



HEY!

Do you want to eat healthy but don't know where to begin? Or maybe you feel overwhelmed just at the thought of it? Whether you're brand new to eating a whole foods diet or are an experienced veteran looking for a little extra cooking inspiration....

Picking what to eat for dinner (or any meal for that matter) can be daunting. Especially for those who are always on the go, the last thing you want to do at the end of a long day is spend time ruminating over what to make for dinner!

My goal is to make creating healthy meals as quick and easy as possible for you and your lifestyle. That's why I'm super excited to share the go-to meal planning template I created and use for all of my clients, Build-A-Plate!

Build-A-Plate is designed to take the guesswork out of meal planning and gets your creativity flowing with tons of amazing, nutrient-dense whole foods that you can choose from to create your very own delicious and healthy plate!

Using Build-A-Plate is easy, and it covers all of the pillars necessary for creating a healthy dish: protein, fat, fiber, and phytonutrients (phyto= plant). Here's how to get the most out of Build-A-Plate:

1. Use a Build-A-Plate template for each meal. You can fill it out at the beginning of the day or however far in advance you'd like to plan. I'd recommend planning meals out for at least three days in advance.
2. Start by filling in the date of the meal you're planning for, the specific meal you're building (circle breakfast, lunch, or dinner), and cuisine (i.e., Mediterranean, Chinese, Italian) –this part is optional.
3. Next, start at the left-hand column and circle a starchy base or gluten-free whole grain. Then, work your way to protein, cooking fat, non-starchy vegetables, herbs and spices, and toppings.
4. Once you know what your meals look like for the next few days, make your list and go grocery shopping. When it's time, and you're ready to get started cooking, prepare your base, protein, and vegetables separately. Use your fat for cooking your protein, vegetables, herbs, and spices to season your protein and vegetables. The serving sizes for each column title are for a single person and should be used when creating your plate.
5. I always recommend cooking extra and storing the leftovers in the freezer or refrigerator. Store your grain, vegetables, and protein separately in glass containers. After a few days of using the Build-A-Plate template, you will have a bunch of leftovers to pull from to create additional meals throughout the week.

Ready? Let's get started!

Date: _____

Meal: Breakfast Lunch Dinner
(Circle one)
Inspiration/Cuisine:

Build-A-Plate

Base <i>Starchy veg or whole-grain (choose 1) 1/2 to 1 c</i>	Protein <i>Animal OR plant-based (choose 1) 4 to 6 oz</i>	Cooking Fat <i>For protein and/or veg (choose 1-2) 1 tsp</i>	Vegetable <i>Non-starchy (75% of your plate) 1/2 c cooked; 1 c raw</i>	Herbs & Spices <i>For meat & vegetables</i>	Toppings
STARCHY VEG	POULTRY	HIGH HEAT	Arugula	Basil	Avocado (F)
Acorn squash	Chicken breast	Avocado oil	Artichokes	Cilantro	Almond slivers
Butternut squash	Chicken drumsticks	Butter	Asparagus	Cinnamon	Flax seed
Japanese sweet potato	Chicken thighs	Coconut oil	Beet greens	Cumin	Olives
Rutabaga	Chicken sausage	Ghee	Broccoli	Dill	Pumpkin seeds
Sweet potato	Eggs	Grass-fed tallow	Brussels sprouts	Garlic	Pistachios
Yams	Ground turkey	Grass-fed lard	Boy choy	Garlic Powder	Sesame seeds
GLUTEN-FREE WHOLE GRAINS	Turkey breast	MEDIUM HEAT	Cabbage	Ginger	Sunflower seeds
Amaranth	Turkey sausage	Extra virgin olive oil	Carrots	Himalayan pink salt	
Black rice	RED MEAT	Macadamia oil	Cauliflower	Onion powder	
Wild rice	Ground beef	RAW	Celery	Oregano	
Lentils (P)	Ground lamb	Almond oil	Chard	Paprika	
Red rice	Ground venison	Flax oil	Collard greens	Parsley	
	Ground bison	Hazelnut oil	Cucumbers	Pepper	

	Ground buffalo	Sesame oil	Dandelion greens	Red pepper flakes	
	Steak		Eggplant	Rosemary	
	Lamb chops		Green beans	Sage	
	SEAFOOD		Kale	Thyme	
	Cod		Mushrooms	Turmeric	
	Herring		Mustard greens		
	Mackerel		Okra		
	Salmon		Onions		
	Sardines		Peppers		
	Tilapia		Spinach		
	Trout		Radish		
	PLANT-BASED PROTEIN		Tomatoes		
	Lentils				
	Lupini beans				
	Mung beans				
	Peas				
	Quinoa				
	Red lentils				
	Snow peas				

	Tofu				
	Tempeh				

Key:
 Ⓟ = can also be counted as a serving of protein