

Elevate Your Eating

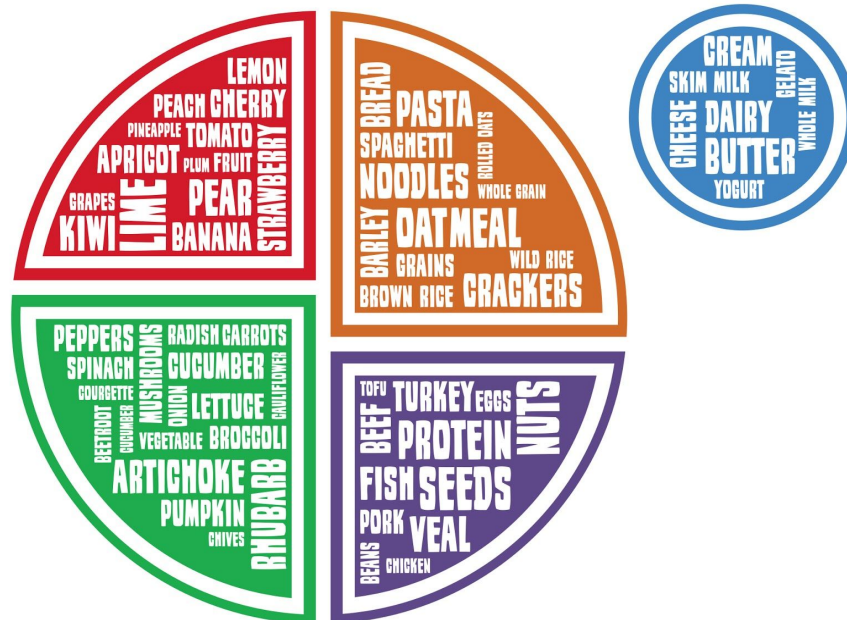
Balance and diversity is the name of the game.

If you eat a variety of foods with diverse textures, tastes, and colors of whole food sources, you will be eating a balanced diet. You will be getting all the necessary macronutrients, vitamins, and minerals. **It really is as simple as that.**

Below is an illustration of what a healthy plate of food will look like. But keep in mind, these are just general guidelines for you. Always remember:

Your body will be the best judge of what it needs. Listen to it.

As you get intimately connected to its subtle and blatant cues, you will be able to discard these templates and follow your body's innate wisdom.



Food Choices

At each meal, try get a balanced plate of food by incorporating equal portions of each of these food groups. **For carbs, always attempt to include a generous amount of vegetables** to get the necessary amount of *vitamins, minerals, and phytochemicals*.

Fats

*Butter, **cheese, whole milk, sour cream, cream, cream cheese, yogurt, coconut oil, olive oil, vegetable oil, fatty cuts of meat, egg yolks, almonds, walnuts, peanuts, cashews, pistachios, nut butter, and avocados*

***As you can see, some foods are high in multiple macronutrients. So when you are pairing foods, count foods that are in two categories as both.*

Proteins

cheese, cottage cheese, whole milk, lowfat milk, yogurt, egg whites, fish, turkey, chicken, pork, beef, duck, lamb, tofu, tempeh, soy, almonds, walnuts, peanuts, cashews, pistachios, nut butter, garbanzo beans, black beans, and lentils

Carbohydrates

GRAINS: oatmeal, white or wheat sourdough, wheat, white, sprouted breads, white or wheat pitas, naan, white or wheat tortillas, white or brown rice, quinoa, couscous, noodles, white or wheat pasta, black beans, lentils, garbanzo beans

FRUITS: apple, apricots, banana, berries, cantaloupe, watermelon, honeydew, strawberries, raspberries, blueberries, cherries, guava, grapes, kiwi, kumquat, lychees, mangos, mandarin, nectarine, orange, tangerine, papaya, peach, pear, plum, tomato

VEGETABLES: asparagus, broccoli, carrots, cucumber, green beans, green peas, leek, lettuce, mushroom, onion, peas, pumpkin, scallions, squash, spinach, sweet potato, potato, yam

MEAL EXAMPLES:

To envision what a very nourishing days worth of eating would look like, simply select three of the meals below. Create your meals to look like these and you are set!



Notice the rich assortment of **colors, textures, and food types** in these images. Again, that's really all you want.

Sauces, Desserts, & Alcohol

A general rule of thumb to use is to thoroughly enjoy these types of foods in *moderation*. There is so much delicious foods and drinks to be enjoyed! By all means, allow yourself to.

Just aim for around 20% of your diet to be from these food sources.



Food Prep Tips

With a busy schedule, sometimes it takes being more intentional with your preparation to ensure you are ingesting a balanced diet.

Follow the tips below to maximize your efforts and be prepared when your schedule demands for it.

Have pastas, rice, or similar carbohydrates prepared for 3 or 4 days worth of meals to use as quick easy energy to add to meals. They are easy to make in large quantities.

If you have the time, meats can also be prepared for 3 to 4 days of meals.

5 minute easy snack preparation

- A piece of bread with butter, nut butter, or olive oil and vinaigrette is a quick and easy balanced snack
- You can easily chop up some spinach, onion, and tomato to add to take some pre-prepared pasta and olive oil for a balanced meal.

For a more in-depth exploration of the human bodies need for nourishment, please go to <http://www.sturdyroots.com/health/physical/nutrition/>