

# 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



## STEP 1 - START WITH PROTEIN



CHICKEN OR TURKEY



FISH



LEAN BEEF



SHELLFISH



PORK OR LAMB (LOIN)

3 OUNCES,  
COOKED

5 OUNCES,  
COOKED



## STEP 2 - ADD VEGETABLES



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



CHOOSE 1

CHOOSE 2



RAW VEGETABLES

ANY  
AMOUNT

ANY  
AMOUNT



## 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



## 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