



*The* **WELL-**  
**PLANNED**

**PLATE**

*guide*

**Your Quick & Easy Guide  
to Balanced Eating**

[WWW.THEWELLPLANNEDKITCHEN.COM](http://WWW.THEWELLPLANNEDKITCHEN.COM)

**It's time to make healthy meals  
simple – and tasty! – again.**



**I created The Well-Planned Plate:  
Your Quick & Easy Guide to Balanced  
Eating to help you eliminate the  
guesswork when it comes to your  
meals.**

This easy-to-follow formula will help you actually start ENJOYING your meals. It even makes the planning process super easy.

And even better... it will help you get on the fast track to the amazing results you are working so hard for!

# It's time to make healthy meals simple – and tasty! – again.



## S Meals

S

- Low carb, high in healthy fat
- Under 6 grams of carbs in packaged foods, under 10 grams of carbs in homemade foods
- Protein as the base of each meal/snack

## E Meals

E

- Low in healthy fat, higher in healthy carbs
- Under 5 grams of fat (1 teaspoon)
- 45 grams or less of a healthy, on-plan carb source
- Lean protein as the base of each meal/snack

## FP Meals

FP

- Low in healthy fat, low in healthy carbs
- Under 5 grams of fat (1 teaspoon)
- Under 6 grams of carbs in packaged foods, under 10 grams of carbs in homemade foods
- Lean protein as the base of each meal/snack

## Things to Remember

- Check to see if foods are on-plan using the THM Food Analyzer App, the THM books, or the main THM Facebook group
- generally skip the white stuff (white flour, white rice, etc).
- Space your meals 3-4 hours apart



# How to Build Your Perfect Plate

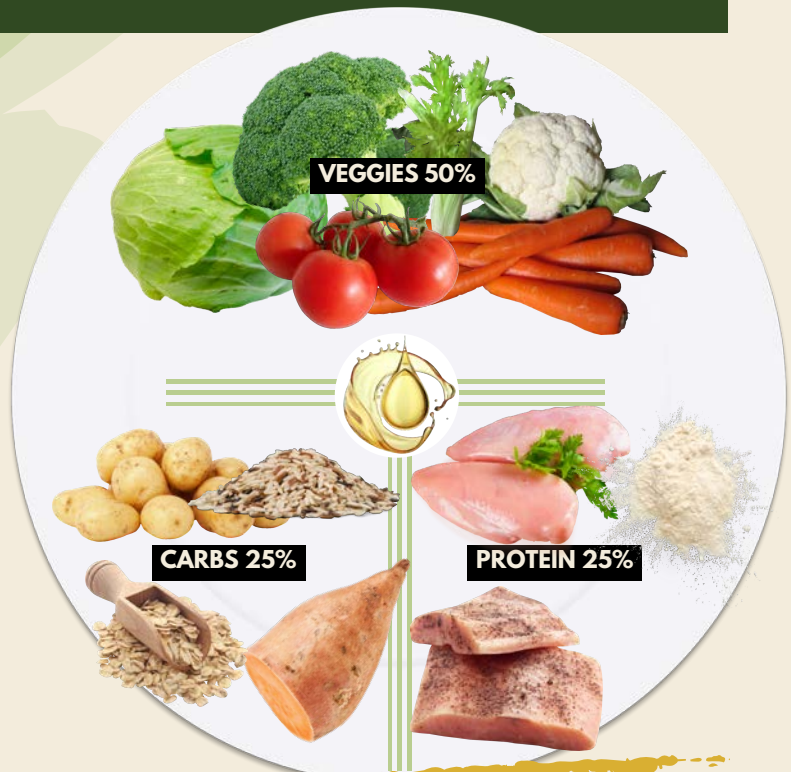
To follow the Well-Planned Plate method, you can use this visual as a general guideline - but remember, this doesn't replace the THM guidelines for each meal! Please refer to the cheat sheet on page 2 to make sure you're getting the right portions!

## The Well-Planned Plate Formula for E-friendly meals:

**50% Veggies + 25% Healthy Carbs + 25% Protein +  
1 tsp of Healthy Fats  
= 100% Healthy Eating**

### How it works:

- Fill half of your plate with non-starchy veggies (and maybe a little fruit)
- Fill one quarter of your plate with on-plan carbs (check the Building Blocks doc or THM books for serving sizes)
- Fill about one quarter of your plate with protein
- Add one teaspoon of healthy fats



**BONUS:** this simple formula can help you create both fast & easy everyday meals as well as gourmet dishes.

# How to Build Your Perfect Plate

To follow the Well-Planned Plate method, you can use this visual as a general guideline - but remember, this doesn't replace the THM guidelines for each meal! Please refer to the cheat sheet on page 2 to make sure you're getting the right portions!

## The Well-Planned Plate Formula for S-friendly meals:

**50% Veggies + 25% Healthy Fats + 25% Protein + up to 6 grams of healthy carbs = 100% Healthy Eating**

### How it works:

- Fill half of your plate with non-starchy veggies
- Fill about one quarter of your plate with on-plan fats
- Fill about one quarter of your plate with protein
- Add up to 6 grams of healthy carbs if it's a packaged food, up to 10 grams of healthy carbs if it's homemade



# How to Build Your Perfect Plate

To follow the Well-Planned Plate method, you can use this visual as a general guideline - but remember, this doesn't replace the THM guidelines for each meal! Please refer to the cheat sheet on page 2 to make sure you're getting the right portions!

## The Well-Planned Plate Formula for FP-friendly meals:

**50% Veggies + 1 tsp healthy fats + 25% Protein + up to 6 grams of healthy carbs = 100% Healthy Eating**

### How it works:

- Fill half of your plate with veggies (and maybe a little fruit)
- Fill one quarter of your plate with lean protein
- Add up to 6 grams of healthy carbs if it's a packaged food, up to 10 grams of healthy carbs if it's homemade
- Add one teaspoon of healthy fats



# Sample Plate Perfect Meal Ideas

## BREAKFAST IDEAS

Egg scramble with veggies (broccoli, spinach, peppers, or my favorite - diced zucchini, sliced mushrooms, garlic, salt & pepper sautéed in butter) (S-Friendly)

Any THM Smoothie or Shake

Lean turkey sausage with a veggie hash (carrots, sweet potatoes, onions, and peppers) (E-friendly)



## LUNCH IDEAS

Veggie salad with greens, grilled chicken, and favorite veggies, drizzled with an olive oil-based vinaigrette (S-friendly)

Open-faced turkey sandwich with sliced tomatoes on Ezekiel bread, and a side of fresh-cut veggies (E-friendly)

Burrito bowl with lean beef, cauliflower rice, sliced avocado, and salsa. (S-friendly)



## DINNER IDEAS

Sheet pan white fish + sweet potato + broccoli, all air fried or dry roasted (E-friendly)

Grilled beef burger + side salad + buttered green beans (S-friendly)

Shrimp + on-plan chickpea noodles + a veggie stir fry cooked with just a spray of on-plan oil (E-friendly)



# Plate Perfect Quick Reference Food List

Now that you've got the formula down, here are some foods you can mix-and-match to build new Perfect Plate combinations. These are not comprehensive lists - you can find more in the THM books!

## NON-STARCHY VEGGIES

Artichokes	Greens
Asparagus	Jicama
Beets	Leeks
Brussels sprouts	Mushrooms
Broccoli	Okra
Cabbage	Onions
Carrots	Peppers
Cauliflower	Radishes
Celery	Sprouts
Celery	Squash (summer)
Cucumber	Swiss chard
Eggplant	Tomato
Turnips	Zucchini



## FRUITS (E-FRIENDLY)

Apple	Banana
Apricots	Cherries
Berries (any kind)	Grapes
Cantaloupe	Mango
Grapefruit	Plums
Honeydew	Oranges
Peaches	Kiwi
Pear	Pineapple
Nectarine	Tangerine





# Plate Perfect Quick Reference Food List

More foods (carbs, protein, and fats) for your mix-and-match combinations.

## E-FRIENDLY CARBOHYDRATES

Legumes (Lentils, black beans, etc.)  
Oats  
Whole grain rice  
Quinoa  
Sweet Potatoes  
On-Plan sourdough  
Potatoes



## PROTEIN\*

Turkey  
Chicken  
Fish  
Eggs  
Pork  
Lean Beef  
Seafood  
Bison

## HEALTHY FATS

Extra Virgin Olive Oil  
Coconut Oil  
Butter  
Nuts & nut butters



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More foods (carbs, protein, and fats) for your mix-and-match combinations.

## E-FRIENDLY CARBOHYDRATES

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Oats

Whole grain rice

Quinoa

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On-Plan sourdough

Potatoes



## PROTEIN\*

See pages 10-11

## HEALTHY FATS

Extra Virgin Olive Oil

Coconut Oil

Butter

Nuts & nut butters



# Lean Proteins

FP, S, OR E-FRIENDLY



*Collagen or  
THM Essentials*



*Light  
Cottage Cheese*



*Whey Protein  
Powder*



*Egg Whites*



*Egg Whites,  
Hard-Boiled*



*Lean  
Deli Meat*



*96% Lean  
Ground Beef*  
(rinsed with hot water)



*Chicken Breast  
Turkey Breast*



*Lean Ground  
Chicken  
Lean Ground  
Turkey*



*Lean Fish or  
Shellfish*



*Lean  
Pork Tenderloin*



*0% Greek  
Yogurt*

# Proteins with Fat

S-FRIENDLY



*Salami (watch for hidden carbs)*



*Cottage Cheese*



*Turkey (Any pieces with skin on if desired)*



*Whole Eggs, any style*



*Sausage (watch for hidden carbs)*



*Deli Meat*



*Beef*



*Chicken (Any pieces with skin on if desired)*



*Ricotta Cheese*



*Fish, including cuts of salmon with more fat*



*Pork*



*Plain Yogurt*

# READY TO TAKE YOUR NEXT STEPS?

As a Certified THM Lifestyle Coach, my mission is to help busy moms elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

## WORK WITH ME:



### SIX WEEK THM BOOTCAMP

Bootcamp is a six weeks intensive that shows you how to get on plan, stay on plan, and get results.

[LEARN MORE](#)

### **Nicole S.**

Results

“Jen is the best! Her Bootcamp has changed my THM Journey and made it so doable and easy! She gives you SO many helpful resources, too!”



### Coach Jen

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