

Nutrition Basics: Building Balanced Meals

Simple, sustainable ways to fuel your body well

There's no single "perfect" diet. Small, balanced choices made consistently matter more than any strict rule.

The Balanced Plate Method

- **1/2 plate:** vegetables and fruit
- **1/4 plate:** protein (beans, fish, chicken, tofu, eggs)
- **1/4 plate:** whole grains or starchy vegetables
- **A small amount** of healthy fat (olive oil, avocado, nuts)

Hydration Basics

- Make water your first choice most of the day.
- Try a simple cue, like a glass of water with each meal.
- Watch for signs of mild dehydration: fatigue, headache, or dark-colored urine.

Mindful Eating Tips

- Eat without screens when you can — notice your food.
- Pause halfway through your meal and check your hunger.
- Eat slowly; it takes time for your body to register fullness.
- No food is "off limits." Aim for balance, not perfection.

COACH'S TIP
Progress with food looks like more balanced meals more often — not a perfect diet every day.

PLAN A BALANCED PLATE				
Meal	Protein	Veg / Fruit	Grain / Starch	Healthy Fat
Breakfast				
Lunch				

Dinner				
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