

Creating a **BALANCED MEAL**

The Ultimate Guide to Portion Control



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Hi there,

Thanks for downloading this guide to a healthy, balanced meal.

I'm Britt and I help women (and a few good men!), balance their hormones and manage their stress, so they can be as young on the outside as they feel on the inside. I know you still feel 30, just like I do, right!

I hope that you enjoy this guide, it's straight out of my Hormone Alchemy and Metabolic Balance Reset Programs.

I know that if you follow it you're going to love it!

Enjoy!

Britt

The Healthy Balanced Meal Formula

PROTEIN

PALM-SIZED

At every meal, make sure you have a 'Palm-Sized' portion of protein.

1 palm for women,
2 palms for men

Protein is a key part of my formula for healthy fat loss and will help you feel less hungry between meals & curb cravings!

VEGGIES

1-2 FISTS

Every meal should contain veggies. Aim for 1-2 'Fist-sized' servings at each meal. You can also include Fruits with these handfuls.

Veggies give us vitamins, minerals, antioxidants and fibre!

You may have 1 handful of starches like grains or sweet potato with one meal each day (optional)

FATS & OILS

THUMB-SIZED

Don't fear fats! Every meal should include a 'Thumb-sized' serve of healthy fats or oils.

Our hormones, cell walls, brain and nervous system all depend on fats and they also promote healthy weight loss!

Daily Balanced Meal Planner

Plan out your plate with this Daily Meal Planner.
Simply write in which protein, veggies and fats you will have at each meal.

| | BREAKFAST | LUNCH | DINNER |
|------------------------|-----------|-------|--------|
| PROTEIN (PALM) | | | |
| VEGGIES (FISTS) | | | |
| FATS (THUMB) | | | |

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|---------------------------------------|---|
| <p>Proteins</p> | <p>Healthy sources of protein include: Fish, lean meats, poultry, nuts & seeds, tofu, legumes & pulses, cheeses, yoghurt</p> |
| <p>Vegetables & Fruits</p> | <p>Enjoy all fruits & vegetables, and try to include dark green leafy veggies daily. And an apple a day... and eat fruit with your meals</p> |
| <p>Fats & Oils</p> | <p>Healthy fats to enjoy include: Olive oil, Ghee, Coconut Oil, Avocado, Nuts & Seeds (and nut butters), Flaxseed oil</p> |

next steps...

You now have a formula for creating balanced, healthy meals. But, here's the thing... for most people it takes more than this alone to truly make lasting changes to their energy, hormonal balance and clarity of mind.

That's why the "Balanced Meal Formula" is just one part of my complete system. There are so many other elements that all need to be working together so you can reset your health.

If you would like to explore what else may be causing you to be fatigued and weighed down, and find out what is stopping you from having energy and motivation, then I invite you to book in for a FREE 20 minute discovery session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

[Book a Call Now](#)

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Every time we
eat or drink,
we are either fighting
disease or feeding it

