

THE NUTRISTIC METHOD

Building Your Perfect Meal

A Simple 3-Step Formula

You do not need to track.

You do not need to measure.

You do not need to cook complicated meals.

You just need to follow this formula.

The 3-Step Meal Builder

Every time you build your one balanced plate, include:

1. Protein

2. Healthy Fat

3. Fiber Source

+ Additional Carb (Optional)

That's it.

Step 1: Add Protein

Pick one:

- Chicken, turkey, beef, pork
- Fish or seafood
- Eggs (eat the whole egg)
- Greek yogurt (plain)
- Cottage cheese
- Tofu
- Canned salmon or tuna

Protein stabilizes blood sugar and reduces cravings.

Step 2: Add a Healthy Fat

Pick one:

- Olive oil
- Butter or ghee
- Avocado
- Nuts or seeds
- Nut butter
- Full-fat cheese
- Full-fat dressing or mayo

Healthy fat slows digestion and prevents blood sugar spikes.

Step 3: Add Fiber

This is your blood sugar stabilizer.

Choose one:

- Vegetables (any kind)
- Leafy greens
- Broccoli
- Cauliflower
- Zucchini
- Peppers
- Salad
- Berries
- Chia seeds
- Flax seeds
- Beans or lentils

Fiber slows how quickly sugar enters your bloodstream.

Optional: Add an Additional Carb

If you're still hungry or it's a main meal, you can add:

- Rice
- Potatoes
- Quinoa
- Pasta

- Bread or tortilla
- Fruit

Carbs are not “bad.”

They just work best when paired with protein, fat, and fiber.

What This Looks Like

Example 1

Eggs (Protein)

Sautéed vegetables (Fiber)

Butter (Fat)

- Toast (Optional Carb)
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Example 2

Chicken (Protein)

Salad (Fiber)

Olive oil dressing (Fat)

- Baked potato (Optional Carb)
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Example 3

Salmon (Protein)

Broccoli (Fiber)

Olive oil (Fat)

- Rice (Optional Carb)