

# CREATING THE PERFECT MEAL

## 4 MUST-HAVES FOR THE DELICIOUS, BALANCED PLATE

1

### PROTEIN

Choose anything from eggs, chicken, steak, shrimp, scallops, salmon, pork, or go vegetarian with beans or lentils!



2

### VEGETABLE

Simple choices include broccoli, cabbage, green beans, bok choy, spinach, kale, eggplant, Brussels sprouts, or bell peppers.



3

### CARBS (YES, CARBS!)

Healthier choices include spaghetti squash, red potatoes, sweet potatoes, brown rice, quinoa, chickpeas, butternut squash or plantain.



4

### HEALTHY FAT

Mostly plant-based, healthier ways to add fat include: EVOO, walnut oil, sesame oil, canola oil, avocados, chopped almonds, chopped peanuts or extra virgin coconut oil.



5

### COOK YOUR FOOD!

- Season with your favorite spices or add fresh herbs or dried spices to veggies.
- Use citrus juice over your protein.
- Sauté some onions for added sweetness and texture.
- Garlic cloves and dried chili flakes add a little extra punch to your plate!

