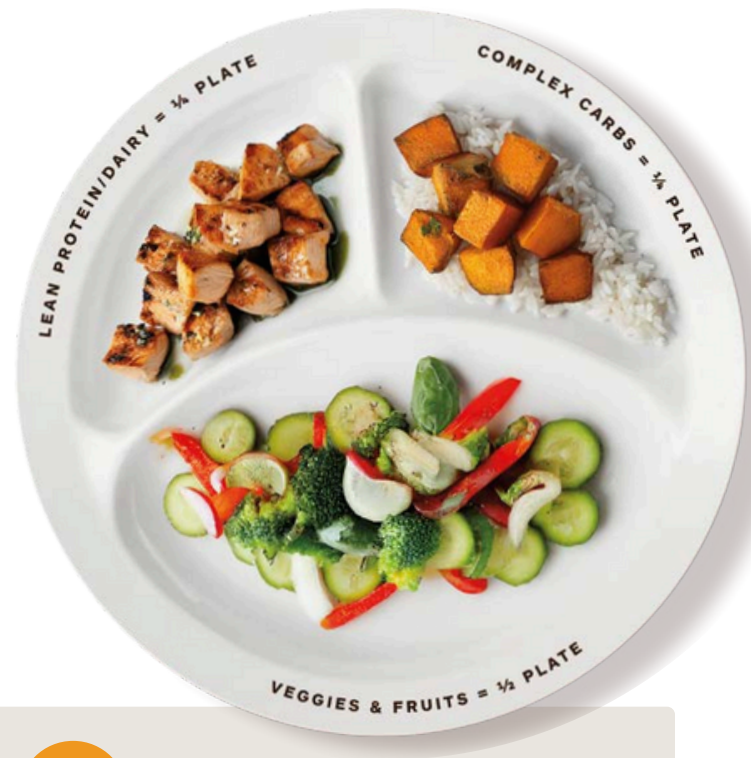


PERFECT PORTIONS

Perfectly Balanced

There's a good reason eating the right quantity is one of our Four Pillars. Your secret to fending off hunger and nourishing your body is to eat optimal protein, fibre-packed veggies, and whole grains combined with healthy fats to keep you feeling full and satisfied at every meal.¹⁶



Lean protein/dairy = 1/4 plate

Optimum Protein Distribution⁶ is when you distribute 20–30 grams of protein to each meal to stay satiated and energized between your meals. Protein helps support and maintain lean muscle mass.



Complex carbs = 1/4 plate

Complex carbs pack in more nutrients than simple carbs because they are higher in fibre and are digested more slowly, which helps keep you feeling full. Grains and starchy vegetables are included here.



Veggies & fruits = 1/2 plate

Volumetrics is eating nutrient-dense foods (like fruits and veggies) that provide the most volume and nutrients, with the lowest number of calories.



Healthy fat = on top!

These help your body absorb fat-soluble vitamins A, D, E, and K. They can also help lower cholesterol levels and reduce your risk of heart disease.

Make it a perfectly balanced plate

Serve with 1 cup berries.

Did you know?

Each recipe included in this guide is a Perfectly Balanced Plate, or has info on how to make it one. You'll find these details, as well as total time, serving size, and cost per serving within each recipe.