

# BUILDING A NUTRIENT-DENSE BALANCED PLATE

Olive oil\*

Healthy Fats

\*Make a simple salad dressing by mixing olive oil with an acidic condiment like balsamic vinegar, apple cider vinegar, lemon or grapefruit juice

Leafy greens (baby kale), colorful veggies (asparagus), alliums (garlic)

Non-starchy Veggies



Herbs & Spices

Sea salt, rosemary, tetragon, thyme, pepper

Protein Source

Animal protein

Complex Carbs

Starchy vegetables and/or fruit (strawberries)

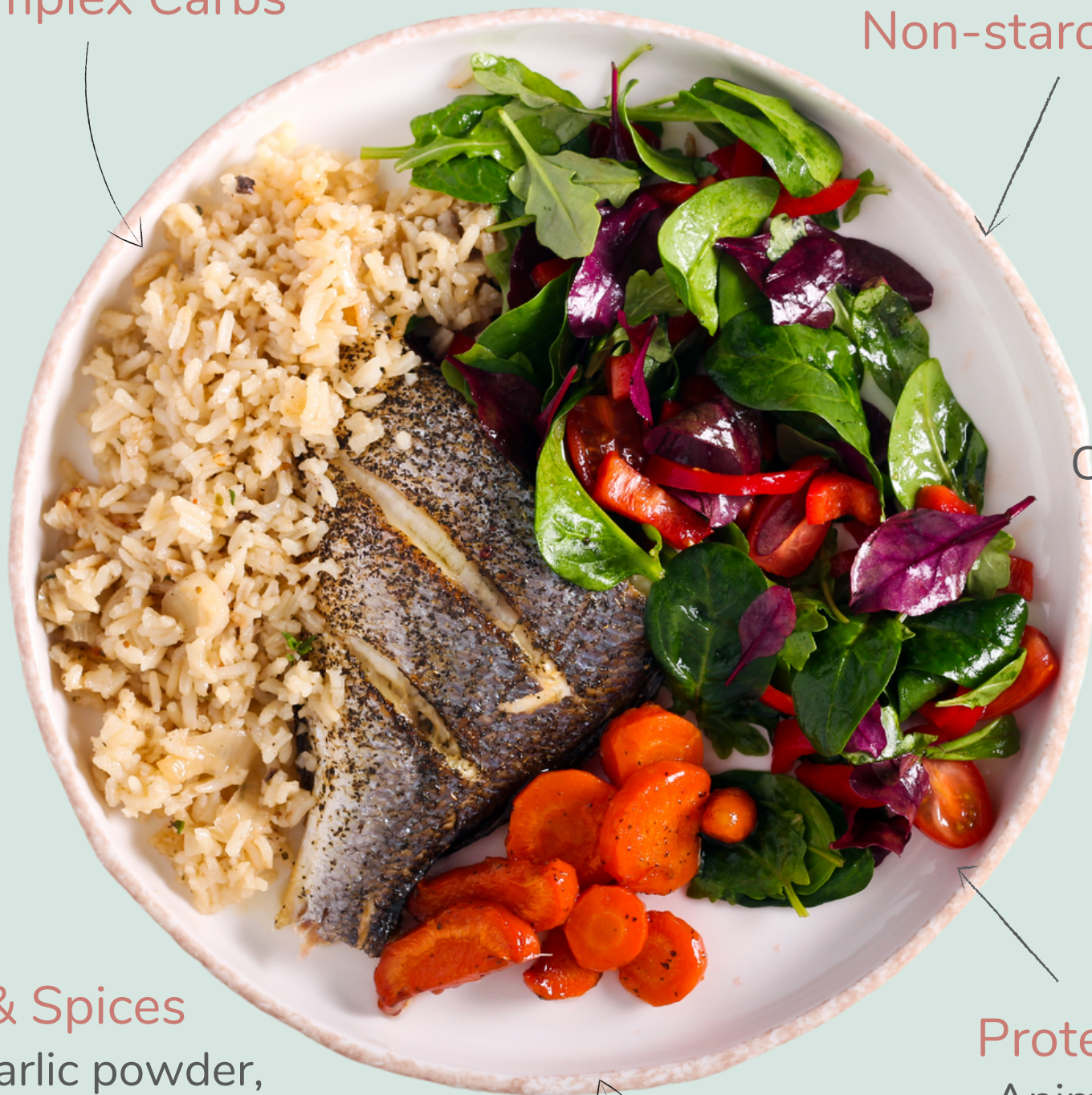
# BUILDING A NUTRIENT-DENSE BALANCED PLATE

Whole grains like wild rice or quinoa

**Complex Carbs**

Leafy greens, colorful veggies

**Non-starchy Veggies**



**Healthy Fats**  
Olive oil, sprinkle  
nuts/seeds

**Herbs & Spices**

Sea salt, garlic powder,  
pepper, turmeric, sage

**Protein Source**

Animal protein  
To replace with plant  
protein add legumes to  
whole grains to complete  
protein

**Starchy Veggies**

colorful starchy vegetables (carrots)

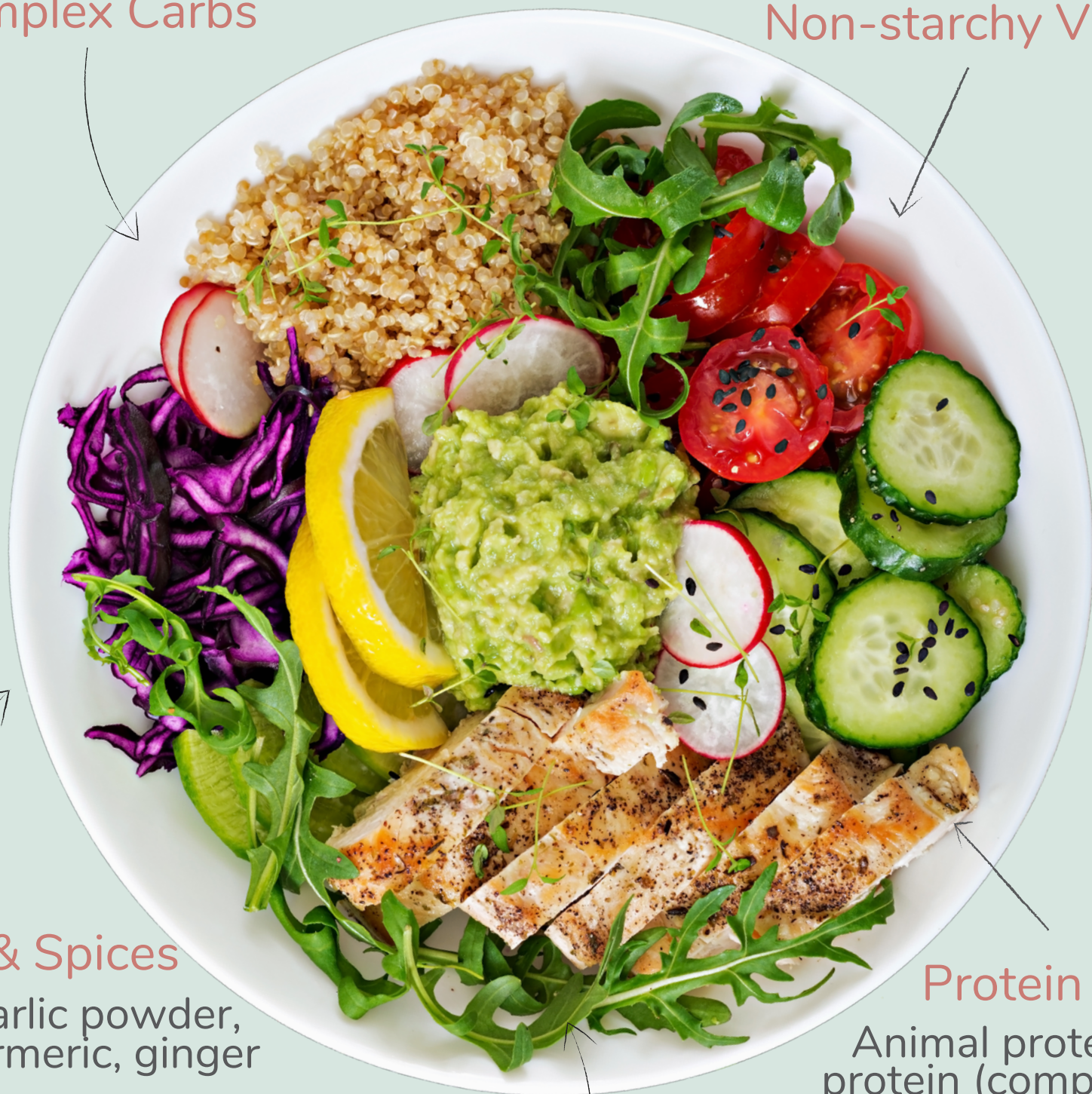
# BUILDING A NUTRIENT-DENSE BALANCED PLATE

Whole grain (quinoa)

## Complex Carbs

Colorful veggies (tomato, cucumber), cruciferous veggies (radish, red cabbage, arugula), alliums (garlic)

## Non-starchy Veggies



## Herbs & Spices

Sea salt, garlic powder, pepper, turmeric, ginger

## Protein Source

Animal protein, or plant protein (complete protein)

## Healthy Fats

Olive oil, guacamole, sesame seeds

# BUILDING A NUTRIENT-DENSE BALANCED PLATE

Carrots, zucchini  
**Starchy Veggies**

Colorful veggies (cherry tomato),  
Leafy green (baby spinach)

**Non-starchy Veggies**



**Healthy Fats**

Make a simple  
dressing combining  
olive oil, lemon juice  
and some herbs and  
spices

**Herbs & Spices**

Sea salt, garlic powder,  
pepper, rosemary,  
ginger

**Protein Source**

For complete plant protein  
combine whole grains with  
legumes; sprinkle nuts  
and/or seeds (pumpkin)