

# Perfect Plate

**Meal Plan Objective: To live a healthy lifestyle by nourishing your body with balanced nutrition, increasing activity, planning your day, setting yourself up for success, and adopting a positive mindset!**

## Nutrition:

- **Perfect Combination:** Perfect Plate breakfasts, lunches, dinners, and snacks consist of one portion of protein one portion of carbohydrates in each serving. You will also enjoy a minimum of 2 servings of vegetables per day. Fueling your body with balanced nutrition helps to stabilize blood sugar and get maximum energy from the food you eat.
- **Perfect Foods:** In the Perfect Plate meal plan, you will get a wide variety of clean and unprocessed foods, all while being 100% gluten free! We use all kinds of protein sources, carbohydrates (simple, complex, and starchy vegetables), and all kinds of non-starchy vegetables. Dairy options are low-fat and meats are lean. Fats are naturally occurring in the foods and we use olive oil to add healthy fats.
- **Perfect Portion:** An individual's ideal portion size is dependent on many factors. At Perfect Plate, we use standard portion sizes. When purchasing a Perfect Plate meal plan, you have choice of a small or large plan. Small servings average 4 ounces of protein and large servings average 6 ounces of protein. The carbohydrate source for both small and large meals average 3-5 ounces per serving.
- **Perfect Time:** With the Perfect Plate meal plan, you will eat every 2-3 hours. For example: 7AM Breakfast, 9:30AM Snack, 12PM Lunch, 3:00PM Snack, 6:00PM Dinner. Depending on your schedule, you may need to add an additional snack to your routine, which is ok to do! It is important to be fully nourished.
- **Hydrate:** An individual's ideal amount of water is dependent on many factors. At Perfect Plate, we go off of the average recommendation to drink at least 8 glasses of water a day. Coffee & tea are acceptable but use sugar in moderation.
- **Free Day:** Your Perfect Plate meal plan is a 6-day plan, which means you have 1 free day to enjoy yourself. This is a lifestyle, so you want to make it sustainable! This is not a "cheat day," because it's not cheating. It is part of the plan!

## Increasing Activity:

**Activity is anything that requires physical effort and gets your heart rate up. Build movement into your weekly routine and you will begin to notice all the amazing benefits! Challenge yourself and be proud of your progress.**

- **Exercise can be FUN!** How? That is the exciting part of this journey, to find out what type of fitness you enjoy. Developing a positive relationship with exercise will help you become a happier, healthier individual and you can begin to use creative expression through exercise! Start with whatever you are capable of and build from there.
- **Quick ways to get in some movement:**  
10 minute walk on your lunch break, park farther away from store entrances, do chair exercises if your job requires you to sit.
- **Examples of movement that are FUN and family friendly**

<b>Bike riding on a bike path</b>	<b>Walk/Jog in the neighborhood or nature center</b>	<b>Visiting a local trampoline park</b>
<b>Swimming at a waterpark, neighborhood pool, or indoor pool</b>	<b>Create an indoor or outdoor game/activity by using hula hoops, jump ropes, balls, running, etc.</b>	<b>Go to a group exercise or dance class that you enjoy/ find a challenging workout DVD</b>
<b>Incorporate yoga, meditation, and stretching into your weekly practice.</b>	<b>Participate in 5k race or a group sport</b>	<b>Go to the zoo</b>

## Planning Your Day:

Planning is key! To set yourself up for success, use a daily meal planning journal. You can use a spiral notebook to plan or email me at [kira@perfectplateict.com](mailto:kira@perfectplateict.com) for a printable planning sheet.

It is a good idea to know what you are going to eat and when you are going to eat it. It takes the guesswork out of your day so you can use your brainpower for more important things. Think about what the day holds and how you will get your meals in. Consider setting alarms on your phone if you feel you may forget to eat. If you've waited until you're hungry, you've waited too long.

Here is an example of a daily meal plan journal:

P= Protein Source, C= Carb Source, V= Vegetable

Meal 1: 7AM	P: sausage, egg, n' cheese scramble C: 4 ounces sweet potato coffee or tea with a splash of milk/cream 1 glass of water
Meal 2 9:30AM	P: 4 ounces cottage cheese C: 4 ounces pineapple 1 glass of water
Meal 3 12:00PM	P: salisbury steak C: potato/ cauliflower mash V: steamed baby carrots
Meal 4 3:00PM	P: chocolate Fairlife protein shake C: Skinny Pop popcorn 1 glass of water
Meal 5 6PM	P: turkey meatloaf C: roasted fingerling potatoes V: simply seasoned green beans 1 glass of water
Meal 6 9/10PM (optional)	P: 1 serving Chobani Greek yogurt C: 2 Tablespoons granola 1 glass of water

Additional reading/information:  
Eating for Life by Bill Phillips  
Transformation by Bill Phillips

## Setting Yourself Up For Success:

- 1.) Email me at kira@perfectplateict.com for “tools for success” worksheets.
- 2.) Spend time filling out the worksheets and reflecting on your heart-felt reasons of why you need to change right NOW.
- 3.) Make goals.
- 4.) Take measurements.
- 5.) Prepare your daily journal, whether you print out worksheets and put them in a binder or purchase a spiral notebook. Make a plan, reflect on your plan after the day is done, take notes, set mini goals, and stay encouraged! Your journal can be anything you want it to be but it is important to take the time to journal!
- 6.) Reach out to Kira with any questions or if you are needing support! Cell- 316-992-5401

## Positive Mindset:

Embrace the process. Be kind to yourself; even setbacks are progress because they are part of the learning process. **Strive for progress NOT perfection.** If the majority of your decisions are healthy, that is what will make up the big picture!

Always remember the big picture; there will be another chance to make a better decision during the next meal or the next day. Setbacks cannot take away the progress you've made unless you give up. You won't give up because you want this too much!

If you feel like giving up,

- look back to the reasons as to why you started,
- acknowledge your non-scale victories (mind, body, and soul),
- empower yourself by recognizing all of the progress you've made, and
- talk to your support group about your journey. You are not alone!

Consider me, Kira, as a valuable resource. I have walked every single step in your shoes while losing 85 pounds.

There is nothing about this journey that is easy. In fact, it's hard!

Being overweight is hard.

Losing weight is hard.

Maintaining weight is hard.

Choose your hard.

I believe in you. You got this.

-Kira