



Nature's Plate:

A Food Proportion Guide for Each Meal

Eating from nature can be simple. When you know which specific foods to put together for a meal and the quantity of them to eat, it makes eating healthy attainable and enjoyable. The following pages provide just that: a guide. There are specific suggestions for breakfast, lunch, snacks and dinner. These tips are based on my 30+ years as a dietitian helping people become their healthiest selves!

Using Nature's Plate Guide

Follow these three steps for every meal:

#1: Select a food from every food group.

#2: Consume the amount of food that correlates to the portion recommended on the plate.

- Use a 9-inch plate if you're eating 1,200 – 1,800 calories a day.
- Use a 10.5-inch plate if you're eating 2,000 – 2,500 calories a day.
- For snacks, eat a serving size between 1 and 3, depending on what food group you're eating and your daily calorie level.

#3: Space your meals and snacks so you have enough time to digest the foods eaten in the previous meal. It usually takes between 4 and 5 hours to digest all the foods you eat.

If your meals are spaced longer than 5 hours, eat a snack. Choose one food from each category on the snack page.

That's it! When you follow Nature's Plate Guide, your body and mind will receive the right amount of nutrients at the correct times. You'll be able to fuel your cells with powerful bioactive compounds, and therefore your body can run at peak capacity. By eating more of nature's foods, you can reduce cravings for foods that may be causing your health to deteriorate — (what I call synthetic foods). The more you consume nature's foods, the more you will enjoy them.

For an expanded list of foods to eat with your meals and recipes to try, visit the [natureshift.com](https://www.natureshift.com) and purchase **Nature's Meal Plan**. This plan includes more than 40 original dietitian-approved recipes, a daily food selection guide for a full month, calorie guidelines, mantras, four weekly menus, tips for how to love veggies and more!

— **Kari McCloskey**,
MBA, RD, CPT

F O L L O W US

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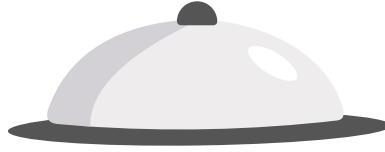




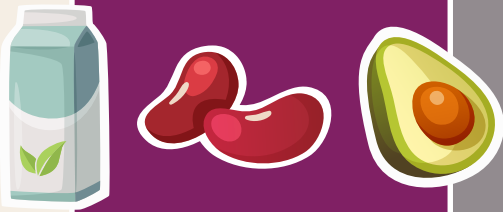

BREAKFAST



				
PROTEIN	WHOLE GRAIN/ LEGUME	FRESH FRUIT	DAIRY/ ALTERNATIVE	HEALTHY FAT
25% or ¼ of the plate	25% or ¼ of the plate	25% or ¼ of the plate	12.5% or 1/8 of the plate	12.5% or 1/8 of the plate
<ul style="list-style-type: none">■ egg■ plant protein■ protein powder	<ul style="list-style-type: none">■ buckwheat■ oats■ quinoa■ whole grains	<ul style="list-style-type: none">■ banana■ berries■ melon■ orange	<ul style="list-style-type: none">■ almond milk■ hemp milk■ soy milk■ yogurt	<ul style="list-style-type: none">■ avocado■ coconut■ nuts■ seeds








SNACK

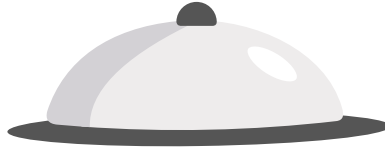
		
<p>1 DAIRY/ ALTERNATIVE or 1-3 PROTEIN or HEALTHY FAT</p> <ul style="list-style-type: none">■ almond milk, hemp milk, soy milk, yogurt■ egg, plant protein, protein powder■ avocado, coconut, nuts, seeds	<p>1-2 FRESH FRUIT and/or VEGETABLES</p> <ul style="list-style-type: none">■ banana■ berries■ melon■ orange■ beets■ broccoli■ cauliflower■ greens	



LUNCH

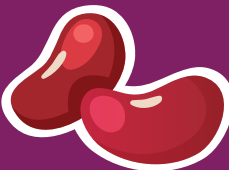





				
<p>PROTEIN</p> <p>25% or 1/4 of the plate</p> <ul style="list-style-type: none">■ plant protein■ poultry■ tuna	<p>WHOLE GRAIN/ LEGUME</p> <p>12.5% or 1/8 of the plate</p> <ul style="list-style-type: none">■ beans■ lentils■ peas■ tortillas	<p>FRESH FRUIT</p> <p>25% or 1/4 of the plate</p> <ul style="list-style-type: none">■ grapes■ mango■ pear■ tangerine	<p>VEGETABLES</p> <p>25% or 1/4 of the plate</p> <ul style="list-style-type: none">■ beets■ broccoli■ cauliflower■ greens	<p>HEALTHY FAT</p> <p>12.5% or 1/8 of the plate</p> <ul style="list-style-type: none">■ avocado oil■ nuts■ nut butter■ seeds



DINNER



			
<p>PROTEIN</p> <p>25% or ¼ of the plate</p> <ul style="list-style-type: none">■ fish/ shellfish■ plant protein■ poultry	<p>GRAIN/LEGUME or STARCHY VEGETABLES</p> <p>12.5% or ⅛ of the plate</p> <ul style="list-style-type: none">■ barley■ quinoa■ rice■ root vegetable	<p>VEGETABLES</p> <p>25% or ¼ of the plate</p> <ul style="list-style-type: none">■ mushrooms■ onions■ squash■ tomatoes	<p>HEALTHY FAT</p> <p>12.5% or ⅛ of the plate</p> <ul style="list-style-type: none">■ cold-pressed oil■ nuts■ olives■ seeds