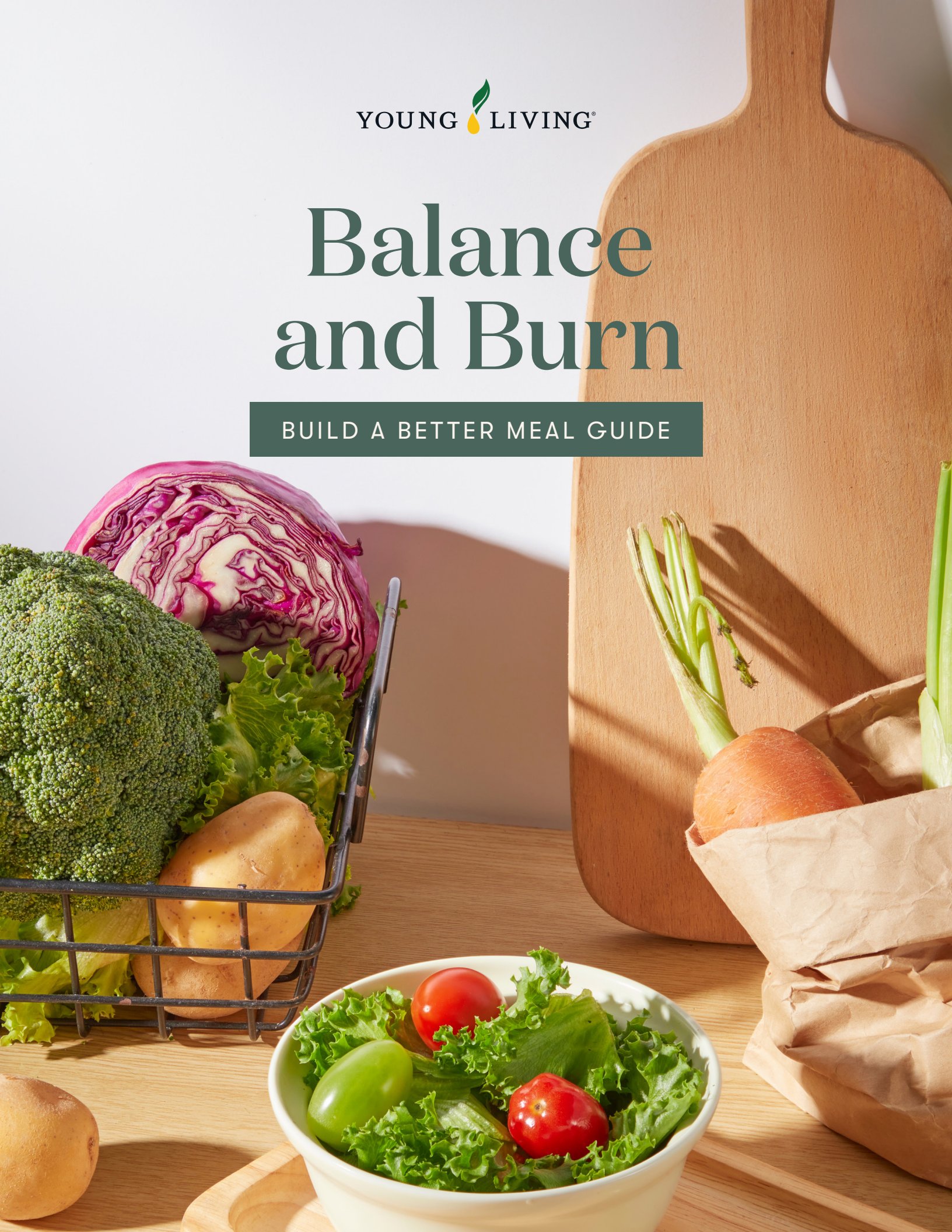




# Balance and Burn

BUILD A BETTER MEAL GUIDE



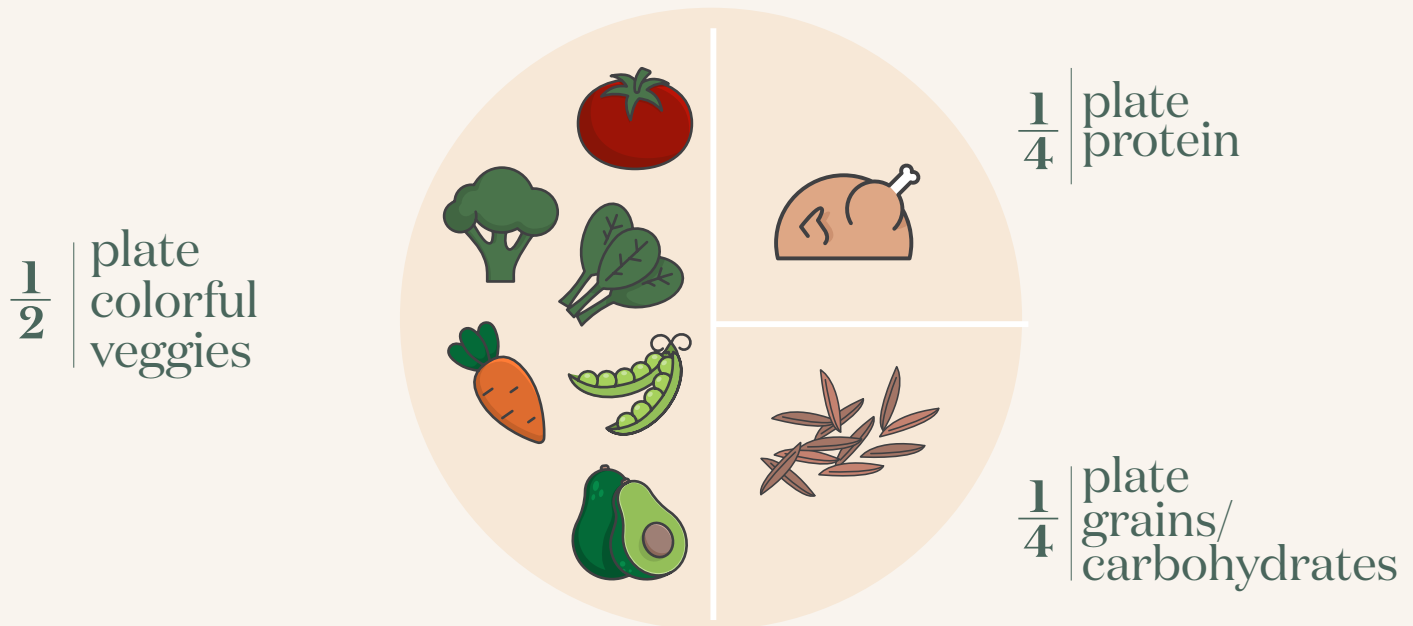


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# Build a Balanced Meal

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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.



$\frac{1}{2}$  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

$\frac{1}{4}$  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

$\frac{1}{4}$  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.

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# Build a Better Bowl

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## 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

## PICK YOUR LEAFY GREEN

¼ 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

## 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

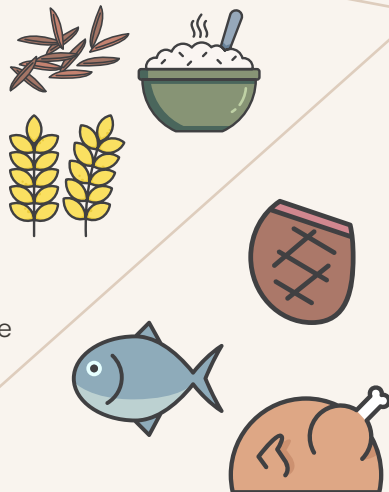
## SELECT 2–3 VEGGIES

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  
**¼ teaspoon** Dijon mustard  
**2 teaspoons** thyme leaves  
**¼ cup** olive oil  
**¼ teaspoon** salt

## MEDITERRANEAN



**1 tablespoon** sherry vinegar  
**1** garlic clove, minced  
**¼ teaspoon** dried oregano  
**1** sun-dried tomato, diced  
**¼ cup** olive oil  
**¼ teaspoon** salt

## SESAME ORANGE



**¼ cup** fresh orange juice  
**2 tablespoons** rice vinegar  
**1 tablespoon** tamari  
**¼ teaspoon** sriracha  
**1 teaspoon** sesame oil

## LEMON LEMONGRASS



**¼ 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  
**¼ teaspoon** salt

## LEMON TAHINI



**¼ cup** tahini  
**2 tablespoons** lemon juice or  
**1-2 drops** of Lemon Vitality™  
essential oil  
**3 tablespoons** water  
**1** garlic clove, minced  
**½ teaspoon** maple syrup  
**¼ teaspoon** salt

## GINGER MISO



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

## CASHEW COCONUT



**¼ cup** cashew butter  
**½ cup** coconut milk  
**2 tablespoons** lime juice  
**1 tablespoon** tamari  
**1 teaspoon** sriracha



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# Build a Better Stir-fry

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## 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.

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# Build a Better Smoothie

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## **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

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## **SUPERCARGE IT!**

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- 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



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# Build a Better Soup

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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
- Beef
- Chicken
- Ham
- Lentils
- Shrimp
- Tofu
- Turkey

## 3. CHOOSE YOUR VEGGIES (3+)

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

## 4. PICK YOUR WHOLE GRAIN

- Barley
- Noodles
- Quinoa
- Rice

## 5. SELECT YOUR SEASONINGS

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

## 6. CHOOSE YOUR TOPPINGS

- Cashews
- Chives
- Hemp seeds
- Parsley

