



HEALTHY & BALANCED MEAL GUIDE

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EATING A HEALTHY, WELL-BALANCED DIET

This guide provides an easy-to-implement framework for eating a healthy, well-balanced diet. We provide a strategy on how to build your plate for every meal with appropriate amounts of protein, fat and carbohydrates. The list has many options from each macronutrient category, making meal planning for you and your family easy. Let's get started!

Preparation

Choose foods from the Healthy Food List on page 5. Ideally, sit down with your family and put a checkmark by foods that everyone enjoys. This will make grocery shopping easier, especially in the beginning. Once the list of foods has been determined, take a look at how these foods can be used for breakfast, lunch and dinner. Include a few extra items for healthy snacks such as carrot sticks with hummus or an apple with nut butter.

Clean out foods that are not on this list. Now that you have an idea of what everyone has agreed to eat, remove foods from your pantry that are highly processed, contain sugar, or are known food sensitivities or allergies for your family. These include gluten, dairy, crackers/chips, cookies, etc. A good rule of thumb: If there are more than three ingredients on the label, it likely contains something processed. And if you can't pronounce an ingredient, it's probably not good for you!

Planning

Chart your meals using the sample Meal Plan in this guide. Take into consideration how many people will be eating and plan your food purchase accordingly. For example, if you plan to purchase chicken for dinner, consider how many ounces each person will eat. A single serving of poultry for adults is 3 to 4 ounces. A single serving of fish is approximately 6 ounces, and red meat is about 3.5 ounces.

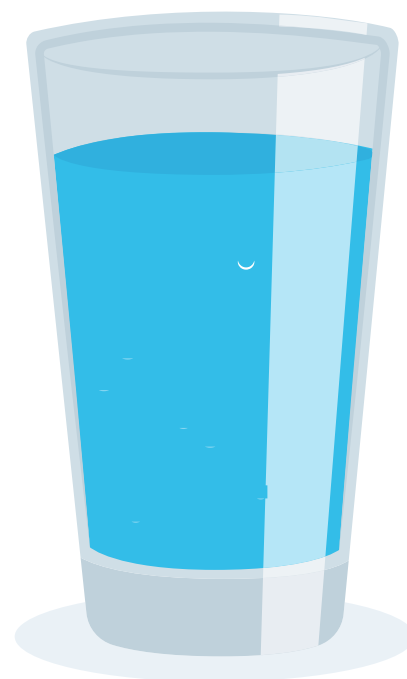
Shop and restock with healthy options, and write out a grocery list for only two days. This will help get you in the habit of stopping at the grocery store only when needed during the week. Shop in the produce section and stay on the outside perimeter of the store, away from less-healthy food options.

Execution

Millions of cellular processes occur in your body every day, and they rely on fuel from the food you eat. But the process of fueling your body starts long before it breaks down food into macronutrients and micronutrients. Food preparation, portions, meal timing and food quality all affect optimal health and physical function. Start with a plan, and begin building a plate that incorporates the healthy food options listed on page 5.

Water Intake

Don't forget your water intake—drinking plenty of water is part of a healthy diet! Consume half your body weight in ounces of water, up to 100 ounces. For example, if you're 150 pounds, aim to drink 75 ounces of water per day.



DID YOU KNOW?

- Breakfast really is the most important meal of the day—a healthy, satisfying meal not only supports blood sugar balance and metabolism, but also makes you less apt to nibble on less-nutritious foods during the day.
- Make the first meal of your day the biggest, and aim to eat three meals a day.
- Protein, healthy fats and complex carbohydrates support normal blood sugar levels and provide energy for the day.
- Carb-heavy meals make you crave more carbs and result in poor glucose management, leaving you feeling sluggish.
- Look for substitutes for any food sensitivities or allergies.
- Adding variety to your diet supports improved gut microbiome diversity.
- Eat the rainbow! Focus on eating fruits and vegetables of different colors every day.

HEALTHY FOOD LIST

PRODUCE

- ☐ Apples
- ☐ Apricots
- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Bananas
- ☐ Broccoli
- ☐ Baby Spinach
- ☐ Basil Leaves
- ☐ Bean Sprouts
- ☐ Beets
- ☐ Bell Peppers
- ☐ Black Berries
- ☐ Blueberries
- ☐ Bok Choy
- ☐ Brussel Sprouts
- ☐ Cabbage
- ☐ Carrots (Heirloom)
- ☐ Cauliflower
- ☐ Celery
- ☐ Cherries
- ☐ Cherry Tomatoes
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fennel
- ☐ Figs
- ☐ Fresh Dill
- ☐ Garlic
- ☐ Grapes
- ☐ Green Beans
- ☐ Honeydew Melon
- ☐ Kale Leaves
- ☐ Kiwi
- ☐ Leeks
- ☐ Legumes
- ☐ Lemons
- ☐ Lettuce Leaves

- ☐ Lima Beans
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsley
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Shallots
- ☐ Split Peas
- ☐ Squash
- ☐ Strawberries
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Watermelon

NUTS & SEEDS

- ☐ Chia, Flax and Hemp Seeds
- ☐ Nut Butter
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Tree Nuts

FROZEN

- ☐ Frozen Berries (Cherries, Strawberries, Blackberries, Blueberries, Raspberries)
- ☐ Mango
- ☐ Pineapple

SEASONING/CONDIMENTS

- ☐ Balsamic Vinegar
- ☐ Basil
- ☐ Bay Leaves
- ☐ Black Pepper
- ☐ Cinnamon
- ☐ Cloves

- ☐ Coconut Oil
- ☐ Cumin
- ☐ Dill
- ☐ Extra Virgin Olive Oil
- ☐ Ginger
- ☐ Greek Seasoning
- ☐ Italian Seasoning
- ☐ Mint
- ☐ Olives
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Red Pepper Flakes
- ☐ Red Wine Vinegar
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Sea Salt
- ☐ Tahini
- ☐ Thyme
- ☐ Turmeric

GRAINS & DRY GOODS

- ☐ Ancient Grains (Quinoa, Bulgar, Buckwheat)
- ☐ Gluten- and Sugar-Free Oats
- ☐ Lentils
- ☐ Unsweetened Shredded Coconut

MEATS, FISH & DAIRY

- ☐ Chevre Cheese
- ☐ Cod
- ☐ Feta Cheese
- ☐ Goat's Milk Cheese
- ☐ Game Birds
- ☐ Grassfed Beef and Lamb
- ☐ Halibut
- ☐ Mozzarella Cheese
- ☐ Mussels and Clams

- ☐ Nut Milk
- ☐ Organic Chicken and Turkey
- ☐ Organic Eggs
- ☐ Parmesan Cheese
- ☐ Rainbow Trout
- ☐ Ricotta Cheese
- ☐ Sardines and Anchovies
- ☐ Sea Bass
- ☐ Shrimp
- ☐ Tuna (Albacore, Skip Jack, Yellowfin)
- ☐ Unsweetened Greek Yogurt
- ☐ Wild Salmon

OTHER

- ☐ Filtered Water
- ☐ Fresh Juice
- ☐ Hummus
- ☐ Organic Coffee
- ☐ Protein Powder
- ☐ Raisins/Craisins
- ☐ Salsa
- ☐ Tea
- ☐ Unsweetened Almond Milk

MEAL PLAN

MEAL PLAN

Healthy & Balanced Meal Guide

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Strawberry, spinach and nut butter smoothie	Scrambled eggs with avocado and peppers	Gluten- and sugar-free oatmeal with soft boiled egg and apple slices	Mango, berries and nut butter smoothie	Organic chicken and salsa omelette	2 hard-boiled eggs, almonds and mixed fruit bowl	Gluten- and sugar-free oatmeal with nut butter and frozen berries
Lunch	Green salad with hard-boiled eggs	Organic chicken vegetable soup	Lettuce wrap with organic chicken, tomato and avocado	Grilled organic chicken with mixed vegetables	Romaine lettuce salad with carrots, red onions, cucumber and vinaigrette dressing	Shrimp Creole with quinoa	Seafood rice noodle wraps
Snack	Trail mix (raw almonds, shredded coconut, raisins, walnuts, cashews, dried apples)	Carrot chips with almond butter	Organic dark chocolate almonds	Bell pepper slices with guacamole	Apple slices with nut butter	Cashews and raisins	Carrots, celery or radishes with hummus
Dinner	Organic chicken or shrimp pad Thai with zucchini noodles (no peanuts)	Lamb chops with mixed vegetables	Organic chicken with green curry vegetables and wild rice	Wild salmon sprinkled with oregano, baked sweet potato and steamed asparagus	Organic chicken stir-fry with broccoli, peppers, bok choy, and bean sprouts	Organic chicken with roasted vegetables	Grilled turkey burger with green salad
















Notes

FOOD CONSIDERATIONS













The 2021 Clean 15™ and Dirty Dozen™ List from the Environmental Working Group

We know that fruits and vegetables are part of a healthy diet, but the use of pesticides and other chemicals during the growing process can affect their nutritive value. Every year, the Environmental Working Group publishes two lists, one showing produce known to contain minimal levels of concerning chemicals (The Clean 15™) and the other showing produce known to contain high levels of these chemicals (The Dirty Dozen™). If you find you are going to consume any foods on The Dirty Dozen™ list, it is best to find organic options when possible.

The Clean 15™

1. Avocados 	2. Sweet Corn 	3. Pineapple 
4. Onions 	5. Papaya 	6. Sweet Peas 
7. Eggplant 	8. Asparagus 	9. Broccoli 
10. Cabbage 	11. Kiwi 	12. Cauliflower 
13. Mushrooms 	14. Honeydew Melon 	15. Cantaloupe 

The Dirty Dozen™

1. Strawberries 	2. Spinach 	3. Kale 
4. Nectarines 	5. Apples 	6. Grapes 
7. Cherries 	8. Peaches 	9. Pears 
10. Bell and Hot Peppers 	11. Celery 	12. Tomatoes 

BUILDING A HEALTHY PLATE

How to Build a Healthy Plate for Wellbeing

A healthy plate may seem confusing to build. How much of your plate should be fat or vegetables? How many carbs or proteins should be included? We understand the difficulties and have developed an easy-to-use method to help you build a healthy plate for every meal. Instead of using exact measurements, we recommend using your hand and fingers as general measuring guides to help you build a healthy plate. Nutrient needs differ by size, sex, age, activity levels, and other metabolic needs. Using the hand method for measuring matches up well with size and sex of the individual and will be perfect portions for most people.

The foods we eat are only one component of a healthy diet. The healthiest people on the planet live in distinct areas around the world called the Blue Zones. These people follow many healthy eating practices that not only focus on what they eat, but how they eat. Healthy eating tips from these regions include:

- Breakfast is the most important meal of the day
- Extended generations help with food preparation
- Families eat together and socialize
- Food is eaten slowly and chewed thoroughly
- Food is sourced locally
- Food is eaten seasonally or preserved
- Kitchens are sensibly designed for food preparation
- Evening meals are the smallest of the day and often enjoyed with friends and family
- "Rest and digest" after meals is prioritized (no one eats on the run!)

Most of your plate, approximately the size of two of your fists, will consist of plant material:

- Vegetables
- Fruits
- Ancient grains

A smaller, palm-sized portion of your plate will consist of lean proteins:

- Fish and seafood
- Organic chicken
- Lean red meat
- Eggs


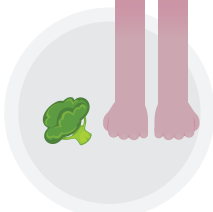

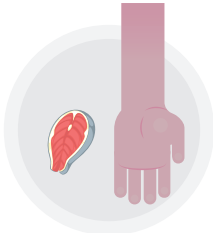

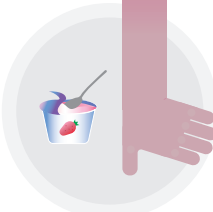


A thumb-sized portion of your plate will consist of healthy fats:

- Avocados
- Extra virgin olive oil

A thumb-sized portion of healthy dairy can be used to finish your plate:

- Unsweetened Greek yogurt
- Goat cheese



Plants	Food Choices	Approximate portion size: Two fists
<div>More</div> <div>Less</div>	<div>Green leafy vegetables Broccoli, cabbage, Brussels sprouts Tomatoes, peppers, eggplant Fruit</div> <div>Legumes, soaked and cooked Starches (such as sweet potatoes) Ancient grains such as quinoa, bulgur, buckwheat</div>	<div></div> <div></div>
Lean Protein	Food Choices	Approximate portion size: One palm
<div>More</div> <div>Less</div>	<div>Fish/seafood Egg whites Organic and free-range poultry Organic eggs from free-range chickens</div> <div>Grassfed red meat, no more than twice a month</div>	<div></div> <div></div>
Dairy	Food Choices	Approximate portion size: One thumb
	<div>Greek yogurt Goat's milk cheese, feta and chevre Almond or other nut milk</div>	<div></div> <div></div>
Healthy Fats	Food Choices	Approximate portion size: One thumb
	<div>Olive oil Nuts and seeds Avocados Olives</div>	<div></div> <div></div>

Notes