

Build a Balanced Plate

Fuel your body with the right mix of protein, fiber, healthy fats, and color.



1/4 Plate

Protein

Choose lean animal or plant-based proteins such as chicken, fish, eggs, tofu, beans, or lentils.

1/2 Plate

Colorful vegetables and leafy greens.

Add variety with cooked and raw options. Focus on fiber, vitamins, and minerals.

1/4 Plate

Whole grains or starchy vegetables.

Examples: quinoa, brown rice, oats, sweet potatoes, or squash.

+ Healthy Fats (small portion)

Add avocado, olive oil, nuts, or seeds to support satiety and hormone health.

- **Hydrate:** Water or unsweetened herbal tea with meals.
- **Mindful Eating:** Slow down, chew thoroughly, and enjoy your food.
- **Variety Matters:** Rotate foods each week to nourish your gut and avoid nutrient gaps.