

The Ultimate Guide to Building a Balanced Meal

Include clean carbohydrates, lean proteins, & healthy fats



Step 1: Choose your Clean Carbohydrates

Choose 1 fruit, 2 veggies, & 1 complex carbohydrate

Fruits	Veggies	Complex Carbs
Apple	Leafy greens (spinach, kale...)	Brown Rice, Wild Rice, Black Rice
Banana	Broccoli / Cauliflower	Butternut Squash, Sweet Potatoes, Assorted potatoes
Berries	Brussel Sprouts, Cabbage	Corn, Peas, Parsnips
Kiwi	Bell Peppers, Asparagus, Green Beans	Whole Grains (wheat, barley, rye, spelt, farro, buckwheat...)
Mango	Carrots, Cucumbers, Mushrooms	Legumes / Beans
Melons	Tomatoes, Eggplant, Onions	Oatmeal
Orange	Zucchini / Yellow & Spaghetti Squash	Quinoa

Step 2: Choose your Lean Protein

Step 3: Choose your Healthy Fat

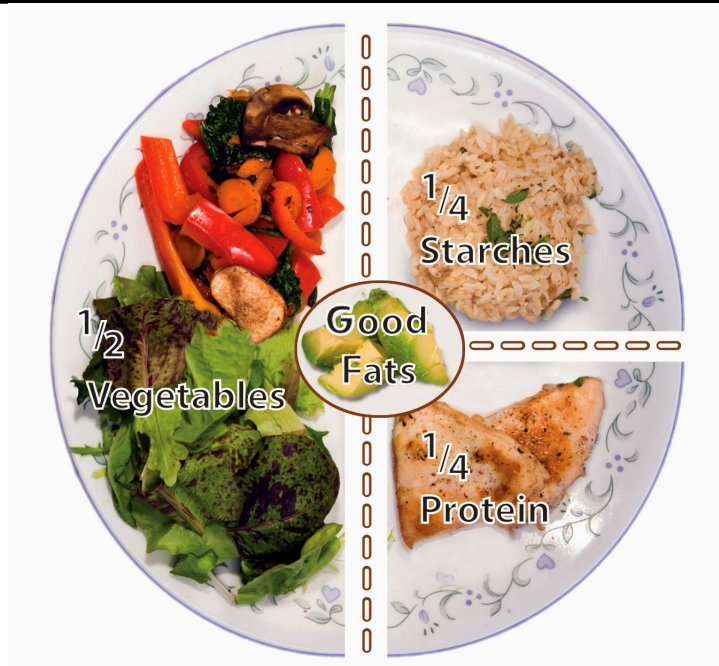
Eggs / Egg Whites	Plain Greek Yogurt	Avocado	Ghee
Chicken / Turkey Breast	Cottage Cheese	Nuts & Natural Nut Butter	Olive Oil
Lean Beef	Legumes, Tofu, Soy	Seeds & Natural Seed Butter	Coconut Oil & Butter
Lean Pork	Nuts / Seeds	Real Butter	Full Fat Organic Dairy

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Step 4: Assemble your Plate

Make HALF your plate colorful fruits & vegetables, 1/4th clean complex carbs, & 1/4th lean protein with added healthy fats



Helpful Tip! Watch Portion Size!



FOOD GROUP OR NUTRIENT	SERVING SIZE	EXAMPLE
Fruit and Vegetables	1/2 cup	Size of your fist
Whole Grains / Complex Carbs	1/2 cup cooked 1 slice of bread	Size of your fist Size of your hand
Protein Foods Intake	3-4 oz	Size of the palm of your hand
Healthy Fats & Oils	1 tsp	Size of your thumb-nail or fingertip