

Daily 3 Meal Blueprint

1 VEGETABLES
50% of plate

2 palm size
PROTEIN

3 healthy
FAT

4 whole food
CARBS

BREAKFAST

avocado + egg toast
sausage + roasted veggies
smoothie with greens + healthy fat
overnight oats with collagen + nuts
omelette + sautéed veggies
leftovers



LUNCH

nourish bowl
veggie + protein wrap
loaded salad with protein +
avocado
canned fish + hummus + raw veggies
oysters + sweet potato chips
quinoa + chicken salad



DINNER

burrito bowl
soup or stew
vegetable + chicken stir-fry
burgers + sweet potato fries
meat sauce over roasted veggies
slow/pressure cooker protein +
veggies