



Balance and Burn

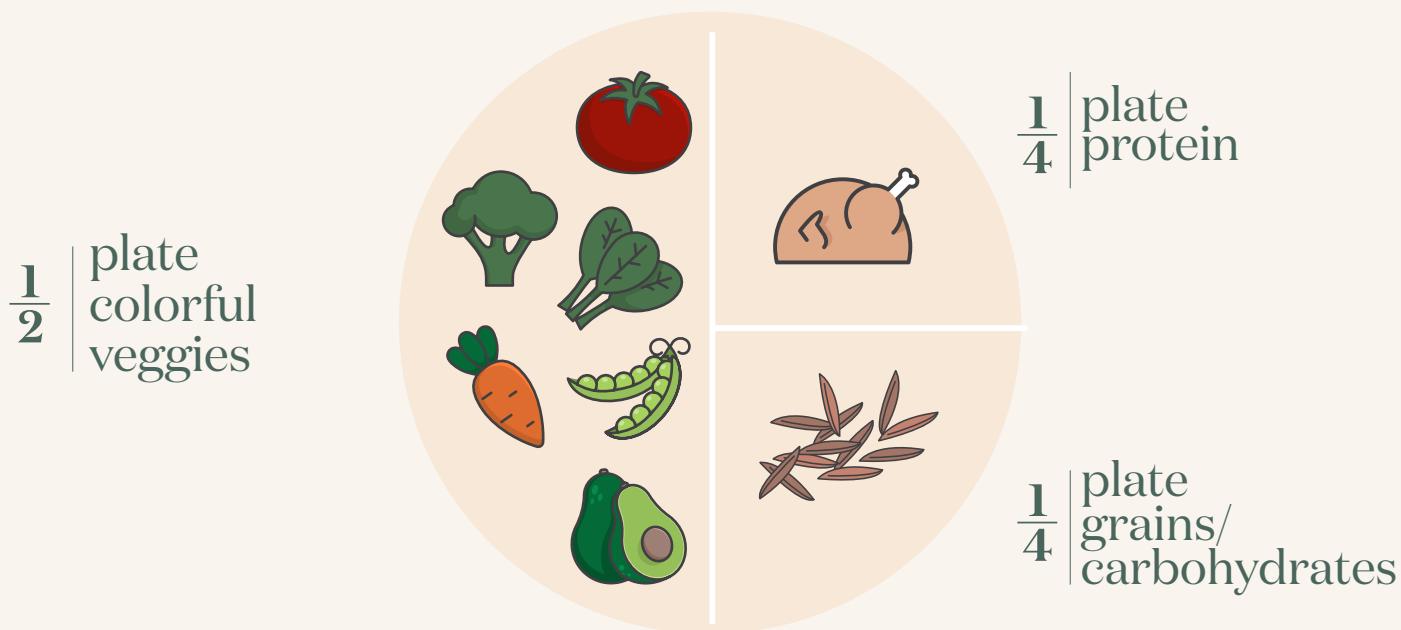
BUILD A BETTER MEAL GUIDE



Build a Balanced Meal

Creating a healthy, balanced meal doesn't have to be complicated.

Try eating a variety of food groups and colors at each meal and aim to fill half your plate with vegetables, a quarter of your plate with lean protein, and a quarter of your plate with grains.



$\frac{1}{2}$ plate
colorful
veggies

Fill half your plate with vegetables

Vegetables are rich in fiber, vitamins, and minerals, providing essential nutrients with minimal calories.

Try starting with:

- Brussels sprouts
- Kale
- Spinach
- Swiss chard
- Bok choy
- Arugula
- Broccoli

$\frac{1}{4}$ plate
grains/
carbohydrates

Fill one-fourth of your plate with whole grains and/or legumes.

Whole grains and legumes are rich in fiber and complex carbohydrates, providing lasting energy and helping you feel full. Here are a few to get you started:

- Brown rice
- Quinoa
- Kidney beans
- 100% whole-wheat breads
- Navy beans
- Black beans
- Lentils

$\frac{1}{4}$ plate
protein

Fill one-fourth of your plate with a healthy protein.

Protein-rich foods keep you feeling full longer and regulate blood sugar. You could try:

- Grass-fed meat
- Wild-caught fish
- Eggs
- Vegetarian proteins such as beans and rice
- Tempeh or edamame

We recommend you incorporate healthy fats as accents to your meal or as part of your protein. Think avocado oil, olive oil, or grass-fed butter. A serving size is around the size of your thumb.

Build a Better Bowl



PICK YOUR LEAFY GREEN

$\frac{1}{4}$ cup of finely chopped:
Kale, mixed greens,
romaine, spinach

PICK YOUR PROTEIN

Serve about the size
of your palm:
Beans, beef, chicken,
eggs, pork, salmon, tofu

PICK YOUR VEGGIES

1–2 cups of:
Roasted or raw asparagus,
bell peppers, broccoli,
Brussel sprouts, onions,
squash, zucchini, carrots

CHOOSE YOUR HEALTHY FAT

Serve about the size of
your thumb:
Almonds, avocado,
cashews, seeds

SELECT YOUR SAUCE

Balsamic, pesto, sweet
chili, teriyaki

CHOOSE YOUR BASE

1 cup cooked of one of these:
Barley, couscous, quinoa,
rice, lentils, beans, sweet
potato noodles, zucchini
noodles, chickpeas

Build a Better Salad

CHOOSE 1–2 FRUITS

A suggested serving is a fistful of:
Apples, berries, mango, pear, strawberries

SELECT 2–3 VEGGIES

A suggested serving size
is a fistful of:
Bell peppers, broccoli,
carrots, celery, corn,
cucumbers, onions,
tomatoes



PICK A GRAIN/ STARCH

The suggested
serving size is
a cup of:
Barley, brown
rice, couscous,
quinoa, squash,
sweet potato,
white rice, wild rice



CHOOSE 1–2 PROTEINS

A suggested serving size is the palm
of your hand.
Beef, black beans, chicken, edamame,
eggs, ham, pork, salmon, tofu, turkey

PICK YOUR GREENS

Asparagus, bok choy, cabbage, chard,
kale, romaine, spinach, spring mix



PICK 1–2 HEALTHY FATS

The suggested
serving size
is the size of
your thumb:
Avocado, nuts,
olives, seeds



CHOOSE YOUR HERBS

Basil, mint,
oregano, parsley

PICK A DRESSING*

Dairy based, pesto
based, tahini based,
vinaigrette based

Tip: Check the label of your
dressing for sugar and fat content.
Use a healthier option when possible.



Build a Better Dressing



LEMON THYME

2 tablespoons lemon juice or
1-2 drops of Lemon Vitality™
essential oil
1 garlic clove, minced
1/4 teaspoon Dijon mustard
2 teaspoons thyme leaves
1/4 cup olive oil
1/4 teaspoon salt

MEDITERRANEAN



1 tablespoon sherry vinegar
1 garlic clove, minced
1/4 teaspoon dried oregano
1 sun-dried tomato, diced
1/4 cup olive oil
1/4 teaspoon salt

SESAME ORANGE



1/4 cup fresh orange juice
2 tablespoons rice vinegar
1 tablespoon tamari
1/4 teaspoon sriracha
1 teaspoon sesame oil



LEMON LEMONGRASS

1/4 cup coconut milk
2 teaspoons minced lemongrass
2 teaspoons lemon juice or **1 drop**
of Lemon Vitality™ essential oil
1 teaspoon tamari
1 teaspoon grated ginger
1/4 teaspoon salt



LEMON TAHINI

1/4 cup tahini
2 tablespoons lemon juice or
1-2 drops of Lemon Vitality™
essential oil
3 tablespoons water
1 garlic clove, minced
1/2 teaspoon maple syrup
1/4 teaspoon salt



GINGER MISO

2 tablespoons miso
2 tablespoons rice vinegar
1 tablespoon tamari
1 teaspoon minced ginger
2 tablespoons olive oil



CASHEW COCONUT

1/4 cup cashew butter
1/2 cup coconut milk
2 tablespoons lime juice
1 tablespoon tamari
1 teaspoon sriracha

Build a Better Stir-fry

CHOOSE YOUR BASE

- Quinoa
- Rice
- Farro
- Millet
- Whole-grain noodles
- Chickpea noodles

PICK YOUR PROTEIN

- Beef
- Chicken
- Cooked egg
- Shrimp

CHOOSE YOUR VEGGIES (Pick 2-3)

- Bamboo shoots
- Bell pepper
- Broccoli
- Carrots
- Mushrooms
- Corn
- Red onion
- Snow peas
- Water chestnuts

CHOOSE YOUR SAUCE

- Garlic
- Ginger
- Lemon tahini
- Teriyaki



SUGGESTIONS:

Include herbs like turmeric or cilantro to boost the overall flavor and nutritional value of your stir-fry.

Build a Better Smoothie



VEGETABLES: ½–1 cup

- Spinach
- Kale
- Carrots
- Cucumber
- Celery
- Zucchini
- Greens powder—try a serving of NingXia™ Greens

FRUIT: ½–1 cup

- Berries
- Apple
- Pear
- Peach
- Cherries
- Mango
- Citrus
- Kiwi
- Pomegranate
- Pineapple
- Banana

PROTEIN: one serving

- 1 serving Pure Protein Complete™ powder
- 1 serving Power Meal™ vegan meal replacement powder
- 1 serving plain yogurt

HEALTHY FAT (makes it creamy):

1 tablespoon

- 1–2 tablespoons coconut cream or oil
- ¼ avocado
- 1 tablespoon nuts, seeds, or nut butter
- 1 tablespoon chia seeds, flaxseeds, or hemp seeds

LIQUID (fill as needed):

- Milk (dairy or non-dairy)
- Aloe vera juice
- Coconut water
- Water/ice

SUPERCHARGE IT!

- Cinnamon
- Ginger
- Maple syrup
- Spirulina or chlorella

- Cacao powder
- Golden Turmeric – Mango Rose
- Vitality™ essential oils of choice
- 1–2 ounces of NingXia Red® drink
- 1 scoop of Inner Beauty Collagen™ powder

Build a Better Soup

Place all ingredients in a slow cooker and cook on low for 8 hours.

1. CHOOSE YOUR BASE

- Bone broth
- Beef or chicken broth
- Veggie broth

2. PICK A PROTEIN

• Beans	• Lentils
• Beef	• Shrimp
• Chicken	• Tofu
• Ham	• Turkey

3. CHOOSE YOUR VEGGIES (3+)

• Broccoli	• Peas
• Carrots	• Peppers
• Celery	• Potatoes
• Corn	• Spinach
• Kale	• Squash
• Mushrooms	• Tomatoes
• Onions	• Zucchini

4. PICK YOUR WHOLE GRAIN

- Barley
- Noodles
- Quinoa
- Rice

5. SELECT YOUR SEASONINGS

• Cilantro	• Oregano
• Garlic	• Pepper
• Ginger	• Rosemary
• Lemon juice	• Thyme

6. CHOOSE YOUR TOPPINGS

- Cashews
- Chives
- Hemp seeds
- Parsley

