you see the right proportions at a glance. No counting required.



3 DARK LEAFY GREENS

1/2

Fill half your plate with dark leafy greens.

Examples: Spinach, kale, collards, chard, arugula, microgreens

Remaining 1/2 divided equally among:

1 PROTEIN

2 CARBOHYDRATES

4 FIBROUS VEGETABLES

1 PROTEIN

1/3 of the second half of the plate.

6 oz, measured before cooking. Choose meat, poultry, fish, shellfish or eggs.



2 CARBOHYDRATES

1/3 of the second half of the plate.

Choose nutrient-dense carbohydrates from fruit, nuts, legumes, grains, root vegetables or natural sugars (in food form).



4 FIBROUS VEGETABLES

1/3 of the second half of the plate.

Choose colorful, fiber-rich vegetables like broccoli, cauliflower, green beans, asparagus.



PROTEIN + CARBOHYDRATES BELONG TOGETHER.
Jar 1 and Jar 2 get equal space on the plate.

PROPORTIONS OVER PORTIONS.
Start by learning the proportions. On the next page, you'll learn the serving sizes that help you build them correctly.

4 JARS PLATE CHART
Print it or save it to your phone. No signup required.
4jarsdiet.com/plate

CALIBRATE

Learn the look

The plate teaches the proportions. Measuring teaches your eye.

1 UNPROCESSED PROTEIN

6 OZ

Meat or seafood, measured before cooking.



2 UNPROCESSED CARBOHYDRATES

Serving size depends on the carbohydrate density of the food.



Fruit
1 cup



Nuts
¼ cup



Legumes
¼ cup cooked



Grains
½ cup cooked



Root Vegetables
1 cup



Natural Sugars
food specific, up to 2 Tbsp



Dairy
food specific

3 DARK LEAFY GREENS

3 CUPS

Raw, chopped and loosely packed, or cooked equivalent.



MICROGREENS

1 CUP = 3 CUPS

1 cup microgreens is equivalent to 3 cups of baby/full-grown dark leafy greens.



4 FIBROUS VEGETABLES

1 CUP

Raw, chopped and loosely packed, or cooked equivalent.



MEASURE → LEARN → TRUST → RECALIBRATE

Measure while you're learning. Once you know what the right proportions look like, build most meals by sight. Periodically measure again to recalibrate your perspective.

JAR 2 CARBOHYDRATE GUIDE

Food-by-food serving examples.

NO SIGNUP REQUIRED

4jarsdiet.com/carbs

KEEP BREAKFAST SIMPLE

Start with a modest portion of unprocessed protein.

A simple breakfast makes it easier to put the framework into practice.

1 EGG = 1 BREAKFAST PORTION



SCRAMBLED
One egg.

CHANGE THE STYLE



Try poached, soft-boiled, fried or another simple preparation. One egg is the portion.

USE LEFTOVERS



About 2 oz before cooking. Chicken shown: two small slices. Or choose beef, fish, or another unprocessed protein.



DARK LEAFY GREENS (OPTIONAL)

Add a serving of dark leafy greens if you'd like. They're a great way to add nutrients and volume to your breakfast.

KEEP IT SIMPLE

Use real, whole-food ingredients you enjoy.

MAKE IT EASY

Hard-boiled eggs are easy to prepare ahead.

MAKE IT WORK FOR YOU

Vary your protein choices and preparation styles throughout the week.

CHOOSE

Real Food

Start with a simple question and a few easy checks to make better food choices.

Real food is food you recognize, made from ingredients that belong in your kitchen.

1 START WITH A SIMPLE QUESTION

Could it exist without a factory?

Choose real, recognizable foods that come from nature.



Egg | Apple | Salmon | Potato | Spinach | Broccoli

2 WHEN FOOD COMES IN A PACKAGE

Turn it over.

Look at the ingredients, not just the promises on the front.

FRONT OF PACKAGE



BACK OF PACKAGE



Read the ingredients.
Not just the marketing on the front.

3 THE GREAT-GRANDMOTHER RULE

Would your great-grandmother recognize the ingredients as food?



Some real foods are packaged or prepared for convenience. What matters is what they're made from.



EAT FOOD MADE FROM FOOD.

HYDRATION

Don't Forget the Water

Staying properly hydrated helps your body function at its best.

Hydration works best when it's part of your daily routine. Spread your water throughout the day.

YOUR DAILY WATER TARGET

Body weight in pounds ÷ 2 ≈ ounces of water per day.

BODY WEIGHT	DAILY WATER GOAL
120 lbs	60 oz
160 lbs	80 oz
180 lbs	90 oz
200 lbs	100 oz
240 lbs	120 oz



SPREAD YOUR WATER THROUGHOUT THE DAY

Consistent hydration works better than drinking large amounts all at once.

Morning
Start your day with water.

Afternoon
Keep going throughout the day.

Evening
Finish your day strong.

IMPORTANT
If a healthcare professional has instructed you to restrict your fluid intake, follow their guidance rather than this general formula.



Add Natural Flavor

Make water more enjoyable with simple, real ingredients like lemon, berries, cucumber, mint, or herbs.

PUT IT INTO PRACTICE

A day of 4 Jars meals

Same framework. Different foods. Real life.

Use the 4 Jars framework to build balanced meals throughout the day.
Mix and match foods you enjoy.



BREAKFAST

Keep it simple.

- 1 egg, scrambled (one egg = 1 breakfast prortion).
- Optional: a small amount of additional protein for flavor (e.g., bacon bits).
- Dark leafy greens may be added (e.g., spinach, kale).
- Leftover unprocessed protein can replace the egg (about 2 oz before cooking, such as two small slices of chicken).

BREAKFAST IS DIFFERENT

Start with a modest portion of Jar 1 protein. Jar 3 greens are optional. Breakfast does not require all four Jars.



LUNCH

Balanced. Satisfying. Real food.

- Grilled chicken (or other protein)
- Brown rice (or another Jar 2 carbohydrate)
- Dark leafy greens (e.g., kale, spinach)
- Fibrous vegetables (e.g., broccoli, peppers, cucumbers)

ALL FOUR JARS AT LUNCH



Half your plate dark leafy greens. The remaining half divided equally among protein, carbohydrates and fibrous vegetables.



DINNER

Nourishing. Balanced. Delicious.

- Salmon (or other protein)
- Sweet potato (or another Jar 2 carbohydrate)
- Dark leafy greens (e.g., kale, spinach)
- Fibrous vegetables (e.g., green beans, asparagus)

ALL FOUR JARS AT DINNER



Half your plate dark leafy greens. The remaining half divided equally among protein, carbohydrates and fibrous vegetables.



KEEP DRINKING WATER

Continue to hydrate throughout the day.
See Page 9 for the simple formula and examples.

FREE RESOURCE

4 Jars Shopping List

Choose foods you enjoy from each Jar.
Make grocery shopping easier.

Scan the QR code or visit:
4jarsdiet.com/shopping

NO SIGNUP REQUIRED

Your Psyche

A calm, positive mindset makes it easier to choose real food and stay consistent with the 4 Jars Diet.

Your mindset influences the choices you make.

Your thoughts, emotions, stress, habits, intentions, comfort, routines, cravings, celebrations and social situations can all influence the choices you make. Being aware of these influences helps you stay consistent, especially when life gets challenging.



Your mindset, habits, environment and social situations are the fifth jar. They influence the choices you make and how consistently you put the first four jars into practice.

COMMON INFLUENCES

Be aware of what can influence your choices.

- Thoughts & Emotions
- Stress
- Habits & Routines
- Social Situations
- Celebrations
- Cravings & Comfort

PROGRESS, NOT PERFECTION

You don't have to get it right every time. Small, consistent steps add up to big results. Focus on progress, not perfection, and keep moving forward.

"A better tomorrow is built by the choices you make today."

IF YOU GET OUT OF THE FRAMEWORK

It happens. One choice outside the framework doesn't have to become an entire day.

RETURN AT YOUR NEXT MEAL.

Make your next meal a 4 Jars meal and keep moving forward.

PRACTICAL WAYS TO SUPPORT YOUR PSYCHE

Small, practical steps can make it easier to stick with the 4 Jars Diet.



Set yourself up
Plan ahead and make healthy choices easier.



Move your body
Activity can help you feel better and handle life's challenges.



Take a breath
A few deep breaths can help you reset and refocus.



Get quality sleep
Aim for 7–9 hours per night.



Surround yourself with support
Spend time with people who encourage your healthy choices.

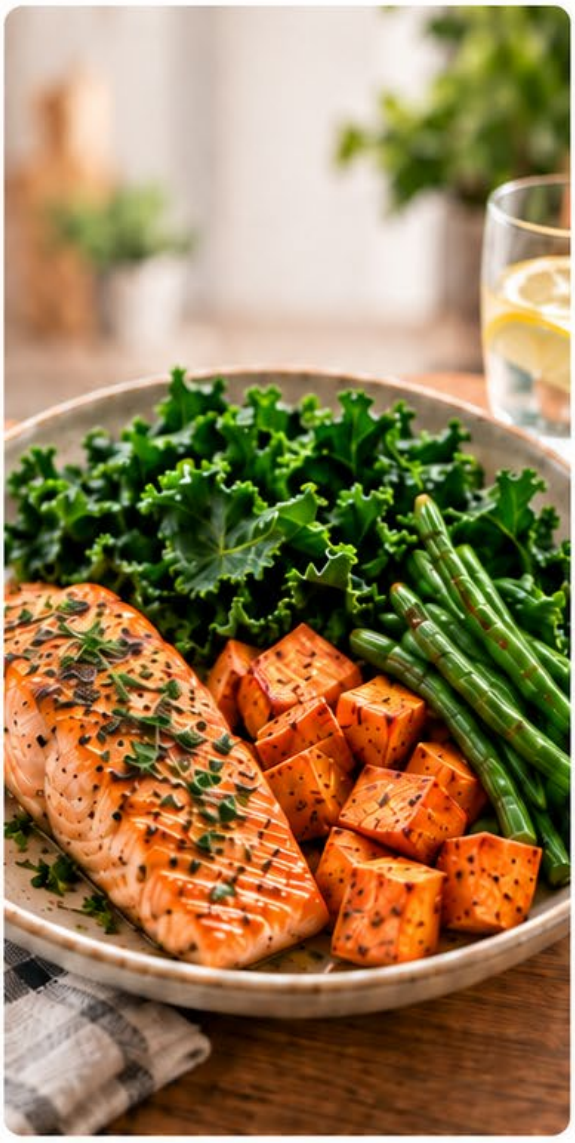
BEGIN

You're ready.

Five simple things to remember.

You now have the essentials to start using the 4 Jars Diet. Keep this page nearby and refer to it often.

Small steps and consistent choices add up over time.



1 CHOOSE REAL FOOD
Start with recognizable foods from the four jars.

2 BUILD THE PLATE
Half dark leafy greens. Divide the remaining half evenly among protein, carbohydrates and fibrous vegetables.

3 LEARN THE LOOK
Measure → Learn → Trust → Recalibrate.

4 DRINK YOUR WATER
Work toward approximately half your body weight in pounds as ounces of water each day.

5 PROGRESS, NOT PERFECTION
When life happens, return to the 4 Jars at your next meal.



Start with your next meal.

FREE TOOLS

Take the 4 Jars with you.

Three free tools to make getting started easier.

Print them, save them to your phone, or share them with family and friends.
No signup required.

Simple tools.
Real support.
Use them whenever you need a quick reference.

4 Jars Plate Chart

Keep the proportions where you can see them.

A simple visual guide to building your plate with the right proportions.



Scan the QR code or visit:
4jarsdiet.com/plate

NO SIGNUP REQUIRED

Jar 2 Carbohydrate Guide

Know how much is a serving.

Food-by-food serving examples across Jar 2.



Scan the QR code or visit:
4jarsdiet.com/carbs

NO SIGNUP REQUIRED

4 Jars Shopping List

Know what to look for at the store.

Choose foods you enjoy from each Jar.



Scan the QR code or visit:
4jarsdiet.com/shopping

NO SIGNUP REQUIRED



FREE MEANS FREE.

No email. No account. Just scan and use the resource.

KEEP GOING

Start Your First 7 Days of 4 Jars

One simple practice each day to help you put the framework into action.

No rigid meal plan. No need to be perfect. Just real food, real progress.

Put the framework into practice with your next meal.



START MY FIRST 7 DAYS

Get your free 7-Day Quick Start Guide plus the full 4 Jars Resource Library.

Scan the QR code or visit:
4jarsdiet.com/start

YOUR FREE RESOURCE LIBRARY INCLUDES



Perfect Breakfast
More ideas for simple, varied breakfasts.



Serving Visuals
See what measured servings actually look like.



Food & Ingredient Guides
Go deeper on ingredients and food choices.



Fifth Jar Toolkit
Practical help with cravings, habits and real-life situations.



Videos & Interviews
Learn more about the ideas behind the 4 Jars.



Community
Connect with others putting the 4 Jars into practice.

Free membership.
Unsubscribe anytime.

These resources are here to help you put the 4 Jars framework into practice.

Real Food. Right Proportions. Your Next Meal.

The 4 Jars Diet is a simple, practical framework for choosing real food and putting it together in the right proportions—without counting calories or following a rigid meal plan.

This Quick Start Guide gives you the essentials to get started today: what the four jars are, how to build your plate, serving sizes, simple breakfast ideas, hydration tips, and practical tools to make better food choices.

You don't have to be perfect.
Just start with your next meal.

INSIDE YOU'LL FIND:

- The four jars made simple
- How to build your plate
- Serving sizes you can use
- Easy breakfast ideas
- How much water to drink
- Tips for real food in real life
- Progress, not perfection



THE 4 JARS DIET

4jarsdiet.com

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