

Not Sure Where to Start? Rezilience X Has You Covered!

We know that starting a nutrition plan can feel overwhelming, but **Rezilience X** is here to **simplify the process** for you.

How to Build a Balanced Meal:

- ✔ Choose one protein
- ✔ Choose one carb
- ✔ Choose one vegetable
- ✔ Choose one fruit

Stick to **three go-to meals** from this list to start. Once you’re ready for variety, swap out ingredients to keep things fresh!

Dial in Your Macros:

This is where your **food scale** comes in. We recommend weighing your portions to accurately track your protein, carbs, and fats. Use this as a **guideline** to find what works best for your body and goals.

Top Nutrient-Dense Foods Menu

Proteins

Food Type	Examples
Beef	Ground, Burger Patty, Meatball, Sirloin, Short Ribs, Brisket
Steak	Flank, Top Round, Filet, NY Strip, Ribeye, Skirt Steak
Chicken	Ground, Whole/Half, Breast, Thigh, Wing, Tenderloin, Drumsticks
Turkey	Ground, Burger Patty, Meatball, Bacon, Deli, Breast, Thigh
Game	Ground Bison, Ground Venison, Ground Elk, Antelope, Wild Boar
Fish	Salmon, Tuna, Cod, Mackerel, Sardines, Halibut, Trout
Eggs	

Organic Carbs

Food Type	Examples
Potatoes/Sweet	Baked, Boiled, Mashed, Diced, French Fried, Sweet Potato Fries, Purple Potatoes
Traditional Bread	Sourdough, Whole Grain, Artisanal, Ezekiel Bread, Rye
Traditional Pasta	Elbow, Spiral, Penne, Spaghetti, Fettuccine, Whole Wheat Pasta
Rice	Jasmine, White, Brown, Wild, Basmati, Black, Red
Dairy	Greek Yogurt, Full Fat Yogurt, Sour Cream, Any Cheese

Vegetables

Food Type	Examples
Fresh	Leafy Greens, Kale, Spinach, Tomatos, Peppers, Onions, Cucumbers, Pickles, Carrots, Lettuce
Sautéed, Grilled, Baked, or Broiled with salt, butter or oil	Broccoli, Broccolini, Brussel Sprouts, Carrots, Peppers (Bell, Chili), Onions (Yellow, Red, Green), Squash (Butternut, Acorn, Zucchini), Sweet Potato, Mushrooms (Portobello, Shiitake, Cremini), Cauliflower, etc

Sweet Treats

Food Type	Examples
Berries	Strawberries, Blueberries, Raspberries, Blackberries
Fruit	Apples, Oranges, Bananas, Pears, Grapes, Pineapple, Mango, Kiwi, Pomegranate, Cherries, Peaches, Plums, Watermelon,
Honey	Raw Honey, Manuka Honey, Clover Honey, Wildflower Honey

Example Meal:

 **Balanced Meal Idea**

- **Protein:** 6 oz grilled chicken
- **Carb:** 1 cup jasmine rice
- **Vegetable:** Sautéed broccoli with olive oil
- **Fruit:** 1/2 cup blueberries

Resilience X