

MEAL BUILDER MADE EASY



With the right support, eating well every day can be as easy as **1, 2, 3, 4, 5!** Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

25g PROTEIN
400 CALORIES

40g PROTEIN
600 CALORIES

P
PROTEIN

STEP 1 - START WITH PROTEIN



CHICKEN OR TURKEY

FISH

LEAN BEEF

SHELLFISH

PORK OR LAMB (LOIN)

3 OUNCES,
COOKED

5 OUNCES,
COOKED

V
VEGETABLES

STEP 2 - ADD VEGETABLES



COOKED VEGETABLES, VEGETABLE SOUP, TOMATO SAUCE (1 CUP)

CHOOSE 1

CHOOSE 2



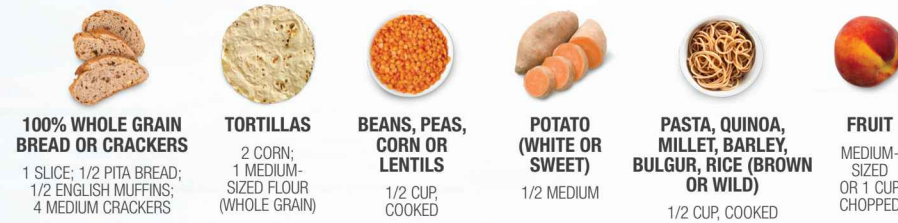
RAW VEGETABLES

ANY
AMOUNT

ANY
AMOUNT

C
CARBOHYDRATES

STEP 3 - ADD HEALTHY CARBOHYDRATES



100% WHOLE GRAIN BREAD OR CRACKERS
1 SLICE; 1/2 PITA BREAD;
1/2 ENGLISH MUFFINS;
4 MEDIUM CRACKERS

TORTILLAS
2 CORN;
1 MEDIUM-SIZED FLOUR (WHOLE GRAIN)

BEANS, PEAS, CORN OR LENTILS
1/2 CUP, COOKED

POTATO (WHITE OR SWEET)
1/2 MEDIUM

PASTA, QUINOA, MILLET, BARLEY, BULGUR, RICE (BROWN OR WILD)
1/2 CUP, COOKED

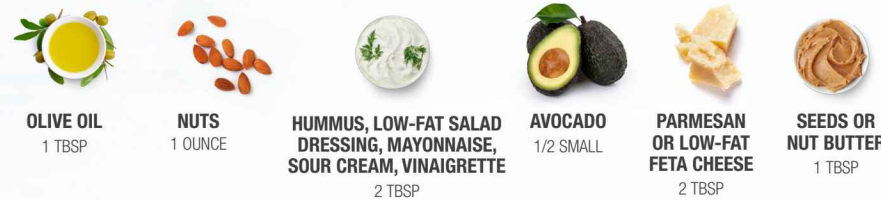
FRUIT
MEDIUM-SIZED OR 1 CUP CHOPPED

CHOOSE 1

CHOOSE 2

F
FAT

STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR



OLIVE OIL
1 TBSP

NUTS
1 OUNCE

HUMMUS, LOW-FAT SALAD DRESSING, MAYONNAISE, SOUR CREAM, VINAIGRETTE
2 TBSP

AVOCADO
1/2 SMALL

PARMESAN OR LOW-FAT FETA CHEESE
2 TBSP

SEEDS OR NUT BUTTER
1 TBSP

CHOOSE 1

CHOOSE 1

STEP 5 - SEASON IT UP!



HERBS & SPICES

LEMON

GARLIC

VINEGAR

SALSA & HOT SAUCE

MUSTARD

ANY
AMOUNT

ANY
AMOUNT