

Flexible

MEAL PLAN BUILDER

SIMPLE BLUEPRINTS TO CREATE
HEALTHY BALANCED MEALS



MACRONUTRIENTS 101

What you need to know

How you fuel your body matters. Healthy, balanced meals nourish your body with nutrients and keep you satiated and energized throughout the day. And the key to creating balanced meals is having the right mix of macronutrients.

What are Macronutrients?

Macronutrients, or “macros” for short, are nutrients your body needs in large amounts to function properly.

Macros come in three forms: carbohydrates (carbs), protein, and fat. Each macro comes with different benefits:

Carbohydrates

Carbs are broken down into glucose, your body’s main energy source. They help you feel full and promote healthy bowel movements. But not all carbs are created equal.

Starchy carbs like bread, pasta, and rice are digested quickly. They make excellent short-term fuel sources. But when overconsumed, they’re stored as fat.

Then you have fibrous carbs like non-starchy vegetables (think leafy greens). Fibrous carbs are high in fiber, which makes them digest more slowly. This helps you stay satiated longer and reduces the odds of them being converted into body fat.

Protein

Protein is made up of amino acids. Your body uses these amino acids to build muscles, bone, skin, and cartilage and repair tissue. Your body also depends on protein to make hormones and enzymes.

Fats

Fats store energy, support cell function, protect your organs, and help your body absorb vitamins and make hormones. But not all fats are the same.

Healthy fats include monounsaturated and polyunsaturated fats in nuts, seeds, fish, and avocados. Saturated fats found in butter, cheese, fried foods, and red meat can raise “bad” LDL cholesterol. So it’s best limit them and to stick to healthy fats.

BREAKFAST BLUEPRINT

1 Fibrous veggies + fruits *1/2 of plate*

Leafy greens

leaf lettuces
collard greens
bok choy
microgreens
beet greens
turnip greens
mustard greens
dandelion greens
chard
romaine
kale
spinach
arugula

Cruciferous veggies

broccoli
cauliflower
Brussels sprouts
cabbage

Fibrous fruits

raspberries
blackberries
blueberries
strawberries
avocado

Other non-starchy veggies

cucumber
celery
tomatoes
onions
garlic
leeks
asparagus
mushrooms
yellow squash
green beans
artichokes
zucchini
eggplant
peppers
radishes
fennel
scallions
carrots
beets

4 Starchy carbs *1/4 plate (optional)*

Starchy veggies

potatoes
corn
sweet potatoes
butternut squash
acorn squash
parsnips
peas
turnips

Beans & legumes

black beans
kidney beans
chickpeas
lentils

Whole grains

quinoa
brown rice
wild rice
oats
millet
barley
buckwheat
amaranth
sprouted
wheat

Fruit

apples
pineapple
mangos
cherries
peaches
bananas
grapes
plums
pears
citrus fruits

3 Healthy fats *the size of a dice*

olives & olive oil
nuts and seeds (and their oils)
grass-fed butter
ghee
coconuts & coconut oil
lard, tallow & duck fat
oily fish
egg yolks
avocado

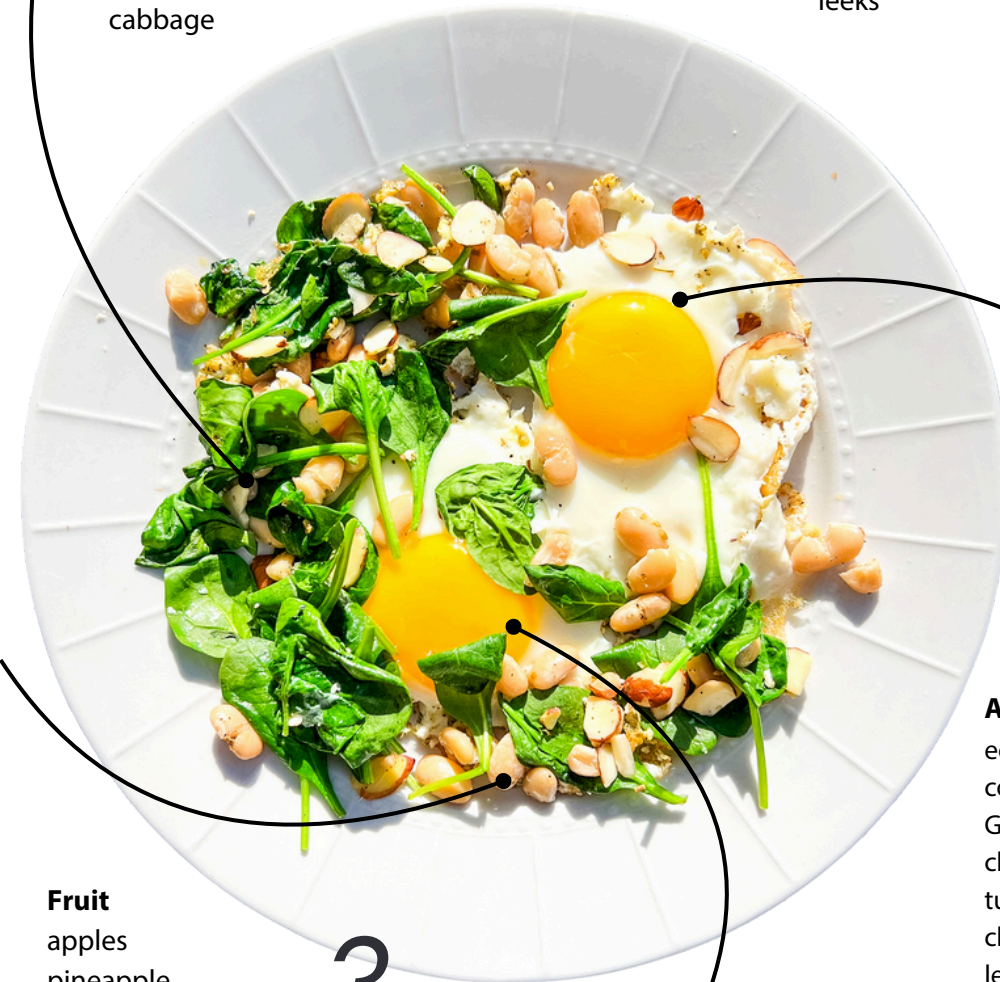
2 Protein (3-5 oz) *Palm size*

Animal protein

eggs
cottage cheese
Greek yogurt
cheese
turkey
chicken
lean beef
smoked salmon
whey protein
collagen peptides

Plant protein

vegan protein powder
tofu
chia seeds
hemp seeds
nuts & nut butters
quinoa
beans & legumes



BREAKFAST BLUEPRINT

Examples

Berry Cottage Cheese Bowl

- **Fibrous carb:** 1 cup blackberries
- **Protein:** 3/4 cup cottage cheese
- **Fat:** 1/4 cup pecans

Green Protein Smoothie

- **Fibrous carb:** 1 handful spinach & 1/2 cup cauliflower rice
- **Protein:** 1 scoop vegan protein powder & 1 cup almond milk
- **Fat:** 1 tbsp almond butter
- **Starchy carb:** 1/2 banana

Blueberry Yogurt Bowl

- **Fibrous carb:** 1 cup blueberries
- **Protein:** 3/4 cup Greek yogurt
- **Fat:** 1 tbsp ground flaxseed & 1 tbsp chia seeds

Veggie Scramble

- **Fibrous carb:** chopped onion, mushrooms & spinach
- **Protein:** 2 pasture raised eggs
- **Fat:** egg yolks
- **Starchy carb:** 1 piece whole grain toast

Turkey Sausage w/Cucumber Tomato Salad

- **Fibrous carb:** 1 cup chopped cucumber & 1 cup cherry tomatoes
- **Protein:** 3.5 oz homemade turkey sausage
- **Fat:** 1/4 avocado

Tofu Scramble

- **Fibrous carb:** 2 cups onions, peppers & zucchini
- **Protein:** 3.5 oz tofu
- **Fat:** olive oil

LUNCH + DINNER BLUEPRINT

1 Fibrous veggies + fruits *1/2 of plate*

Leafy greens

leaf lettuces
collard greens
bok choy
microgreens
beet greens
turnip greens
mustard greens
dandelion greens
chard
romaine
kale
spinach
arugula

Cruciferous veggies

broccoli
cauliflower
Brussels sprouts
cabbage

Fibrous fruits

raspberries
blackberries
blueberries
strawberries
avocado

Other non-starchy veggies

cucumber
celery
tomatoes
onions
garlic
leeks
asparagus
mushrooms
yellow squash
green beans
artichokes
zucchini
eggplant
peppers
radishes
fennel
scallions
carrots
beets

4 Starchy carbs *1/4 plate* (optional)

Starchy veggies

potatoes
corn
sweet potatoes
butternut squash
acorn squash
parsnips
peas
turnips

Beans & legumes

black beans
kidney beans
chickpeas
lentils

Whole grains

quinoa
brown rice
wild rice
oats
millet
barley
buckwheat
amaranth
sprouted wheat

Fruit

apples
pineapple
mangos
cherries
peaches
bananas
grapes
plums
pears
citrus fruits

3 Healthy fats *the size of a dice*

olives & olive oil
nuts and seeds (and their oils)
grass-fed butter
ghee
coconuts & coconut oil
lard, tallow & duck fat
oily fish
avocado

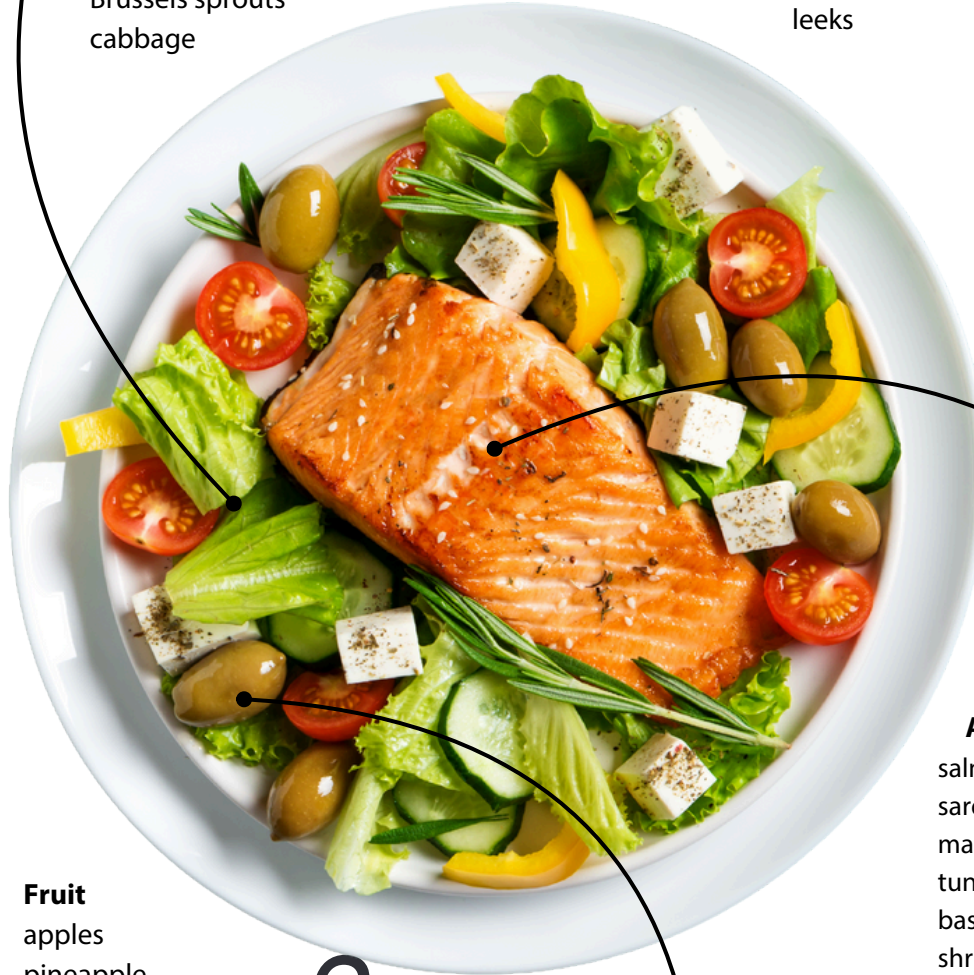
2 Protein (3-5 oz) *Palm size*

Animal protein

salmon
sardines
mackerel
tuna
bass
shrimp
scallops
mussels
chicken
turkey
lean beef
lamb
bison
liver
pork
cheese

Plant protein

tofu
tempeh
beans
lentils
nuts & nut butters
quinoa
peas
edamame



LUNCH + DINNER BLUEPRINT

Examples

Salmon & Kale Dinner

- **Fibrous carb:** 2 cups kale sauteed w/garlic & olive oil
- **Protein:** 3-4 oz salmon
- **Fat:** olive oil
- **Starchy carb:** 1 small baked sweet potato

Chicken, Broccoli, & Quinoa Casserole

- **Fibrous carb:** 1 cup broccoli florets
- **Protein:** 3 oz shredded chicken
- **Fat:** 1/4 cup cashew cheese
- **Starchy carb:** 1/2 cup quinoa

Turkey Meatloaf w/Cauliflower Mash

- **Fibrous carb:** mashed cauliflower
- **Protein:** 4 oz ground turkey meatloaf
- **Fat:** grass fed butter (for cauli mash)
- **Starchy carb:** 1/2 cup peas

Vegan Burrito Bowls

- **Fibrous carb:** mixed greens topped with sauteed peppers & onions, chopped tomato
- **Protein:** 3/4 cup black beans
- **Fat:** 1/4 avocado, sliced
- **Starchy carb:** 1/2 cup brown rice

Beef Bolognese Over Zucchini Noodles

- **Fibrous carb:** 2 cups zucchini noodles & tomato sauce
- **Protein:** grass-fed ground beef
- **Fat:** 2 tbsp sliced olives

Tempeh Stir Fry

- **Fibrous carb:** onions, broccoli, peppers & carrots
- **Protein:** 3 oz tempeh
- **Fat:** 1 tbsp coconut oil
- **Starchy carb:** 1/2 cup rice