

# 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

# MEAL BUILDER MADE EASY



## VEGETARIAN EDITION

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

GREEK-STYLE YOGURT (NON-FAT OR LOW-FAT) 1/2 CUP	EGGS 1 WHOLE	COTTAGE CHEESE; RICOTTA (NON-FAT OR LOW-FAT) 1/2 CUP	BEANS, LENTILS OR SOY BEANS 1/2 CUP; COOKED	TOFU 3 1/2 OUNCES (1/4 BLOCK)	TEMPEH OR SEITAN 2 OUNCES

CHOOSE 2

CHOOSE 3

**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