



## *Guide & Workbook*

# BUILDING YOUR MOST NOURISHING PLATE

A STRESS-FREE, INTUITIVE GUIDE TO  
BUILDING YOUR HEALTHIEST MEALS.

## **I am so happy you're here!**

You may have downloaded this guide because you're confused what to eat, frustrated with the diet cycle, and/or ready to stop measuring and weighing your food at every meal.

You spend so much time thinking about food, going back and forth about what to eat and what to avoid. At times, you feel like you're "doing everything right." Yet, you're *still* not seeing the results you want. On top of that, you feel guilty, regretful, and confused.

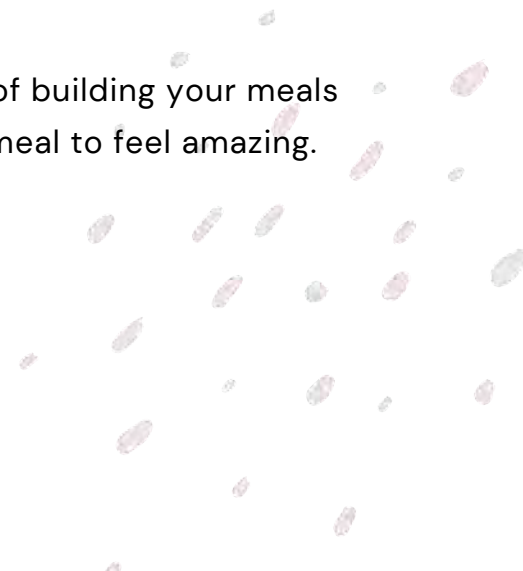
## **That is about to change, my friend!**

First, I want you to know, I get it. I've been there.

When we create our own food rules, it takes us out of our intuition and into a math equation. Let's save the math for things that need it, like finances! Measuring food also sets us up to fail if we go beyond the amount we allow ourselves.

## **Food is something that we should look forward to, not fear!**

I created this guide to help you take the stress out of building your meals and learn what YOUR body actually needs at every meal to feel amazing.



## About Me.

Have we met?

I'm Melanie, but you can call me Mel.

I'm a Holistic Nutritionist here in the Los Angeles area. I LOVE being creative, reading cookbooks from cover to cover, moving my body, and my love language is cooking.

I am so passionate about helping women like YOU ditch the diet, learn how to understand your bio-individual body, and develop a way of eating and living that makes you feel amazing for life.

Thanks so much for being here!

♡  
Mel



KEEP IN TOUCH!



[www.instagram.com/choosewellwithmel](https://www.instagram.com/choosewellwithmel)



[www.pinterest.com/choosewellwithmel](https://www.pinterest.com/choosewellwithmel)

Before we dive into building your plate, it's important you know something:

### **You must be your best self when you sit down to eat!**

What do I mean by that?

I want you to think about your health like a story. The "what" is an important place to start in storytelling, but a story relies on the **how, why, and when**. The same goes for your daily health. Eating nourishing foods is the best start! However, more goes into it than food.

Here are a few tips on getting the most out of what you're eating.

#### Tip #1: Calm down.

It may sound silly, but take a few deep belly breaths before you sit down to eat. When your body is in a calm state, it will do its best work for you while digesting!

#### Tip #2: Limit your distractions.

Put the phone down for a few, complete your online order later, and focus on your food on your plate. The more you're engaged with your meal, the better.

#### Tip #3: Practice an attitude of gratitude.

Express appreciation for whoever cooked that beautiful meal (especially if it's you!), and show yourself some love for choosing to nourish your body. Gratitude allows you to be in the moment, and tap into your greater wellness.



Now that you know how you should *feel* when you sit down to eat, let's talk about *what* to eat.

You probably have heard about "counting your macros."

**Macros = macronutrients, which simply are protein, carbohydrates, and fat.** *Macro* implies that your body needs these nutrients in larger amounts, in order to optimally function.

However, the amounts of macros won't look the same for everyone. **Here's the thing: every single human body is different and therefore will require different amounts of macronutrients.**

In order to determine what is best for YOUR bio-individual body, an important place to start is knowing **how to choose the highest quality of macronutrients and the importance of what these nutrients do for your body.**

I created this guide to help you do just that!

Instead of measuring your food, I want you to use something you already have: **your instinct.** When you're able to visualize what needs to go on your plate, you are taking the stress out of food. You're also able to acknowledge the beauty of these foods, their colors, their nourishing aspects, and understand how they make you feel.

This method is how I build the majority of my meals, even when I'm outside of my own kitchen. I do this by keeping a certain checklist in my head.

On the next page, you'll find the exact checklist I use!

# Your Build a Plate Checklist

## FUEL (PROTEIN)

Visually, this should take up 1/4 of your plate. Choose a **quality protein source**, like Wild-Caught Fish, 100% Grass-Fed Beef, Bison, or Lamb, Organic Chicken or Turkey, or Pasture-Raised Eggs. If you're plant-based, go for a protein-rich legume like Chickpeas, Lentils, or White Beans.

## PROTECTION (FAT)

Add at least a spoonful of a **quality fat source** on your plate. An easy way to do this is by roasting your vegetables and/or protein in one of the following: Extra-Virgin Olive Oil, Coconut Oil, Avocado Oil, Grass-Fed Butter or Ghee. Avocado, Nuts, Nut Butter, and Tahini are also great sources of fat to add to your plate.

## FLAVOR (HERBS & SPICES)

Not only do **fresh herbs and spices** boost the flavor of your meal in a natural way, but some actually have anti-inflammatory properties! Try adding fresh Basil, Dill, Cilantro, Thyme, or Sage to your plate. Some of my favorite dried spices include Turmeric, Paprika, Cinnamon, and Nutmeg.

## ENERGY (CARBOHYDRATES)

Fill 1/2 of your plate with **nutrient-rich vegetables** like Asparagus, Broccoli, Leafy Greens, Cabbage, Carrots, Beets, Mushrooms, Cauliflower, Brussels Sprouts, Peppers, Zucchini, and Tomatoes. The more colors, the more nutritious!

## NOURISHMENT (STARCH)

For the other 1/4 of your plate, choose a **starchy carbohydrate** like Sweet Potatoes, Plantains, Butternut Squash, Acorn Squash, or Kabocha Squash. Roasting these in the oven with a little olive oil, salt, and pepper will elevate your plate!

## MINERALS (SALT)

Did you know that table salt is mostly sodium chloride? This can actually dehydrate us. However, when you use an unrefined source, such as **Pink Himalayan Salt or Celtic Sea Salt**, you're getting a boost in electrolytes and adding flavor to your meal...without the additives.



## WHY FAT MATTERS

Fat is where quality is everything! Fat has gotten a bad rap in the world of nutrition and health. However, when you choose nourishing forms of fat, it actually becomes essential to your health. Not only does fat help make our food taste delish, but it also aids in the production of hormones, serves as a protective lining for our organs, supports our cognitive health, and helps keep us full between meals.

---

## WHY PROTEIN MATTERS

Protein should be something obtained from real, whole foods...not something that comes in a package. Protein is one of the most critical nutritional elements for the build and repair of our tissues, bone and muscle development, and production of enzymes. It is also important for weight management.

---

## WHY CARBOHYDRATES MATTER

We often forget that vegetables and fruits are carbohydrates! Carbohydrates are our fastest form of fuel. We simply need them for energy. When we choose carbohydrates from processed sources, they can interfere with our blood sugar regulation. However, when we choose to eat carbohydrates from whole food sources, they become incredibly important to our plate. Aim to get at least 5 colors on your plate from carbohydrates. We obtain micronutrients (vitamins + minerals) from these colorful, nutrient rich vegetables. Resistance starch, found in starchy carbohydrates like sweet potatoes, acts as a prebiotic and feeds the good bacteria in the gut, supporting your digestive process.

---



## Building Your Most Nourishing Plate

Using the checklist from page 6, build your own plate!

01 Choose your Fuel. Write down your Protein Source.

02 Choose your Energy. Write down your Carbohydrates.

03 Choose your Protection. Write down your nourishing Fat source.

04 Choose your Nourishment. Write down your starchy Carbohydrate.

05 Choose your Flavor. Write down any fresh Herbs & Spices you'll use.





PAGE  
09

## Building Your Most Nourishing Plate





# Check In With Yourself

Take note of how you feel after you eat your plate. How is your energy? Satiety levels?  
This will help you figure out if you need to adjust your plate proportions for next time.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

SHOPPING LIST

*Congrats!*

You have successfully built your most nourishing plate!

Want to learn more about creating healthy meals and eating for your bio-individual body?

*You're in the right place!*

If you follow me on Instagram, you know I love talking about how Nutrition + Wellness is not one size fits all.

The more knowledge I can share with you, the better!

**Looking to dig a little deeper and find out what that means for YOU?**

Check out my 1:1 and group programs on my website!

**Did you love this guide?**

Reach out, and let me know! Would love to hear from you.



VISIT  
[WWW.CHOOSWELLWITHMEL.COM](http://WWW.CHOOSWELLWITHMEL.COM)  
FOR MORE INFORMATION!

A SPECIAL THANK YOU TO  
MELISSA COULIER FOR PROVIDING PHOTOGRAPHY FOR THIS GUIDE!