

MY NATUROPATHIC PLATE

WWW.ATABLEFOR1.COM

STICK ME ON YOUR FRIDGE!

Aim for a plate that looks like this.



*Go for 3 main meals throughout the day and 2 snacks in between.



1/2 vegetables, 1/4 complex carbohydrates and a 1/4 portion of protein.



Complex carbohydrates include root vegetables such as carrots, parsnips, pumpkin, squash, yams, plantain, beetroot, turnip, sweet potato and whole grains such as brown rice and oats.



REMEMBER: Protein doesn't always have to come from an animal. Plant based options include: mushrooms, beans, lentils, hemp, nuts, quinoa

Try to go for organic & Go for all colours of the rainbow! The more variety the more colours, the more nutrients! When opting for animal produce always go for wild, free range and grass-fed.



SNACK IDEAS



**a small portion of fruit with 5 nuts
2-3 oatcakes with hummus
celery with almond butter
carrot sticks with hummus
olives**

#2

OILS & FATS

cook your foods using healthy fats such as coconut oil, butter & ghee made from grass fed cows, use olive oil and seed oils for salad dressings only!

Stay away from



Processed foods, refined foods and sugars can lead to blood sugar imbalance, hormone imbalance, inflammation - which can lead to illness and disease, obesity, diabetes, a weakened immune system, recurring illness, auto immune disease and skin ailments.



When looking at health it is important to consider all contributing factors this includes our emotional, spiritual, mental and physical health. Take time to relax, play, laugh, and enjoy life spent with loved ones and alone.