



# PLATE

# PERFECT

# *guide*

Your Quick & Easy Guide to  
Healthy Eating



It's time to make healthy meals  
simple – and tasty – again!



I designed - Plate Perfect: Your Quick & Easy Guide to Healthy Eating - to make mealtime decisions a breeze for you.

My easy-to-use formula ensures you truly enjoy every meal and have fun planning them. And guess what? You don't need to follow any crazy food restrictions or old-school food rules.

With this guide by your side, you'll quickly be on your way to those fantastic results you're aiming for—without ever thinking about dieting or feeling deprived ever again.

Enjoy the foods you love and feel amazing!



Hey soul-sister! Feeling weighed down by stubborn menopausal weight? It can seem like our bodies just won't cooperate anymore. I've been there, and I understand. More importantly, I know what it takes to finally reclaim your health and thrive well past your 40s!

I'm Tanya, a registered holistic nutritionist, certified metabolic balance® coach, and menopausal health specialist.

My expertise and experience have led me to create the Meno-Meltdown™ solutions suite, designed with your health needs, goals, bio-individuality, and lifestyle in mind.

Using science as my compass, I'm here to be your ally in shedding unwanted weight, rediscovering energy, and navigating the hormonal roller coaster of menopause.

Say goodbye to the meno-belly, weight resistance, tummy issues, mood swings, and the many other frustrating symptoms that seem to come out of nowhere.

Trade outdated diet myths and rules for strategies that amplify your body's inherent ability to heal and thrive!

Remember, menopause may be unavoidable, but suffering, sister-friend, is definitely optional!

Take this first step on your meno-health journey with this guide. And if you need support? I'm just a click away!

**Email me: [tanya@tanyaaugernutrition.com](mailto:tanya@tanyaaugernutrition.com)**

Plus, if you're eager to take your meno-health to new heights, a special treat awaits you at the end of the guide.



**FOREVER IN YOUR  
WELLNESS CORNER!**



# Sample Plate Perfect Meal Ideas

## BREAKFAST

Egg scramble with veggies (broccoli, spinach, peppers) + small oatmeal bowl with a little almond butter

Smoothie with almond milk, spinach, ¼ avocado, ½ frozen banana, berries, cinnamon, and protein powder

Turkey sausage with a veggie hash (carrots, sweet potatoes, onions, and peppers) cooked in olive oil



## LUNCH

Veggie salad with greens, grilled chicken, and black beans, drizzled with an olive oil-based vinaigrette

Open-faced turkey sandwich with sliced tomatoes and avocado on Ezekiel bread, and a side of fresh-cut veggies

Burrito bowl with lean beef, cauliflower rice, pinto beans, and salsa.



## DINNER

Seasoned grilled salmon with olive oil + roasted asparagus with butter + seasoned brown rice

Grilled lean beef burger + green beans + tomato side salad

Pan-seared scallops + buckwheat noodles + a veggie stir fry cooked in olive oil and fresh herbs





# How to Build Your Perfect Plate

Healthy eating doesn't need to be a complex puzzle. Believe it or not, there's room for the joys of wine, chocolate, bread, and pasta in a balanced diet! It's all about moderation (*NOT restrictions!*) and making informed choices.

By following my straightforward "Plate Perfect Formula", you'll effortlessly ensure your body receives all the vital nutrients it craves.

Whether your goal is to shed pounds quickly and maintain that weight loss or to simply feel vibrant and alive, this approach is your ticket to achieving and sustaining your health aspirations.

## PLATE PERFECT FORMULA

**50% Vegetables + 25% Whole Grains & Nuts + 25% Proteins  
= 100% Healthy Eating**

*How it works:*

- ✓ Fill half of your plate with veggies (*and maybe a little fruit*)
- ✓ Fill one quarter of your plate with whole grains and nuts
- ✓ Fill one quarter of your plate with protein
- ✓ Add one "thumb" of healthy fats (*more on portion sizes below*)





# Your Perfect Portion Pal

Determining the right amount to eat has never been this simple with my Perfect Portion Pal!

No measuring cups? No problem! With my easy-peasy approach, you'll use your own hands as the ultimate measuring tool. The best part? They're always with you, wherever you go. How cool is that?

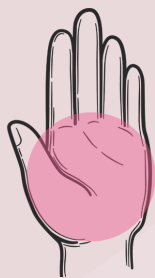
Say goodbye to calculating calories, weighing every bite, or counting endless points. These methods can feel restrictive and overly complex.

With the Perfect Portion Pal approach, you'll effortlessly know just how much to eat, eliminating the guesswork.

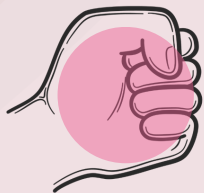
This not only simplifies your meals but also ensures you're fueling your body with all the essential nutrients it needs to perform at its best and meet your health objectives.

*How it works:*

## PERFECT PORTION PAL



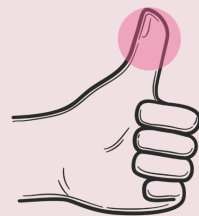
**PROTEIN**  
**1 PALM**



**VEGETABLES**  
**1 FIST**



**CARBOHYDRATES**  
**1 CUPPED HAND**



**FAT**  
**1 THUMB**

THEN ADJUST YOUR PORTIONS UP OR DOWN ACCORDING TO

- ✓ Your size and gender
- ✓ Your appetite and satiety
- ✓ How active you are
- ✓ How often you eat



# Their Success Can Be Your Story!

Meet some incredible women who, just like you, once believed that their age, genetics, or past solutions that let them down would hold them back.

Achieving lasting weight loss, renewed youthful energy, and reclaiming your health is easier than you might think!"

## **Judy K.**



*Tanya exceeded my expectations! Beyond traditional coaching, Tanya offers personalized guidance, and transformative insights, proving that with her, achieving optimal health isn't just possible—it's inevitable.*

## **Melinda G.**



*Thanks to Tanya, I'm shedding weight while enjoying my favorite foods without feeling restricted! Her simple, effective strategies stand out from past coaches, and her genuine care has surpassed all my expectations.*

## **Veronica L.**



*With Tanya's expertise and infectious energy, I found the motivation to adopt healthier habits, quit smoking, shed 15 pounds, and conquer chronic constipation—all in just weeks! She's the guiding light I've sought for years.*



## Quick Reference Food List

Now that you've mastered the powerhouse duo - the PLATE PERFECT FORMULA and PERFECT PORTION PAL - your culinary adventure truly begins!

Together, these two are all you need to achieve and maintain your health goals with lasting results.

Dive into this curated list of foods, ready for you to mix and match. Whether you're craving a quick, scrumptious everyday meal or aiming to impress with a gourmet masterpiece, this selection has you covered.

So, embrace the journey and let your culinary creativity shine!

# VEGETABLES

Artichokes	Eggplant	Peas
Asparagus	Garlic	Peppers
Beets	Greens	Potatoes
Brussels sprouts	Green/Yellow	Radishes
Broccoli	Beans	Sprouts
Cabbage	Jicama	Squash
Carrots	Leeks	Swiss chard
Cauliflower	Mushrooms	Tomato
Celery	Okra	Turnips
Cucumber	Onions	Zucchini

1 Portion = 1 Fist



Ideally aim for 6+ portions daily



Vegetables, packed with fiber and phytochemicals, play a pivotal role in supporting digestion, reducing inflammation, and promoting optimal heart health.



# Quick Reference Food List *(continued)*



1 Portion = 1 Cupped Hand

Ideally aim for 3+ portions daily



## FRUITS

Apple	Kumquat
Apricots	Mango
Banana	Nectarine
Berries (any kind)	Oranges
Cantaloupe	Papaya
Cherries	Pineapple
Grapefruit	Peaches
Grapes	Pear
Honeydew	Plums
Kiwi	Tangerine



Fruits, bursting with natural sugars and antioxidants, offer a quick energy boost, enhance skin health, and strengthen the body's defense against chronic diseases.



1 Portion = 1 Cupped Hand

Ideally aim for 3+ portions daily



## WHOLE GRAINS (Complex Carbohydrates)

Black beans  
Black-eyed peas  
Brown, red rice  
Chickpeas  
Green peas  
Kidney beans  
Lima Beans  
Navy beans  
Oats  
Peanuts  
Quinoa  
Soy beans  
Wild Rice



Whole grains provide sustained energy, stabilize blood sugar levels, and are rich in fiber, aiding digestion and promoting a feeling of fullness to prevent overeating.

# Quick Reference Food List *(continued)*

## PROTEIN

Bison	Grass-fed beef	Porc
Chicken	Lamb	Seitan
Cheese	Legumes &	Shellfish
(parmesan, cottage, gouda)	beans ( <i>plant-based meal</i> )	Spirulina
Eggs		Tempeh
Fatty Fish		Turkey
		Yogurt



1 Portion = 1 Palm



Ideally aim for 2+ portions daily



Proteins are the building blocks of the body, crucial for muscle growth, tissue repair, and supporting essential enzymatic reactions for overall health.



## HEALTHY FAT

Avocado Oil	Extra Virgin Olive Oil	Peanuts & Peanut Butter
Avocado (¼)	Nuts & Nut Butters	Seeds & Seed Butters
Cheese ( <i>cheddar, goat, feta, mozzarella...</i> )	( <i>almonds, walnuts, cashews, hazelnut...</i> )	( <i>chia, hemp, sesame, flax, pumpkin, sunflower...</i> )
Coconut Oil	Olives	

Healthy fats support brain function, hormone production, and absorption of fat-soluble vitamins, while also keeping the skin radiant and joints lubricated.



1 Portion = 1 Thumb



Ideally aim for 3+ portions daily





# IT'S TIME FOR YOUR MENOPAUSAL HEALTH BREAKTHROUGH!

Thank you for downloading this guide! It's a great start, but lasting results require more

***Ready to MELT away stubborn menopausal weight and RECLAIM your health, confidence, and vitality?***

If you're saying "heck yes," then it's time to move beyond those one-size-fits-all diets that don't work for your menopausal body. Instead, let's chat!

## **Why This Offer is Different:**

Generic solutions may offer short-term results but often leave you frustrated and back at square one. I know how it feels—I've been there too

## **The Key to Your Success?**

A personalized approach tailored to your unique body chemistry (*using over 35 blood values*), medical history, dietary needs, and food preferences!

My ***Meno-Meltdown™ Metabolic Mastery*** Program, combined with the ***Metabolic Balance®*** method, is an all-natural, scientifically-backed solution designed specifically for women over 40

If you're ready to explore this program, book your free Meno-Health Accelerator™ call now. We'll discuss your unique situation, answer any questions, and see if my program is the right fit for you!

Don't wait—spots are limited. **CLICK HERE** to

**BOOK YOUR FREE, MENO-HEALTH ACCELERATOR™ CALL NOW!**



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