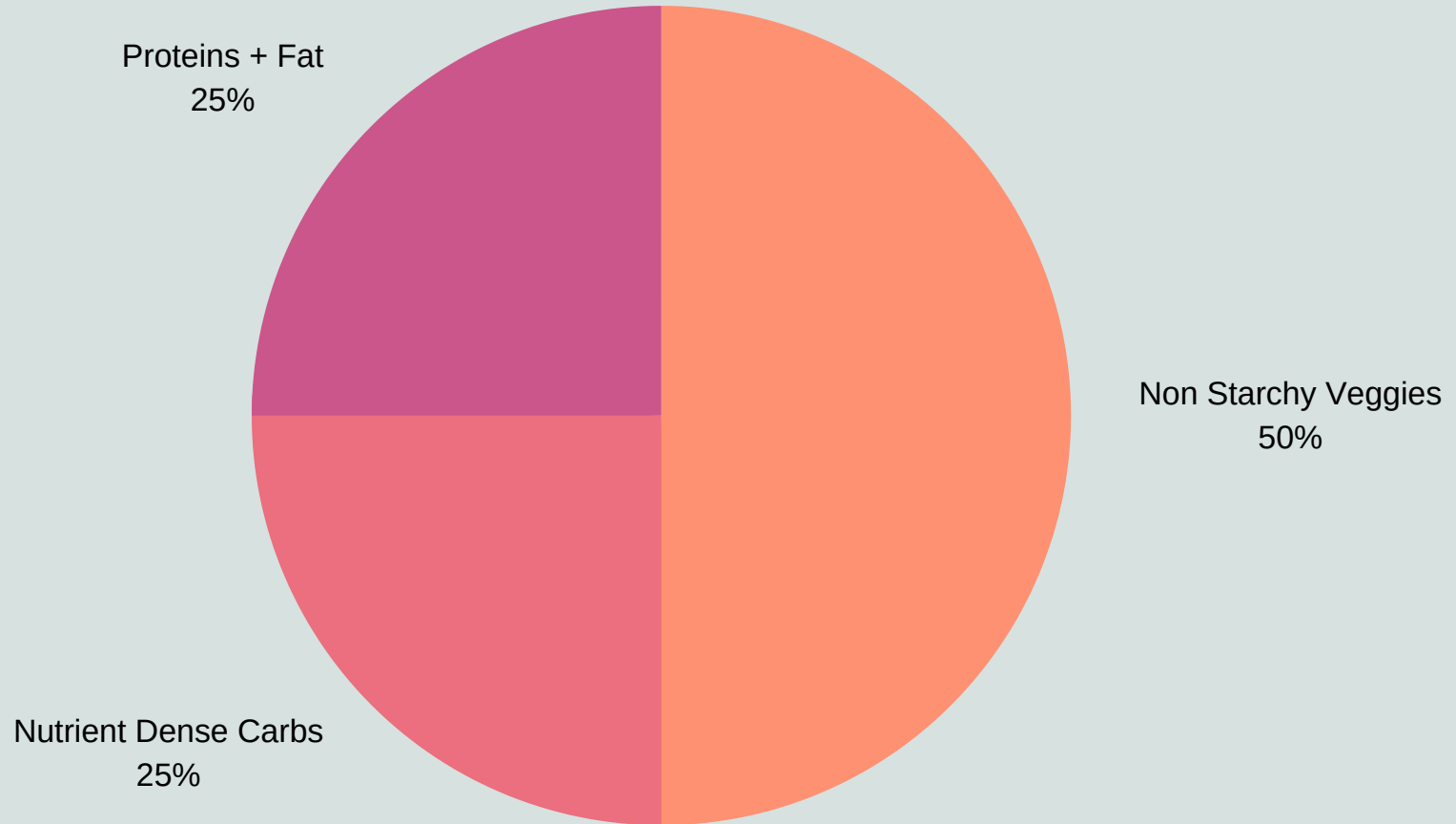




How to build the perfect Plate

Balanced Plate for most



Balanced Plate

When thinking about nutrition needs, you're also considering lifestyle factors like sleep, stress, and movement.

It's extremely hard to get the results you're after without putting your attention on these 3 things. Diet manipulation can only take you so far.

So assuming that you're sleeping enough, you're moving your body enough, working on your emotions so that you don't feel overwhelmed by your life here's what I recommend for the "food" part of your life:

On every Meal you should have

Non Starchy
Veggies

Proteins

Fats

Nutrient Dense
Carbohydrates

Birds Eye View of your Plate

NON STARCHY VEGGIES

Non-Starchy Veggies will make up the bulk of your meals. Consider this your base.

Think about including 1/2 of your plate full of these. These foods contain most micronutrients necessary for a healthy diet, They also contain

fiber, which is satiating, bulks up our food (and stool) and feeds our gut microbiota.

NUTRIENT DENSE CARBOHYDRATES

Carbs will make up about a quarter of your plate. These are your fruits, starchy root veggies and tubers (like yams, potatoes), grains and beans.

FATS

Fat isn't always visible as it's often cooked into food).

There is no reason to be afraid of fat. Be liberal and heavy handed with your fat when you're cooking, but you don't need to go out of your way to seek out extra fat either.

PROTEINS

Protein servings are roughly the size of your palm, or 4-6 ounces per meal. Think about 30ish grams per meal. Protein is the most satiating of all the macronutrients. It's pretty hard to overeat protein if you're relying on whole food sources. For real, How much meat can you eat before your palate gets fatigued?

OTHER CONSIDERATIONS

If you're a vegetarian, keep in mind that vegetarian sources of protein aren't as easily absorbed by the body as animal protein, because plant protein also contains carbs and fiber, which both impact digestion. So you're going to want to tweak these numbers a bit.

Plan to eat 3 meals a day. You can snack if you need to — and I do recommend it for those folks who have low blood sugar issues or adrenal issues.

If you get hungry between meals, be sure to assess your hunger. Are you truly hungry, but still able to think clearly? Or are you *hangry* (shaking, irritable, foggy headed)?

If you get hungry between meals, you may not have eaten enough at your previous meal. If you feel *hangry* with low blood sugar issues, you may not have eaten enough OR you may have eaten too many refined carbohydrates or sugar for your system. If this continues, try to decrease sugar and increase protein and/or fat.

PROTEIN SOURCES

Animal Protein sources

- Eggs from pastured
- chickens (include the yolks!)
- 100% Grass fed beef, bison, goat
- Wild caught fish, canned fish (wild caught salmon, sardines, pole-caught albacore tuna)
- Wild-caught mussels, clams, oysters,
- scallops, shrimp
- Pasture-raised chickens

Plant Protein sources

- Tempeh*
- Sprouted tofu*
- Edamame*
- Hempeh (tempeh made from hemp seeds)
- Hemp seeds
- Non-fortified nutritional yeast

**also high in protein*

Be sure to choose pasture-raised animal fats and wild-caught seafood. Aim for 10 to 20 ounces of cold-water, fatty fish like salmon, mackerel, herring, anchovies, or sardines, each week.

FAT SOURCES

Eat these Liberlly

Coconut oil
Palm oil
Olive oil
Ghee
Butter
Lard
Tallow (beef and lamb)
Duck fat
Dairy fat (if don't have sensitivities)
Macadamia oil
Eggs
Meat
Seafood

Eat this in moderation

Sesame oil
Walnut oil
Pecan oil
Almond oil
Flaxseed oil
Avocado oil
Nuts and seeds
Nut butters

Avoid as much as possible

Soybean oil	Canola oil
Peanut oil	Sunflower oil
Corn oil	Cottonseed oil
Safflower oil	Grapeseed oil
Wheat-germ oil	Rice bran oil

Add a subheading

Carbohydrates

Non Starchy Veggies

Greens

Herbs

Cruciferous veggies (broccoli, Bok
Choy, cauliflower, Brussels sprouts),

mushrooms

zucchini

summer squashes

bell peppers

onions

garlic

Nutrient Dense Carbs

Starchy veggies:

*sweet potato, hard winter
squash, roots, tubers*

Fresh fruit

Legumes & Beans

Gluten free grains:

*quinoa, millet, buckwheat, rice,
amaranth*

MEAL:



% FATS / OIL:

% CARBS:

% PROTEIN:

BODIES FEEDBACK

Satisfaction

Energy

Mood

POSITIVE REACTIONS

- Feel full & content
- No sweet cravings
- No need for snack

- Feel recharged
- No feeling of crashing
- Energy is even, not radically up/down

- Feel uplifted
- Mind is clear, no fog
- Can easily put words and thoughts together

NEGATIVE REACTIONS

- Physically full BUT still hungry** (*excess F/P*)
- Desire for something sweet** (*excess F/P*)
- Need to snack** (*excess C, not enough food*)

- Energy has not improved** (*excess F/P*)
- Feel wired but tired** (*excess C*)
- Need a nap** (*excess C*)

- Feel anxious/irritable** (*excess C*)
- Mind is cluttered or foggy** (*excess C*)
- Stomach feels heavy** (*excess F/P*)

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