

Balanced Meal Guide

NOURISH



medical center

"A Balanced Meal Balanced meals are made up of 4 different categories of food. A healthy protein, fat, vegetable and nutrient dense carbohydrate. When balanced meals are regularly eaten, your mood, blood sugar, hormones, digestion, mental clarity, and fatigue ALL improve!"

A Balanced Meal

Healthy Protein



Animal Proteins:

- ✓ Eggs - pasture, organic, omega 3
- ✓ Fish - cold water, wild
- ✓ Seafood - wild
- ✓ Beef - grass fed, organic
- ✓ Lamb - grass fed
- ✓ Poultry - organic
- ✓ Wild game - venison, buffalo, bison
- ✓ Pork - pasture raised
- ✓ Dairy - raw, unpasteurized, grass-fed

*Eggs and dairy are common food sensitivities and may be recommended by your doctor to avoid.

Plant Proteins:

- ✓ Plant Based Protein Powder
- ✓ Peas - frozen or fresh
- ✓ Legumes - soaked, sprouted (also count as carbs)
- ✓ Beans - soaked, sprouted (also count as carbs)

**Avoid: Farm-raised fish. Non-organic animal proteins. GMO and non-fermented soy products. Processed proteins containing nitrates and additives. Non-fat and low-fat pasteurized non-organic dairy.

Goal is to have between 3-5 oz of protein (15-20 grams) in each meal.

Healthy Fat



Cooking Fats:

- ✓ Olive Oil - low/medium heat
- ✓ Unrefined Coconut Oil - low/medium heat
- ✓ Grass-fed Butter - low/medium heat
- ✓ Sesame Seed Oil - low/medium heat
- ✓ Coconut Milk - medium/high heat
- ✓ Ghee - medium/high heat
- ✓ Avocado Oil - medium/high heat
- ✓ Refined Coconut Oil - medium/high heat
- ✓ Grass-fed/Organic Animal Drippings - medium/high heat

Non-cooking Fats:

- ✓ Avocados
- ✓ Flaxseed oil
- ✓ Nut Butter - raw or dry roasted
- ✓ Nuts - raw or dry roasted, sprouted
- ✓ Seeds - raw or dry roasted, sprouted
- ✓ Coconut meat/flakes - unsweetened

**Avoid: ALL hydrogenated oils - trans fats. ALL vegetable oils including canola, soybean, safflower, sunflower. Reused frying oils.

Goal is to have at least 2 tbsp of any of the above fats (10-20 grams) with each meal.

A Balanced Meal Continued

Vegetables



Your plate should have at least 2 different colors of vegetables.
Eat the rainbow!

The Dirty Dozen + (Buy Organic!)

- | | |
|-----------------|------------------------|
| 1. Strawberries | 7. Cherries |
| 2. Apples | 8. Spinach |
| 3. Nectarines | 9. Tomatoes |
| 4. Peaches | 10. Sweet Bell Peppers |
| 5. Celery | 11. Cherry Tomatoes |
| 6. Grapes | 12. Cucumbers |

The Clean 15

- | | |
|-----------------------|--------------------|
| 1. Avocados | 9. Papayas |
| 2. Sweet Corn | 10. Kiwi |
| 3. Pineapples | 11. Eggplant |
| 4. Cabbage | 12. Honeydew Melon |
| 5. Sweet Peas, Frozen | 13. Grapefruit |
| 6. Onions | 14. Cantaloupe |
| 7. Asparagus | 15. Cauliflower |
| 8. Mangos | |

**Avoid: GMO foods and non-organic produce from the dirty dozen list.

Goal is to have half of your plate filled with vegetables in each meal. *Including breakfast!

Nutrient Dense Carbohydrate



Excellent Choice: Root Vegetables

- ✓ Yams and Sweet potatoes
- ✓ Winter Squashes
- ✓ Carrots and Parsnips
- ✓ Beets
- ✓ Potatoes - organic

Great Choice: Fruit

- ✓ Darker the fruit, more nutrient dense
- ✓ Low glycemic fruits are best
- ✓ Follow dirty dozen list for organic
- ✓ Best to eat raw and fresh

OK Choice: Grains/Legumes

- ✓ Quinoa
- ✓ Rice
- ✓ Oats
- ✓ Beans/Lentils

**Avoid: Avoid consuming processed simple sugars such as white sugar, white flour, bread, pasta and baked goods. Many people are sensitive to gluten thus best to avoid for optimal health. Avoid high glycemic fruits in excess such as bananas, dates, watermelon and grapes.

Goal is to have 1/2 cup or 1 piece of fruit (20-30 grams) in each meal.

A Balanced Meal Continued

Snacks



At least 2 food categories makes a balanced snack

Ideas to combine:

- ✓ Hard boiled eggs
- ✓ Coconut Butter Packets
- ✓ Nut Butter Packets
- ✓ Flaxseed Crackers
- ✓ Epic Food Bar
- ✓ Beef Jerky - Grass-fed
- ✓ Protein shake/smoothie
- ✓ Fruit/Veggies
- ✓ Baked Yam
- ✓ Nuts/Seeds - Raw, dry roasted or sprouted