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HEY!

Do you want to eat a healthy diet but don't know where to begin? Or maybe you feel overwhelmed just at the thought of it? Whether you're brand new to eating a whole foods diet or are an experienced veteran looking for a little extra cooking inspiration.... You're in the right place!

My goal is to make creating healthy meals as quick and easy as possible for you and your lifestyle with the go-to meal planning templates I created and use for all of my clients, *Build-A-Plate* and *Build-A-Bowl*.

***Build-A-Plate* and *Build-A-Bowl* are designed to take the guesswork out of meal planning and to help get your creativity flowing with tons of amazing, nutrient-dense whole foods to create a delicious and healthy meal!** Using these meal planning templates is easy, AND they cover all of the pillars of a healthy plate: protein, fat, fiber, and phytonutrients.

What's the difference between Build-A-Plate and Build-A-Bowl? I'm glad you asked!

Build-A-Plate lists whole grains and starchy vegetables on the far left column and is designed to keep blood sugar steady. Portioning out the protein, fat, and carbs separately on your plate—and eating them in that order—will help curb a blood sugar spike and support balanced blood sugar after meals.

If you're being mindful of your blood sugar, *Build-A-Bowl* is an excellent option. Because it does not contain starchy carbs, eating your foods in the correct order is less of a priority. It is up to you which meal planning template best suits you and your health goals. You can always bounce back and forth to incorporate more variety.

Here's how to get the most out of *Build-A-Plate* and *Build-A-Bowl*:

1. Pick your meal planning template and start by filling in the date of the meal you're planning for, the meal you're building (circle breakfast, lunch, or dinner), and cuisine (i.e., Mediterranean, Chinese, Italian) –this part is optional.
2. Next, start at the left-hand column and work your way across, circling your starchy vegetable or grain (if using *Build-A-Plate*), protein, fat, non-starchy vegetables, herbs and spices, and toppings.
3. Do this for your meals for the next few days (I recommend at least 3 to 7 in advance). And after you know what your meals look like for the next few days, make your list and go grocery shopping.
4. Pick a day to cook, and when its time, prepare everything separately. Use your fat for cooking your protein and vegetables, and herbs and spices to season your protein and vegetables. The serving sizes listed in each column are per person and should be followed when building your meal.
5. I always recommend cooking extra and storing the leftovers in the freezer or refrigerator. Store your grain, vegetables, and protein separately in glass containers. After a few days of cooking, you will have a bunch of food leftover to pull from to create additional meals throughout the week.

Ready? Let's get started!

Date: _____

Meal: Breakfast Lunch Dinner
(Circle one)
 Inspiration/Cuisine:

Build-A-Plate

Base <i>Starchy veg or whole-grain (choose 1) 1/2 to 1 c</i>	Protein <i>Animal OR plant-based (choose 1) 4 to 6 oz</i>	Cooking Fat <i>For protein and/or veg (choose 1-2) 1 tsp</i>	Vegetable <i>Non-starchy (75% of your plate) 1/2 c cooked; 1 c raw</i>	Herbs & Spices <i>For meat & vegetables</i>	Toppings
STARCHY VEG	POULTRY	HIGH HEAT	Arugula	Basil	Avocado [Ⓡ]
Acorn squash	Chicken breast	Avocado oil	Artichokes	Cilantro	Almond slivers
Butternut squash	Chicken drumsticks	Butter	Asparagus	Cinnamon	Flax seed
Japanese sweet potato	Chicken thighs	Coconut oil	Beet greens	Cumin	Olives
Rutabaga	Chicken sausage	Ghee	Broccoli	Dill	Pumpkin seeds
Sweet potato	Eggs	Grass-fed tallow	Brussels sprouts	Garlic	Pistachios
Yams	Ground turkey	Grass-fed lard	Boy choy	Garlic Powder	Sesame seeds
GLUTEN-FREE WHOLE GRAINS	Turkey breast	MEDIUM HEAT	Cabbage	Ginger	Sunflower seeds
Amaranth	Turkey sausage	Extra virgin olive oil	Carrots	Himalayan pink salt	

Black rice	RED MEAT	Macadamia oil	Cauliflower	Onion powder	
Wild rice	Ground beef	RAW	Celery	Oregano	
Lentils (P)	Ground lamb	Almond oil	Chard	Paprika	
Red rice	Ground venison	Flax oil	Collard greens	Parsley	
	Ground bison	Hazelnut oil	Cucumbers	Pepper	
	Ground buffalo	Sesame oil	Dandelion greens	Red pepper flakes	
	Steak		Eggplant	Rosemary	
	Lamb chops		Green beans	Sage	
	SEAFOOD		Kale	Thyme	
	Cod		Mushrooms	Turmeric	
	Herring		Mustard greens		
	Mackerel		Okra		

	Salmon		Onions		
	Sardines		Peppers		
	Tilapia		Spinach		
	Trout		Radish		
	PLANT-BASED PROTEIN		Tomatoes		
	Lentils				
	Lupini beans				
	Mung beans				
	Peas				
	Quinoa				
	Red lentils				
	Snow peas				
	Tofu				
	Tempeh				

Key:

Ⓟ = can also be counted as a serving of protein

Note: Build-A-Plate is for when you want to include starchy vegetables or grains, so it's easier to eat your food in the right order: protein, fat, and then carbs (starchy vegetables/grains).

Keep scrolling for Build-A-Bowl Meal Planning Template (It's on the next page!)

Meal: Breakfast Lunch Dinner
(Circle one)

Inspiration/Cuisine:

Build-A-Bowl

Date: _____

<u>Protein</u> <i>Animal OR plant-based (choose 1) 4 to 6 oz</i>	<u>Cooking Fat</u> <i>For protein and/or veg (choose 1-2) 1 tsp</i>	<u>Vegetable</u> <i>Non-starchy (75% of your plate) 1/2 c cooked; 1 c raw</i>	<u>Herbs & Spices</u> <i>For meat & vegetables</i>	<u>Toppings</u> <i>Some can be counted towards a serving of fat</i>
POULTRY	HIGH HEAT	Arugula	Basil	Avocado
Chicken breast	Avocado oil	Artichokes	Cilantro	Almond slivers
Chicken drumsticks	Butter	Asparagus	Cinnamon	Flax seed
Chicken thighs	Coconut oil	Beet greens	Cumin	Olives
Chicken sausage	Ghee	Broccoli	Dill	Pumpkin seeds
Eggs	Grass-fed tallow	Brussels sprouts	Garlic	Pistachios
Ground turkey	Grass-fed lard	Boy choy	Garlic Powder	Sesame seeds
Turkey breast	MEDIUM HEAT	Cabbage	Ginger	Sunflower seeds
Turkey sausage	Extra virgin olive oil	Carrots	Himalayan pink salt	Sauerkraut
RED MEAT	Macadamia oil	Cauliflower	Onion powder	Kimchi
Ground beef	RAW	Celery	Oregano	Pickles
Ground lamb	Almond oil	Chard	Paprika	Cheese
Ground venison	Flax oil	Collard greens	Parsley	
Ground bison	Hazelnut oil	Cucumbers	Pepper	

Ground buffalo	Sesame oil	Dandelion greens	Rosemary	
Steak		Eggplant	Sage	
Lamb chops		Green beans	Thyme	
SEAFOOD		Kale	Turmeric	
Cod		Mushrooms		
Herring		Mustard greens		
Mackerel		Okra		
Salmon		Onions		
Sardines		Peppers		
Tilapia		Spinach		
Trout		Radish		
PLANT-BASED PROTEIN		Tomatoes		
Lentils				
Lupini beans				
Mung beans				
Peas				
Quinoa				
Red lentils				
Snow peas				
Tofu				
Tempeh				

Key:

Ⓟ = can also be counted as a serving of protein