

YOUR NEW GO TO

BALANCED & HEALTHY MEALS GUIDE!

Optimize Health, Satisfy Hunger, Delight
Your Taste Buds



Tailored to You
Gut & Immune Friendly
Energy Boosting

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Thank you for downloading *The Balanced and Healthy Meal guide!*

Hi there, I'm Paula

I'm a registered holistic nutritionist dedicated to helping people struggling with fussy belly's, unpredictable bowels and out of sync body's, calm the internal inflammation, so they can finally eat without fear, poop daily, gain all day energy, sleep soundly and move without pain.

The method that I am sharing with you today is right out of my toolkit when I work with clients, and just one part of my system for solving digestive, gut and immune health issues.

In it you will discover what macronutrients the body requires and how to use hand portions to create the perfectly balanced plate because when we provide the body with the right nutrients in the proper amounts, we enable our glands and organs to function optimally.

This, in turn, sets the foundation for improved overall health, as the body's interconnected systems realign and start to work in harmony.

As an added bonus you will also find that the balanced and healthy meal method, is ideal for everyone in your household, does not count a single calorie, and can help you save time and money on your food budget.

Yours in Health and Happiness

Paula



A Balanced Meal

Knowing what to eat is only half the battle when it comes to healthy nutrition...you also have to know how much to eat.

Over time, food and drink portions have increased in size. The more food we're served on the plate, the more food we consume, which leads to overeating.

By having a guide to manage portion sizes, we can eat foods in a healthy, balanced way; building a better relationship around what we put into our body.



USING THE HAND PORTION GUIDE FOR EACH MEAL

The hand portion method is a simple, effective and a proven method.

The idea is that you're not measuring or weighing your food using technology, but rather using your own hand to gauge the size of the portion.

Your hands are proportional to your body, and they go where you go. This makes them the perfect tool to quickly, and easily gauge your portion size, even when you're eating out.

It is the perfect way to build any meal, with a habit-centric approach.

Balancing each meal is easier than you might think.

All you need to do is include a source of protein, some vegetables and healthy fats with every meal and use your hand as your portion guide.

STEP 1

Protein

1 palm for women at each meal
2 palms for men at each meal

PROTEIN IS THE BASE OF YOUR MEAL

Protein has risen to the forefront as the most important nutrient. Protein is a key part of healthy sleep, it helps to curb cravings, build muscles, balance weight and hormones, along with helping us to feel less hungry between meals. It also has an important enzyme for food digestion.

In the western diet, it is very common for carbohydrates to make up the foundation of a meal. Unfortunately, these carbohydrates are often highly refined and have a high glycemic index, which will leave us hungrier two hours later.

APPLYING THIS STEP?

Look at the palm of your hand. This will be your new portion measure. For protein, one serving can be measured as one to two palm-sizes, width and thickness, of meat, fish, dairy or plant based source of protein. Here are some examples:

SOURCES OF PROTEIN

- Chicken breast
- Fish
- Lean beef
- Legumes & pulses
- 2 eggs
- Salmon
- Low-fat dairy yogurt
- Protein bar
- Scoop of whey protein



STEP 2

Fruit and Vegetables

1 -2 fists at each meal

WHY?

We have all heard that fruit and vegetables should be the foundation of a healthy diet, remember 5+ a day. But do you really know why? In short, they provide us with our essential micronutrients or vitamins and minerals, antioxidants and the fiber needed for:

- Energy production
- Immune function
- Control of inflammation
- Healthy digestive system
- Overall health

Try for a diverse range each week of different colors and textures. Try for green leafy veg each day and yes even at breakfast.

Technically, fruit is anything with a stone or seed and vegetables are the rest, but we do cross these over food groups eg. pumpkins are fruits but we use them as a vegetable.

Fruit as we know fruit, (apples, oranges, etc) is best eaten 20 minutes after a meal if gas and bloating is an issue for you.

WHAT ARE SOME EXAMPLES OF FRUIT AND VEG PORTIONS?

- 1-2 handfuls of spinach in stir fry
- Mixed garden vegetables
- Chopped peppers/carrots and hummus
- Mixed fruit salad
- Roasted sweet potato fries



STEP 3

Slow Releasing Carbs

1 cupped hand at 1 meal a day

Carbohydrates are NOT BAD when portion control is implemented. However, it often comes as a surprise to see one true serving size of rice, pasta or bread. It is a lot smaller than one would think.

WHAT ARE SOME GOOD SOURCES OF CARBOHYDRATE?

As a great rule of thumb, you should always try to prioritize wholegrain or "brown" carbohydrate sources such as:

- Brown rice & pasta
- Quinoa
- Bulgur wheat
- Oats
- Wholegrain cereal
- Whole meal bread
- Legumes
- Lentils
- Potatoes & sweet potato

1 SERVING ALSO EQUALS 1 SLICE OF BREAD



STEP 4

Healthy Fats

1-2 Thumb sizes at each meal

WHY WE SHOULD INCLUDE FAT

Healthy dietary fat is not only perfectly OK to consume, but is essential. It is a myth that fat makes you fat. In fact, we all need healthy fats for several crucial functions including the absorption of vitamins, production of hormones, cell protection, our brain and nervous systems, and even for weight loss as fat balances the sugar in many foods. Fat free or lite products should be avoided for this reason.

HOW DO I APPLY THIS STEP?

This time look at your thumb. Depending on your size, try and incorporate 1-2 thumb sizes of fat into your meal.

HERE ARE SOME EXAMPLES;

- Seeds (flax, chia, etc.)
- Avocado oil (for cooking)
- Salmon
- Avocado
- Cold-pressed, virgin olive oil (for cooking)
- Coconut oil (saturated fat, but still good)
- Small handful of nuts (1-2 thumbs)
- Butter or Ghee



Balanced & Healthy Meal Daily Planner

Now that you're familiar with portions, it's time to plan your meals. This doesn't have to take long—most of us stick to tried-and-true meals that we know will be enjoyed. Sometimes, these meals may just need a simple ingredient swap to better support the balance of protein, veggies, and healthy fats.

I find it easier to start with dinner. It is the biggest meal of the day for most people, includes others in its ideas and preparation, and leftovers can be used for either breakfast or lunch.

Add protein first then plan veg and fats around the choice of protein. Think about the flavors you want, and how you'll cook the meal.

Note any ingredients you need to buy onto the shopping list then move on to planning lunches and breakfasts in the same way.

The add them to your weekly meal planner for your quick go to guide.

	PROTEIN	VEGETABLES & FRUIT	HEALTHY FATS
DINNER			
LUNCH			
BREAKFAST			

DON'T FORGET TO INCLUDE AN APPLE A DAY



Meal and Weekly Shop Considerations



PLANNING YOUR SHOPPING NEEDS:

Shopping Frequency: Are you a weekly or fortnightly shopper? Consider how long the food needs to last.

Storage Space: Ensure you have adequate storage space for the groceries you plan to buy.

IN-STORE TIPS:

Portion Control: Since you can't take everyone's hand size with you, estimate portions by looking at product sizes and making quick mental calculations.

Seasonal and Special Offers: Choose what's in season and check for special deals to get the best value.

AVOIDING IMPULSE BUYS:

Stick to Your List: Avoid the common habit of running in for one item and leaving with more than planned. Make a detailed shopping list and aim to complete your shopping in one trip.

MEAL PLANNING:

Cooking Quantities: Consider how many people you need to cook for. Determine if you need to prepare extra for leftovers, lunches, or visitors. Double batch cooking can be useful.

One-Pot Meals: Great for busy days—just add everyone's serving size into one pot.

Recipe Preparation: Check if you have all the ingredients for your planned recipes. Assess what's already in the fridge, pantry, or freezer and use herbs and spices to add flavor.

DIETARY VARIETY:

Diverse Foods: For optimal gut and immune system function, eat a diverse range of foods throughout the week. Think eat a rainbow. Consider any food intolerances and use all parts of your food purchases. For example:

Cauliflower: Use florets one night, make cauliflower rice another night, and freeze any leftovers to prevent waste. Incorporate frozen cauliflower into smoothies or casseroles to ensure variety and minimize waste.

Meatless Nights: Plan at least one meatless meal each week using plant-based proteins.

Red Meat and Seafood: Aim to include red meat twice a week and fish or seafood twice a week.

SNACKS AND TREATS:

Healthy Options: Consider incorporating healthy snacks and treats into your diet.

COOKING METHODS:

Quick Cooking: Stir-frying is a great method when you need a meal quickly.

HOME GARDENING:

Grow Your Own: Consider planting a veggie garden, growing fruit trees, or starting to sprout seeds. Broccoli sprouts, for example, are great for health.

ADDITIONAL CONSIDERATIONS:

Eating Out: Plan for any nights you'll be dining out.

Other Household Needs: Don't forget to add detergents and toiletries to your shopping list. Do a quick sweep of your home to check for other essentials.

By incorporating these tips, you can achieve a well-balanced diet, make the most of your grocery shopping, and ensure you're meeting your nutritional needs while managing food waste effectively.



GROCERY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, POULTRY & FISH

CHILLED & FROZEN

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CANNED & BOXED

NUTS, SEEDS & SPICES

CONDIMENTS & OILS

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DETERGENTS & TOILETRIES

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BALANCED & HEALTHY WEEKLY MEAL PLANNER

Planned and balanced out your daily meals now add them to your weekly plan.
Stick this on the fridge for your easy go to what's for dinner tonight balanced and healthy meals

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				

Next Steps.....

You now have a formula for creating balanced and nutritious meals that helps support your overall health and well-being. But here's the thing: for most individuals achieving a truly balanced and thriving body, especially with prolonged health concerns, involves more than just meal planning.

That's why The Balanced and Healthy Meal Guide is just one part of my comprehensive approach. There are so many other elements that all need to be working together so you can finally eat without fear and feel comfortable and confident in your body again.

If you'd like to explore what else might be contributing to your bloating, fatigue, poop problems, brain fog, chronic pain, food sensitivities, or other health concerns and would like find out what's holding you back from achieving your optimal well-being, I invite you to book a FREE 15-minute clarity session with me.

Click the link below to secure your spot now!

<https://www.paulagrubbnutrition.com/requestanappointment>



**"I TOTALLY REGRET
EATING HEALTHY
TODAY"**

-SAID NO ONE EVER -

