



PLATE

PERFECT

guide

**Your Quick & Easy Guide
to Balanced Eating**

WWW.BEYONDFITNESS.US

**It's time to make healthy meals
simple – and tasty! – again.**



**We created Plate Perfect: Your Quick
& Easy Guide to Balanced Eating to
help you eliminate the guesswork
when it comes to your meals.**

Our easy-to-follow formula will help you actually start ENJOYING your meals. It even makes the planning process super easy.

And even better... it will help you get on the fast track to the amazing results you are working so hard for!



Beyond Fitness empowers busy women to break free from emotional eating and transform their relationship with food and their bodies in six months or less to live the life they deserve.

Be sure to check out the last page of this guide for an exclusive offer to learn more about we can help you reach your goals and beyond for an exclusive offer to learn more about we can help you reach your goals and beyond!

We hope this guide helps simplify your meals!

Committed to Your Success,

Michele
Beyond Fitness



How to Build Your Perfect Plate

To follow the Perfect Plate method, all you need is a standard lunch or dinner plate.

Simply fill up the plate according to this formula.

The Plate Perfect Formula:

**50% Veggies + 25% Starchy Carbs +
25% Protein + 1 Thumb of Healthy Fats**

= 100% Healthy Eating

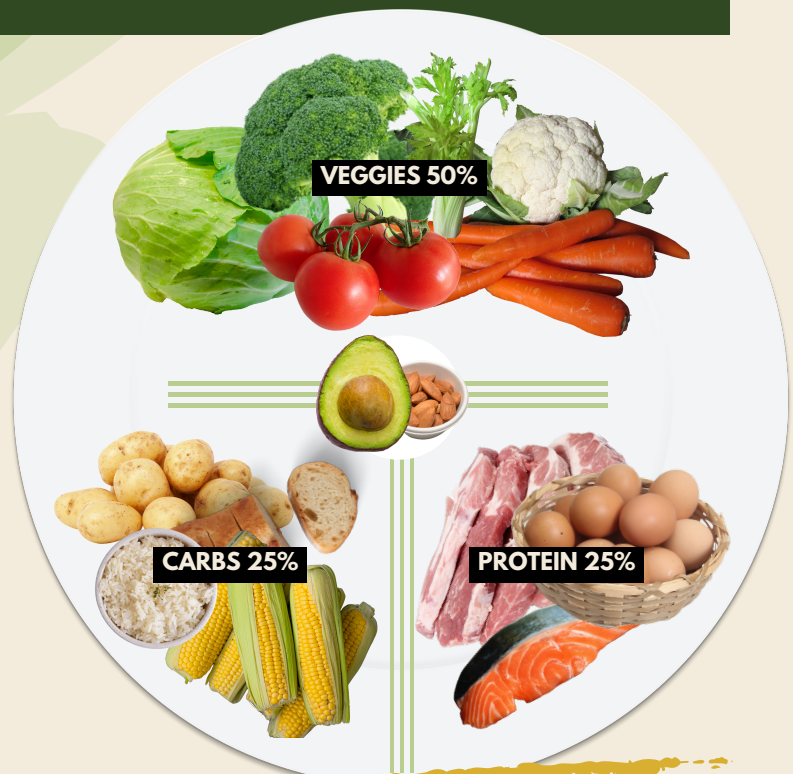
How it works:

Fill half of your plate with veggies (and maybe a little fruit)

Fill one quarter of your plate with starchy carbs

Fill one quarter of your plate with protein

Add one thumb of healthy fats



BONUS: this simple formula can help you create both fast & easy everyday meals as well as gourmet dishes.

Client Showcase Page

HERE ARE SOME OF OUR SUCCESS STORIES

Here are just a few of the amazing clients we've served over the years!

Gina



I love working with Michele; she is fun and inspirational. I have lost over 100 lbs!

Winnie



Michele has given me my health back; I am now breathing 100% although I have chronic lung disease. My physic has never been better, her classes keep me in shape and my brain is working!

Sean K.



I have taken lots of Michele's fitness classes and love them. I started off doing kickboxing, then Pilates, and then TRX. I enjoy her classes, and she pushes her students to achieve their goals. My favorite thing she says is, "When you feel like you can't do another, do two more". I started her classes at 302 lbs. I now weigh 228 Lbs.! Sean K.



Sample Plate Perfect Meal Ideas

BREAKFAST

Egg scramble with veggies (broccoli, spinach, peppers) + small oatmeal with a little almond butter

Smoothie with almond milk, spinach, $\frac{1}{4}$ avocado, $\frac{1}{2}$ frozen banana, berries, cinnamon, and protein powder

Turkey sausage with a veggie hash (carrots, sweet potatoes, onions, and peppers) cooked in olive oil



LUNCH

Veggie salad with greens, grilled chicken, and black beans, drizzled with an olive oil-based vinaigrette

Open-faced turkey sandwich with sliced tomatoes and avocado on Ezekiel bread, and a side of fresh-cut veggies

Burrito bowl with lean beef, cauliflower rice, pinto beans, and salsa.



DINNER

Sheet pan salmon + sweet potato + broccoli, all roasted with olive oil

Grilled lean beef burger + rice + green beans

Pan-seared scallops + buckwheat noodles + a veggie stir fry cooked in olive oil



Plate Perfect Quick Reference Food List

Now that you've got the formula down, here are some foods you can mix-and-match to build new Perfect Plate combinations.

NON-STARCHY VEGGIES

Artichokes	Greens
Asparagus	Jicama
Beets	Leeks
Brussels sprouts	Mushrooms
Broccoli	Okra
Cabbage	Onions
Carrots	Peppers
Cauliflower	Radishes
Celery	Sprouts
Celery	Squash (summer)
Cucumber	Swiss chard
Eggplant	Tomato
Turnips	Zucchini



FRUITS

Apple	Banana
Apricots	Cherries
Berries (any kind)	Grapes
Cantaloupe	Mango
Grapefruit	Plums
Honeydew	Oranges
Peaches	Kiwi
Pear	Pineapple
Nectarine	Tangerine

Plate Perfect Quick Reference Food List

More foods (carbs, protein, and fats) for your mix-and-match combinations.

CARBOHYDRATES

Winter squash
Parsnip
Pumpkin
Legumes (Lentils, black beans, etc.)
Whole grain rice
Quinoa
Spaghetti Squash
Sweet Potatoes



PROTEIN

Turkey
Chicken
Fish
Eggs
Pork
Lean Beef

Seafood
Bison
Tofu
Legumes, like lentils, beans, etc. (for plant-based meals)
Tempeh
Seitan

HEALTHY FATS

Extra Virgin Olive Oil
Coconut Oil
Avocado (¼ avocado)

Bacon, 1 slice (limited quantities)
Nuts & nut butters



READY TO TAKE YOUR **NEXT STEPS?**

At Beyond Fitness, our holistic wellness program is rooted in a profound understanding that every aspect of your life is interconnected. We don't just focus on the number on the scale or the miles you can run; we care about your mental and emotional well-being just as much as your physical health. That's already gotten hundreds of people amazing results.

WAYS TO WORK WITH ME:

THE PERMANENT WELLNESS FIX



[LEARN MORE](#)



We'd love to be part of your fitness/wellness journey.



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