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PLANT BASED NUTRITION

THE

PLATE METHOD

A BLUEPRINT

for building meals that
support energy, muscle,
blood sugar, and
sustainable fat loss.



W H Y

THE PLATE METHOD WORKS

Instead of counting every calorie or tracking every bite, the Plate Method gives you a simple framework you can use at home, while traveling, or eating out.

IT HELPS YOU:

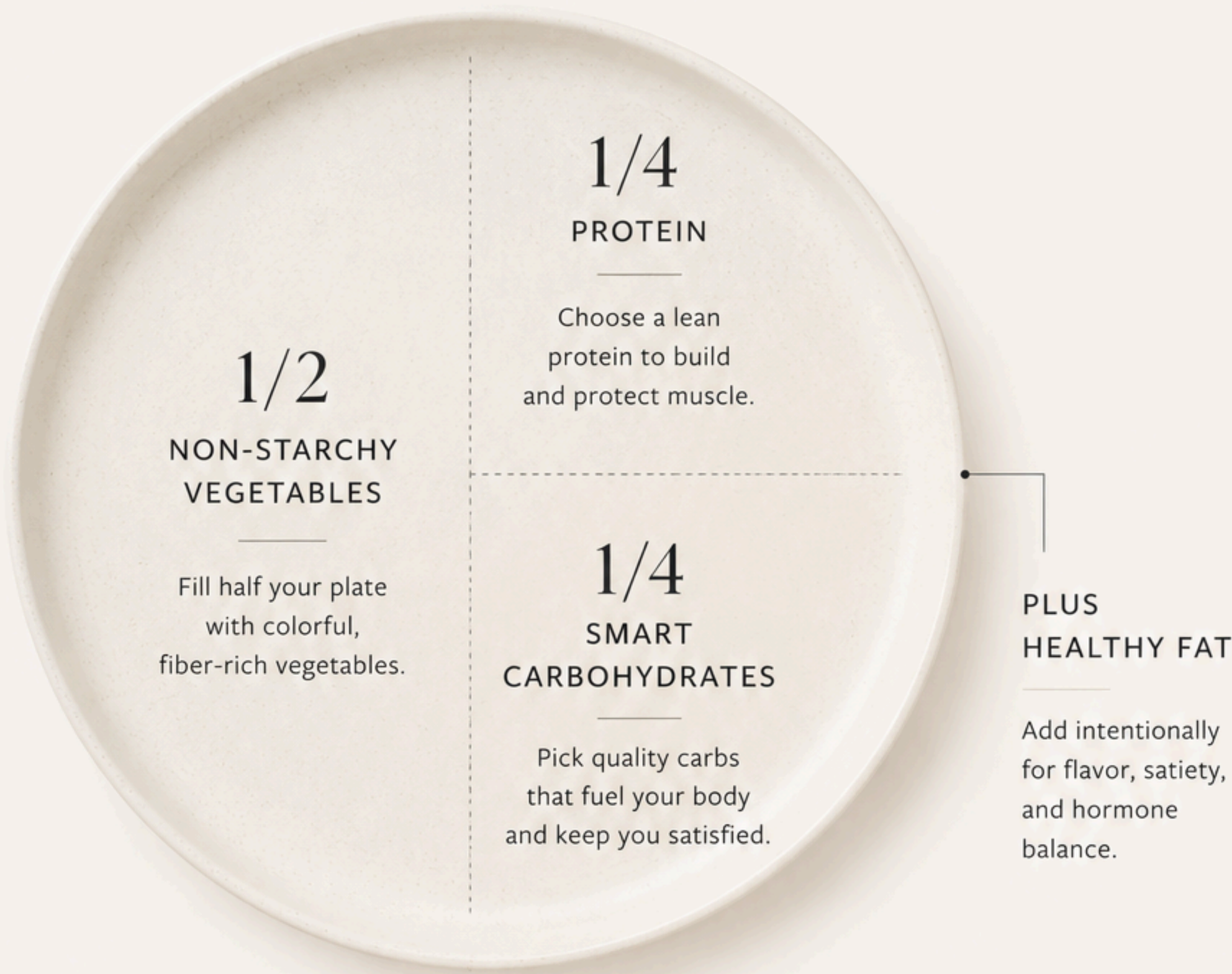
- Build balanced meals
 - Increase protein naturally
 - Eat more fiber without overthinking it
 - Support healthy blood sugar
 - Stay satisfied longer
 - Protect muscle as you age
 - Remove decision fatigue
-

Simple is sustainable.

THE PLATE METHOD

AT A GLANCE

A simple visual guide to building balanced meals that fuel your body and support your goals.



AIM FOR EVERY MEAL TO INCLUDE:			
25–30g PROTEIN	8–10g FIBER	HEALTHY FAT	400–500 CALORIES
to support muscle and metabolism	for fullness, gut health, and blood sugar support	about 60–80 calories or 1 serving	adjust based on your goals

*These are targets, not rules.
Use them as a guide and adjust based on your body, activity, and goals.*

EXAMPLES

PLATE METHOD IN REAL LIFE

The Plate Method is simple, flexible,
and works wherever you are.
Here's what it looks like.

AT HOME

Whole food. Real simple.
*Nourishing, balanced,
and satisfying.*



ON THE GO

Simple choices.
Smart combinations.
You've got this.



EATING OUT

You don't have to be perfect.
You just have to be
intentional.
Balance over perfection.



PLATE METHOD FOOD GUIDE

Real, whole foods that fuel your body,
support your goals, and fit your life.
Every choice on your plate matters.

½ PLATE NON-STARCHY VEGETABLES

Fill half your plate with colorful, fiber-rich vegetables.

- Broccoli
- Cauliflower
- Zucchini
- Bell Peppers
- Greens
- Asparagus
- Cabbage
- Brussels Sprouts



¼ PLATE LEAN PROTEIN

Choose lean, quality proteins to build and protect muscle.

- Grilled Chicken
- Salmon
- Shrimp
- Turkey
- Tofu / Tempeh
- Edamame



PLUS HEALTHY FAT

Add intentionally for flavor, fullness, and hormone health.

- Avocado
- Olive Oil
- Nuts & Seeds
- Chia Seeds
- Flaxseeds

¼ PLATE SMART CARBS

Choose fiber-rich carbs that fuel your body and keep you satisfied.

- Quinoa
- Lentils
- Chickpeas
- Black Beans
- Sweet Potato



MY SIGNATURE SMOOTHIE *Blueberry Power*



BLEND:

- 1 cup frozen blueberries
- 1 tbsp chia seeds
- 2 scoops Vanilla Life Shake (20 g protein)
- 2 scoops Collagen-9 (10 g protein)
- 12 oz water

42g PROTEIN
*from Life Shake,
Collagen-9, and
chia seeds.*

[click for link](#)

HIGH PROTEIN • HIGH FIBER • LOW GLYCEMIC
Nourishing your body. Supporting your future.

PLATE METHOD GUIDE

Real, whole foods that fuel your body, support your goals, and fit your life.
Every choice on your plate matters.



KEY PRINCIPLES

PLATE METHOD

Build your plate using the ½, ¼, ¼ method + healthy fat.

EAT IN ORDER

Vegetables → protein → carbs.
This helps balance blood sugar.

25–30 G PROTEIN

Aim for 25–30 g of protein at each meal.

8–10 G FIBER

Fiber fuels your gut, keeps you full, and balances blood sugar.

400–500 CALORIE FRAMEWORK

A simple range that creates consistency and results.

HEALTHY FATS

Add intentionally for flavor, fullness, hormone health, and brain function.

BUILD VOLUME

Fill half your plate with non-starchy vegetables.
More volume, more nutrition.

RESTAURANT GUIDE

Choose grilled, steamed, or roasted.
Extra veggies.
Sauce on the side.

GROCERY STAPLES

- Leafy greens
 - Cruciferous veggies
 - Berries
 - Lemons
 - Avocados
 - Eggs
 - Chicken / Turkey
 - Salmon
 - Quinoa
 - Lentils
 - Chickpeas
- Black beans
 - Sweet potatoes
 - Nuts & seeds
 - Olive oil
 - Shaklee Life Shake
 - Collagen-9
 - Herbs & spices

COMMON MISTAKES

Skipping protein
Eating carbs first
Not eating enough vegetables
Underestimating portions
Skipping meals
Choosing low-quality ingredients
Not planning ahead
Relying on willpower

SYSTEMS OVER WILLPOWER

Plan your meals
Prep in advance
Keep healthy staples on hand
Follow the plate method
Eat in order
Move daily
Track what matters
Be consistent, not perfect

JOIN THE PLANTS & SEEDS RESET

Join my 30 Day Reset and create the foundation for *lasting* change — inside and out.

TEXT
803-373-1286
FOR INFORMATION ON
MY NEXT 30 DAY RESET