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NOURISH TO FLOURISH MEAL FORMULA



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Hello hello,

Thanks for downloading this guide to The Nourish to Flourish Meal Formula.



I'm Amanda and I help tired women with personalised nutrition and herbal medicine so they can restore their energy, balance their moods and shift stubborn weight.

I hope you enjoy this guide, it's straight out of my Nourish to Flourish Method and I know that if you follow it you're going to love it!

Enjoy!
Amanda

Nourish to Flourish Meal Formula

PROTEIN

PALM-SIZED

At every meal, make sure you have a 'Palm-Sized' portion of protein.

1 palm for women, 2 palms for men

Protein is a key part of my formula for healthy energy /mood and will help you feel less hungry between meals & curb cravings!

VEGGIES

1-2 FISTS

Every meal should contain veggies. Aim for 1-2 'Fist-sized' servings at each meal. You can also include Fruits with these handfuls.

Veggies give us vitamins, minerals, antioxidants and fibre!

You may have 1 fist of starches like grains or sweet potato with one meal each day (optional)

FATS & OILS

THUMB-SIZED

Don't fear fats! Every meal should include a 'Thumb-sized' serve of healthy fats or oils.

Our hormones, cell walls, brain and nervous system all depend on fats and they also promote healthy weight loss!

Daily Balanced Meal Planner

Plan out your plate with this Daily Meal Planner. Simply write in what protein, veggies and fats you will have at each meal.

	BREAKFAST	LUNCH	DINNER
PROTEIN (PALM)			
VEGGIES (FISTS)			
FATS (THUMB)			

Proteins

Healthy sources of protein include: Fish, lean meats, poultry, nuts & seeds, tofu, legumes & pulses, cheeses, yoghurt, eggs

Vegetables & Fruits

Enjoy all fruits & vegetables, and try to include dark green leafy veggies daily.
And an apple a day... and eat fruit with your meals

Fats & Oils

Healthy fats to enjoy include: Olive oil, Ghee, Coconut Oil, Avocado, Nuts & Seeds (and nut butters), Flaxseed oil (Fridge)

Feel Free to add in a fist of healthy starches like wholegrains to your meal

next steps...

You now have a formula for creating balanced, healthy meals. But, here's the thing... for most tired women it takes more than this alone to truly balance hormones and restore energy.

That's why the "Balanced Meal Formula" is just one part of my complete system. There are so many other elements that all need to be working together so you can nourish your body & really begin to flourish. If you would like to explore what else may be causing your fatigue & low moods, and find out what is stopping you from shifting stubborn weight, then I invite you to book in for a FREE 20 minute Metabolic Balance Connection Call now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

[CLICK HERE TO BOOK A CALL NOW >>](#)



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“Let food be thy
medicine and
medicine be thy food”

Hippocrates

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