

THE Modified Anti-Inflammatory PLATE METHOD

Portion Control & Nutrient Density Optimization



TIPS:

- ✓ Use smaller plate - 9-10".
 - Fill $\frac{1}{2}$ the plate with delicious, colorful non-starchy veggies
 - $\sim\frac{1}{4}$ plate with quality carbohydrates =
 - *Quinoa, brown rice, millet, oats, butternut squash, sweet potato, white/red potato, or fresh fruit! Avoid refined grains
 - **Avoid this temporarily if you are on an AIP Protocol**
 - Consider gluten free or sprouted bread (*depending on your sensitivity – but limit 1 slice/day*)
 - $\sim\frac{1}{4}$ plate with lean protein (animal or plant) – at least 3-5oz
 - Wild fresh or canned fish, eggs, chicken, turkey, pork, bison, lean grass fed beef, nut butters, (lentils if vegan) – quality hard cheese if tolerated and use as a compliment to a meal note as primary protein source
 - **Add generous healthy fat source** (Omega 6 and 3) to ALL meals
 - **Avocado, quality oils (olive, grapeseed, coconut, avocado, nut butters, nuts)**
 - Include 4-6oz filtered water at meals
- ✓ Most often use cooking methods such as grilling, sautéing, baking, and stir-frying.
- ✓ **Mindfully pause 3-5 minutes before eating**- consider the environment, thankfulness for the provision of food, benefit to the body, and enjoyment of the flavors you are about to enjoy! Breathe and relax to prepare the body for receiving and digesting your food.
- ✓ **Chew well** to promote good digestion.
- ✓ When dining out; **ask for a TO GO container** prior to the meal, and place the “extra” portion of food (*you know is in excess of your needs*) into the container before eating.

YOUR GOALS:



THE PLATE METHOD

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Nourishing Meals You Plan to Create!

Your Personal Guidelines:

Your Plan to Prepare Nourishing Meals:

Discover one new recipe or restaurant to dine at to “balance your portions”!

Write down 3 MEALS that you would LOVE TO ENJOY that align with Your Personal Plan & Portions!

BREAKFAST MEAL:

- | | | |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

LUNCH MEAL:

- | | | |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

DINNER MEALS:

- | | | |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

Suggestions, Thoughts, Ideas!

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