



Remedy **NOURISHMENT GUIDE**

WHAT IS MINDFUL EATING?

Mindful eating, put simply, is the recognition of the food & drinks you put into your body on a daily basis. When you are eating mindfully, you are observing rather than judging how the food makes you feel. You are paying attention to the taste, smell, and texture. Over time, you begin to understand the foods that make you feel energized, and the foods that make you feel sluggish. As you continue to make choices based on how you want to fuel your body, the goal is to recognize that no food is good nor bad, but a choice you are making in the moment. This can take practice, but over time you'll be able to confidently say, "I'm having a salad with protein today because I want it!" or "Hello, cheeseburger! No guilt here!"

Key Elements of Mindful Eating Include:

- Eating slowly and without distractions
- Listening to physical hunger cues and eating only until you're full
- Distinguishing between true hunger and non-hunger triggers for eating
- Engaging your senses by noticing colors, smells, sounds, textures, and flavors
- Learning to cope with guilt and anxiety about food eating to maintain overall health and well-being
- Noticing the effects food has on your body
- Appreciating your food & the way that it fuels & comforts you.

HOW DO I INCORPORATE MINDFUL EATING INTO MY LIFESTYLE?

This guide is going to give you guidelines on how to build and plate your meals following a plating and portion sizing technique known as the Build Your Plate method (or the Pivotal Plating Technique).

These recommendations are meant to lead you on your exploratory journey with mindful eating and will take practice to implement. Be patient with yourself during this process. We are making a lifestyle change, where we view each meal as its own entity. As you continue to practice this technique, you will be able to use portion sizing at gatherings with friends, while you're out to eat, or while you're planning meals for the week. The goal is always progress, not perfection. You will begin to notice how you feel when you eat certain meals, giving you the power to decide what you want to eat and when. No food is good, nor bad, it is simply a choice!

REMEDY PLATING GUIDE

- Fill your plate with 1/2 veggies, 1/4 carbs, 1/4 protein, & 1 serving of fats (this includes cooking oil)
- Measure your cooking oils – 1 tbsp is recommended per meal
- Measure your proteins and carbs with your fist
- Have a source of protein at every meal (this keeps you feeling full & curbs cravings)
- Enjoy sauces, but aim to use herbs & spices to flavor foods when available (fresh dill is GREAT on salads!)

The Remedy Plating Technique is a guide to assist you in visually planning your meals and portion sizes. The key is to focus on progress, not perfection. Using this visual aid will help you ensure that you have proper nourishment and portions on your plate.

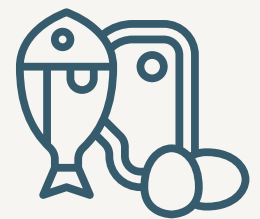
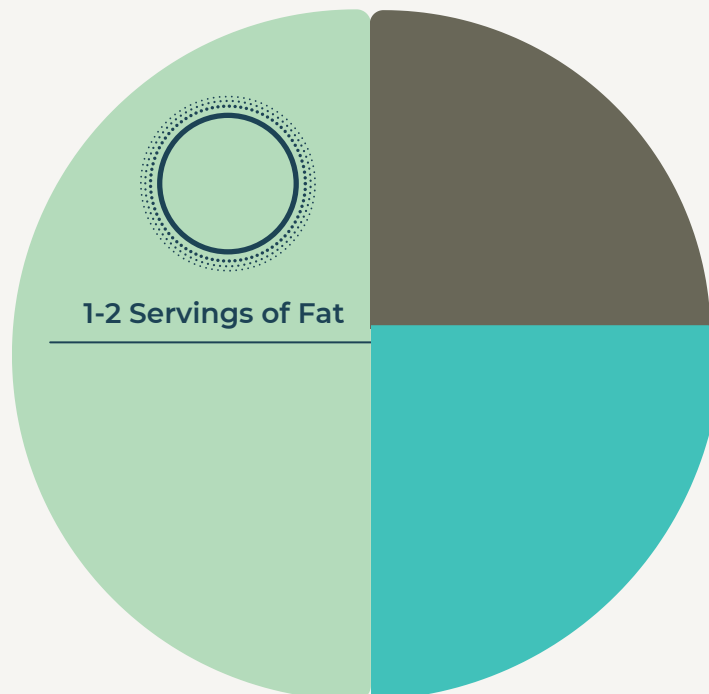
PROTEIN: Building blocks for our muscles

CARBOHYDRATES: Our bodies burn carbs as fuel

FATS: Can also be burned as fuel & helps with nutrient absorption



2- 3 Servings of Veggies



1-2 Servings of Protein



1-2 Servings of Carbs

PROTEIN

Protein is an important component to every meal. Your body uses protein to rebuild your muscles (among other things) especially when you are exercising or strength training regularly.

Protein is required to build lean muscle & is the most satiating (filling).

A serving of protein is about the size and thickness of your palm.

Aim to have (1) serving of protein with every major meal of the day (or 1/4 of your plate).

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- Chicken
- Grass-fed Beef
- Pork
- Beans & Lentils
- Eggs
- Organic Protein Powder
- Salmon (wild-caught)
- Rainbow Trout
- Tilapia
- Turkey Breast
- Canned Tun
- Nuts / Pumpkin Seeds
- Tofu
- Top Round Steak(grass-fed)
- Flank Steak(grass-fed)
- Greek Yogurt

A serving of protein is about the size of your palm



VEGGIES

Veggies are a game changer when it comes to nourishment & creating your perfect plate.

They are nutrient-dense: full of all the good nutrients that your body can use to function at optimal performance. Veggies are energy-dense but calorie-light, which means you can eat plenty of them & you'll feel full, but you're unlikely to over-consume. A serving of veggies is about the size of your fist.

Aim to have (2-3) serving of veggies with every major meal of the day (or 1/2 of your plate)

- Broccoli
- Broccolini
- Cauliflower
- Dark Leafy Greens
- Spinach
- Kale
- Spaghetti Squash
- Brussels Sprouts
- Zucchini
- Cucumber
- Carrots
- Onion
- Asparagus
- Tomatoes
- Peppers (Green, Red, Yellow, Orange)
- Mushrooms
- Green Beans

A serving of protein is about the size of your fist



CARBOHYDRATES

Carbs are an important part of your plate, provided you eat them in the right quantities for your goals.

This food group has gotten a bad rap over the years but don't be fooled.

Carbs are important to maintain your energy throughout the day.

Carbs are great to consume right after a strenuous strength training workout to help your muscles and liver refill their glycogen stores (AKA your energy tank!)

1 uncooked serving is 1 cupped hand or 1/2 cup
1 cooked serving is two hands forming a cup or 1 cup

Aim to have (1) serving of carbs with every major meal of the day (or 1/4 of your plate)

- Rice
- Beans and Lentils
- Quinoa
- Red potatoes
- Yellow potatoes
- Sweet Potatoes or Yams
- Pasta
- Fruit
- Oatmeal (old-fashioned or Steel Cut)
- Multigrain hot cereal
- Couscous
- Fresh Beets
- Butternut Squash
- Corn
- Popcorn

A (cooked) serving of carbs is about the size of your cupped hands



FATS

Healthy fats are an important component of your daily nourishment.'

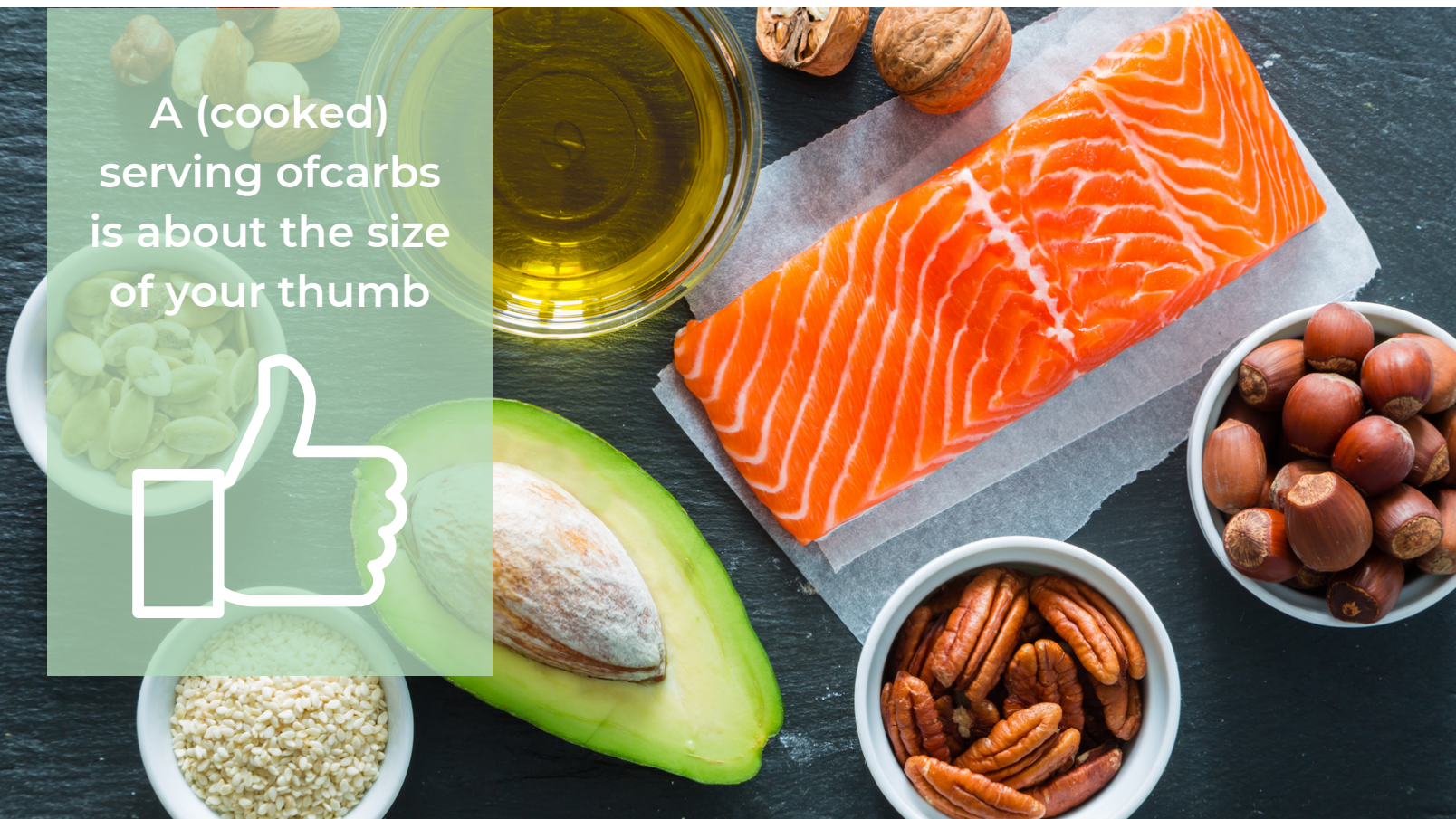
They are great for brain health, help you absorb nutrients (like vitamins A, D, E & K), and are often essential to give your plate some much needed flavor.

A serving of fats is about the size of your thumb (or 1 TBSP / 1oz) Note: When sautéing veggies, grilling chicken, or preparing salads, be sure to account for the amount of oils that you use. It can be easy to go on an oil frenzy!

Aim to have (1) serving of carbs with every major meal of the day (or 1/4 of your plate)

- Flaxseed
- Almonds
- Extra Virgin Olive oil
- Avocado Oil
- Avocado
- Walnuts
- Unfiltered Coconut Oil
- Salmon (wild-caught) - protein size serving
- Hemp Seed oil
- Pecans
- Cashews
- Dark Chocolate
- Unsalted Butter (the real stuff!)
- Fresh Olives
- Chia Seeds
- Nut Butters

A (cooked) serving of carbs is about the size of your thumb



SNACKS

Before you snack, tune into your hunger cues: Are you hungry, are you bored, or are you dehydrated? When snacking, aim to choose options that have little to no added sugar (when possible!)

Snack mindfully. Treat each snack as a mini meal by enjoying one serving and, if possible, putting it on a plate or in a bowl.

Why? We tend to associate a clean plate with satisfaction and a feeling of fullness. As you snack/enjoy meals, try not to label foods 'good or bad'.

When we label food in this way, there is a guilt associated with eating it. Allow yourself to enjoy 'unhealthy' snacks here & the result you are less likely to crave them / overeat later.

- Hummus & Veggie Sticks (or pita chips!)
- Greek Y
- Yogurt, Granola & Berries
- Peanut Butter Protein Balls
- Hard Boiled Eggs with Sriracha
- Cool Ranch Chickpeas
- Caprese Avocado Toast
- Sweet-n-Spicy Nuts (1 serving)
- Prepared tuna & whole-grain crackers
- Frozen Blueberries or Frozen Grapes
- Red bell pepper with Guacamole or Hummus
- Apple slices with almond butter (1 serving)
- Dark chocolate & almonds (1 serving) Cherry tomatoes & Mozzarella Cheese
- Chia Seed Pudding
- Baby Carrots with Blue Cheese Dressing
- Beef Jerky & Cheese (1 serving)
- Whey / Plant based Protein Shake

RECOMMENDED PRE-PACKAGED SNACKS:

- Nature's Bakery Whole Wheat Fig Bars
- HIPPEAS Organic Chickpea Puffs
- Sahale Snacks Nut Mixes (*check for less than 5g added sugar)
- Health Warrior Chia Bars
- Pirates Booty Puff Popcorn
- Lily's Dark Chocolate (FAV!*)
- Sabra Hummus Grab N Go with Pretzels
- Mini Original Babybel
- Blue Diamond Whole Natural Almonds 100-Calorie Packs
- Greek Yogurt w/ Honey & Chocolate Chips
- KIND Mini Bars
- Almond Breeze Chocolate Almond milk
- QUEST Nutrition Protein Bars