

Balanced Plate Blueprint

Eat to support your hormones, energy, and metabolism — without tracking or restriction.



The Formula

Each meal should include:

- **Protein (¼ plate):** Lean meats, eggs, Greek yogurt, cottage cheese, fish, protein powder
- **Carbs (¼ plate):** Rice, potatoes, fruit, oats, quinoa, beans, starchy veggies
- **Healthy Fats (1 thumb):** Avocado, olive oil, nuts, seeds, cheese
- **Fiber + Color (½ plate):** Non-starchy veggies like leafy greens, peppers, broccoli, cauliflower

Easy Portion Guide

No scale needed — use your hands:

- Protein = 1–2 palms
- Carbs = 1–2 cupped hands
- Fats = 1–2 thumbs
- Veggies = 2 fists

Sample Meals

Breakfast: Greek yogurt + berries + drizzle of almond butter
OR eggs + veggies + slice of sourdough

Lunch: Chicken, rice, and veggies bowl
OR tuna wrap + side salad

Dinner: Salmon, roasted potatoes, and asparagus
OR burger (bun optional), side of roasted veggies

■ Eat to ~80% Full

Your goal isn't to clean your plate — it's to feel satisfied, not stuffed. Slow down, taste your food, and check in halfway through your meal:

- “Am I still hungry, or just eating because it's there?”
- “Do I feel good right now, or like I'm pushing past comfortable?”

When you stop around 80% full, your body has time to signal true satisfaction. It's one of the most powerful ways to balance hormones, digestion, and cravings — without tracking a thing.

Coach Tip

Balanced plates help steady blood sugar and keep energy, cravings, and hormones stable. You'll notice fewer crashes, less snacking, and easier fat loss — without cutting food groups.

Your Next Step:

If you'd like help personalizing your plate for your goals, book a free [Nutrition Game Plan Session](#)