

# The sexy 6 formula



An empowering way to build a meal to balance hormones, increase energy, calm cravings and feel emotionally & physically satisfied!

## 1 powerful protein

4-6 oz or 15-20 grams

wild-caught fish, organic eggs & poultry, grass-fed meat, organic tempeh and tofu (in moderation), protein powder, collagen

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## 2 anti-inflammatory fat

2-4 servings

organic raw nuts & seeds, EVOO, coconut meat/butter/oil, avocado oil/fruit, grass-fed butter, organic goat cheese, nut/coconut yogurt

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## 3 whole food fiber

1-2 servings

avocado, lentils, beans, apples, blackberries, raspberries, dark leafy greens, artichoke, steel cut oats, whole grains, nuts & seeds

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## 4 fruit & vegg rainbow

2-4 servings

berries, green apple, broccoli, kale, cauliflower, Brussels sprouts, carrots, onions, pepper, beets, summer squash, radishes, mushrooms

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## 5 nutrient rich carb

1-2 servings

sweet potatoes, lentils, beans, legumes, steel cut oats, quinoa, sprouted grains, winter squash, bananas, grapes, papaya, pear

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## 6 bliss boosts

1-4 servings

sauerkraut, herbs & seasonings, monkfruit, kefir, adaptogen & superfood powders, body bliss latte blends ([here](#)), hot sauce

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NOTE: THERE ARE FOODS THAT CROSS INTO MORE THAN ONE CATEGORY.  
FOR EXAMPLE, 1 SERVING OF AVOCADO CAN COUNT AS BOTH YOUR FAT & FIBER  
+ 1 SERVING OF LENTIL PASTA CAN COUNT AS YOUR CARB & FIBER!



# PORTION SIZE SUPPORT

## POWERFUL PROTEIN (1-2 SERVINGS PER MEAL)

4-6 OZ OR 15-20 GRAMS

## ANTI-INFLAMMATORY FATS (2-4 SERVINGS PER MEAL)

OILS/DRESSINGS/BUTTERS/CONDIMENTS: 1 SERVING = 1 TBSP

YOGURTS/MILKS: 1 SERVING = 1/2 CUP

WHOLE FOODS (AVOCADO, COCONUT): 1 SERVING = 1/4 CUP

## NUTRIENT RICH CARBS (1-2 SERVINGS PER MEAL)

1 SERVING = 1/2 CUP

## FRUITS & VEGG RAINBOW (2-4 SERVINGS PER MEAL)

1 SERVING = 1/2 CUP

## BLISS BOOSTS (1-4 SERVINGS PER MEAL)

OILS/DRESSINGS/BUTTERS/CONDIMENTS: 1 SERVING = 1 TBSP

SUPERFOODS/PROTEIN POWDERS: 1 SERVING = 1 SERVING SIZE ON LABEL

SEASONINGS/HERBS: UNLIMITED, HOWEVER TURN OVER THE LABEL AND LOOK FOR THOSE WITHOUT ADDED SALT, SUGAR & PRESERVATIVES

SALTS: 1 SERVING = 1/8 TEASPOON (CHOOSE HIMALAYAN & SEA SALT OVER IODIZED/TABLE SALT WHICH IS STRIPPED OF NUTRIENTS)



## FRIENDLY REMINDER:

The Sexy 6 is here to guide you in building a meal that supports the way you want to feel and to remove the need to count calories or track macros. You must always tune in and choose the fuel that is best for YOUR unique body. Do you have to eat organic 24/7 or stick only to the foods on this list? Of course not! These are nutrient rich suggestions but giving yourself permission to enjoy your favorite treats (I love pasta and wine) when you really want them is a MUST to create a happy, sustainable life! If you have a menstrual cycle, it's a game changer to adjust your food & lifestyle choices with each phase of your cycle (check out [this episode](#) on the [@solo2.0podcast](#) to learn more)!