

The Perfect Plate(tm) is a holistic nutrition guide to help you structure your meals in a balanced way as to gain maximum benefit from your daily nutrition intake. Your body knows best and shall always guide you to healthy nutrition inputs.

Veggies - Steamed, Grilled or Raw - 50% or More of your plate

Vegetables are the body's greatest cleanser and body regulator. They assist you with maintaining proper body balance and with elimination. It is recommended to have at least 50% of your meals as some type of healthy veggie or a combination of veggies. Your body shall thank you :)

Broccoli, Cauliflower, Zucchini, Bok Choy, Napa Cabbage, Savoy Cabbage, Spagetti Squash, Red Cabbage, Kale, Rutabaga, Parsnips, Snap Peas, Heirloom Tomato, Peppers, Cucumber

Protein - Roasted Meats - 25 - 35% of your plate

Contrary to popular belief and health recommendations, fatty portions of meats are the healthiest to consume. They are easier to digest and they also have healthy forms of fats which assist your body and brain to function optimally. Lean meats are hard to digest and require more energy and nutrients from your system to break down the amino acids. Make sure to roast your meats until well done in pyrex, stoneware or ceramic plates.

Chicken Wings, Chicken Legs, Chicken Thighs, Rib Eye, Lamb, Salmon, Tilapia, Sea Bass, Turkey Thighs, Turkey Legs, Eggs, Nuts

Complex Carbs - 25 - 35% of your plate

The complex starches are required as to maintain homeostatic balance of your body. They also supply you with energy.

Quinoa, Sweet Potato, Wild Rice, Red Rice, Brown Rice, Heirloom Potatoes, Gluten-Free Bread, Gluten-Free Flours

Fats - 10 - 20% - Fats are essential for optimal health and provide vital energy. Healthy Fats are KING!

Grapeseed Oil, Hemp Seed Oil, Flax Oil, Avocado Oil, Red Palm Oil, Coconut Oil, Pasture/Grass Fed Butter, Beef Fat, Chicken Fat

