



Healthy Eating Formula

Breakfast

Protein

Complex Carb

Fruit

Lunch

Protein

Complex Carb

Veggie

Dinner

Protein

Complex Carb

Veggie

Snacks

Fruit

Nuts/Seeds

Veggie

Use this formula sheet to create balanced healthy meals and snack options, then take the protein, carbs, veggies and fruits to make your grocery list. Simply rotating 2-3 meals and snack options throughout your week will keep things simple and affordable.