

BE HEALTHY ENOUGH



**IDEAL PLATE
GUIDE**

A HEALTHY EATING PLAN IS JUST A PLATE AWAY

INTRODUCTION



Hi I'm Amy VanLiew, Personal Trainer and Health Coach. My mission in life is to meld my engineering and project management experience with my passion for health and fitness to find unique ways to enlighten, inspires and empower others to lead healthy, productive lives!

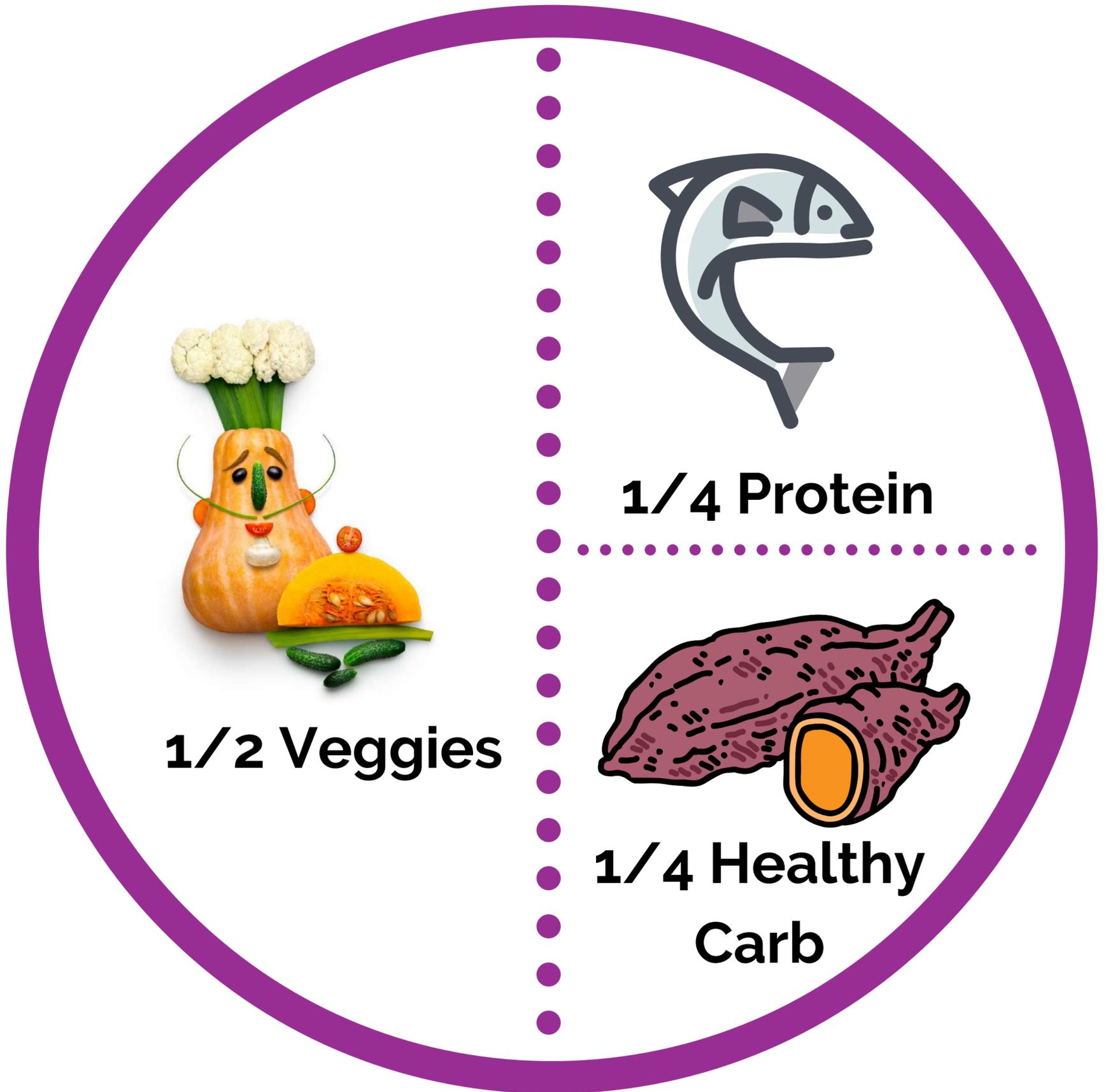
Thank you for trusting me to help lead a healthier life. If you downloaded this guide, you're probably trying to lose weight. If you're over 50, you've probably tried a million diets by now (well I'm being dramatic) :

Paleo, Dash, Keto, Low Carb, High Fat, Vegan...and if you're my age the cabbage soup and grapefruit diet!

The problem is **DIETS DO NOT WORK.** Yes, you might lose a few pounds but chances are, unless you've created a healthy eating plan you can stick to, the pounds will creep back on.

In the pages ahead I outline my a **SIMPLE** strategy you can try that's convenient, no counting calories, no food you hate and if you follow consistently you may be able to lose a few pounds or shrink that belly!

THE IDEAL PLATE



It's Simple!

- Fill $\frac{1}{2}$ of your plate with any kind of veggie you love.
- Fill $\frac{1}{4}$ of your plate with any kind of protein you love.
- Fill the final $\frac{1}{4}$ of your plate with a healthy carb you love.

WHAT FOODS GO ON THE IDEAL PLATE?

Now you may be thinking, this sounds easy but what veggies, proteins, healthy carbs should I choose from?

When choosing foods to put on the **IDEAL PLATE** I like to follow these guiding principles:

- The BEST are always unprocessed meaning they don't even have an ingredient label; chicken, berries, sweet potatoes, eggs, broccoli...
- For processed food, choose ones that have 5 Ingredients or less. Read your labels!
- Choose organic when you can to minimize toxins.
- It has to be something you like; if you don't like peas don't eat peas.

The first step is to create a list of at 6-10 foods you like for each category. For example these are mine!

Veggies	Proteins	Healthy Carbs	Healthy Fats
Broccoli	Wild Salmon	Berries	Avocado
Mixed Salad	Turkey	Brown/Black Rice	Nuts and Seeds
Brussel Sprouts	Grass-Fed Beef	Sweet Potato	Feta Cheese
Asparagus	Organic Chicken	Sprouted Bread	Mozzarella
Spinach & Kale	Eggs	Beans	Goat Cheese
Cauliflower	Wild Caught Fish	Quinoa	Chia and Flax Seed
Beets	Wild Caught Shrimp	Humus	Olive Oil
Red Peppers	Bacon (limited)	Whole Grain Crackers	Cheddar
Mushrooms	Tofu/Tempeh	Whole Grain Pasta	Nut butters
Zucchini	Greek Yogurt	Lentil Pasta	Grass Fed Butter
Squash	Protein Powders	Apples	Coconut Oil

IDEAL PLATE EXAMPLES



BREAKFAST

Breakfast, I think, is the hardest meal to get veggies in. I was brought up on cereal and OJ as a complete breakfast but it's ALL carbs.

If you can't fit a veggie into breakfast make sure your snack is a veggie!

Smoothie
Spinach / Kale
Cucumber
Celery
Banana
Protien Powder or
Greek Yogurt

Egg Scramble
Spinach / Kale
Red Peppers
Mushrooms
Eggs
With Ezekiel Toast

Yogurt Parfait
Greek Yogurt
Fresh Berries
Nuts or
Granola (low sugar)



LUNCH

I like to keep lunch simple so I don't have to do too much work. Having something quick on hand keeps me from grab something bad! Leftovers from last nights dinner, or a salad or an egg scramble or even a healthy sandwich with sprouted grain bread is perfect.

Salad
Spinach / Kale
Cucumber
Celery
Peppers
Chicken
Oil and Vinegr

Greek Wrap
Chicken
Tomatoes, Spinach
Kalamata Olives
Whole Grain Wrap
Greek Tzatziki Dressing

Easy Sandwicht
Turkey
Tomato, Cucumbers,
Spinach, Avocado
Mustard
Ezekiel Bread

IDEAL PLATE EXAMPLES



DINNER

Here you can get creative or keep it simple! Take one of your favorite veggies and do a google search for recipes! Spice things up with a nice sauce; marinara, homemade teryiaki, balsamic vinegar reduction. Make enough for lunch the next day. These are my favorite simple dinners



SNACKS

I don't create an IDEAL PLATE for my snacks but I do try to choose healthier options and it can't be just a carb. Add in a protein or healthy fat. Here a some of my favorite easy snacks

- Apple with Peanut Butter
- Nuts and Dark Chocolate
- Veggies with Humus
- Celery and Peanut Butter
- Smoothie
- Yogurt Parfait

NOW FOR YOUR HOMEWORK

To get you started TODAY, write down 3 ideas, right now, for IDEAL PLATE meals you would like.

BREAKFAST

- 1.
- 2.
- 3.

LUNCH

- 1.
- 2.
- 3.

DINNER

- 1.
- 2.
- 3.

Now write them down in your schedule and you have
3 Days of IDEAL PLATE Meals Planned!

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			

YOU CAN'T EXERCISE AWAY A BAD DIET!

Looking for More Ideas?

**Set yourself for healthy
eating success with:**

Amy's Easy Meal Planning Guide

- Shed those pounds by learning to create a weekly plan.
- Make meal time easier, healthier and yummy!
- Learn to cook more at home with 26 simple and healthy recipes; Breakfast, Lunch, Dinner, Desserts and Snacks

**Download now for a
limited price reduction ~~\$37~~ \$17**

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After retiring from a 26 year career as an Engineering Program Manager, I carved out a space in my life to pursue a greater passion for helping others with their overall well being. At age 50 I knew that it takes time and effort to be healthy without aggravating the aches and pains that naturally come with age, so I pursued extended education to focus specifically on my demographic. After a few years, I expanded my background in Personal Training, Group Fitness and Integrative Nutrition certifications with courses in Myofascial Release using the MELT Method, Corrective Exercise with The Biomechanics Method, and courses in Senior and Midlife Fitness.

The most important thing that has come to me through continued education and personal experience is that the best approach to health is simply to Be Healthy Enough. Healthy enough to do the things you love to do, to feel good, to feel satisfied, and to also be able to truly enjoy life. Along with continual learning.

I love spending time at home with my 3 furry kids, coaching clients one-on-one, sharing fun bits of knowledge with my community, and continually expanding the reach of Be Healthy Enough via online programs.



BE HEALTHY ENOUGH