

5-Day Double your Energy Challenge

CREATE A MAGIC PLATE

HOW TO GUIDE



Some carbs
you enjoy



Lots of produce
you enjoy

Some protein
you enjoy

• Healthy Fats •
• (1-3 tbsp) •



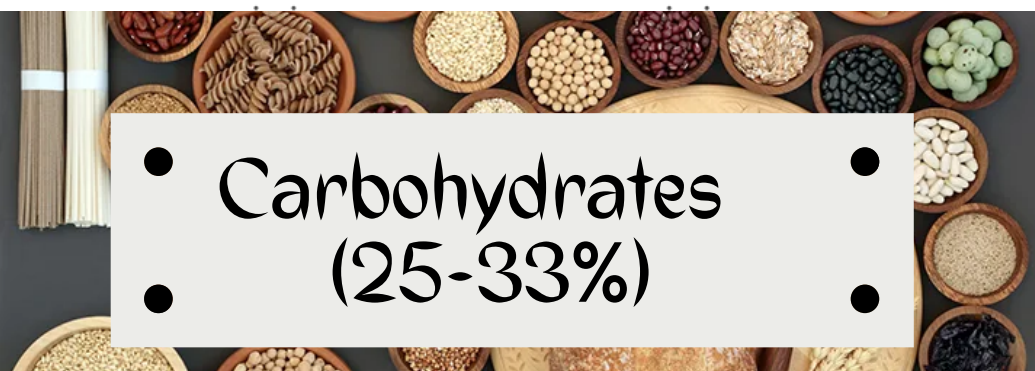
Some dressing, sauces,
nuts, fats you enjoy



• Colorful Produce •
• (33 -50%) •



• Healthy Protein •
• (25-33%) •

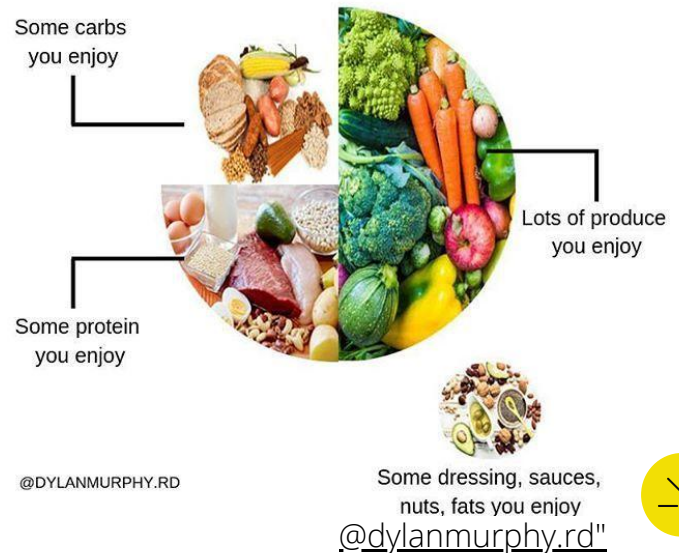


• Carbohydrates •
• (25-33%) •

What is a Magic Plate?

The Magic Plate formula

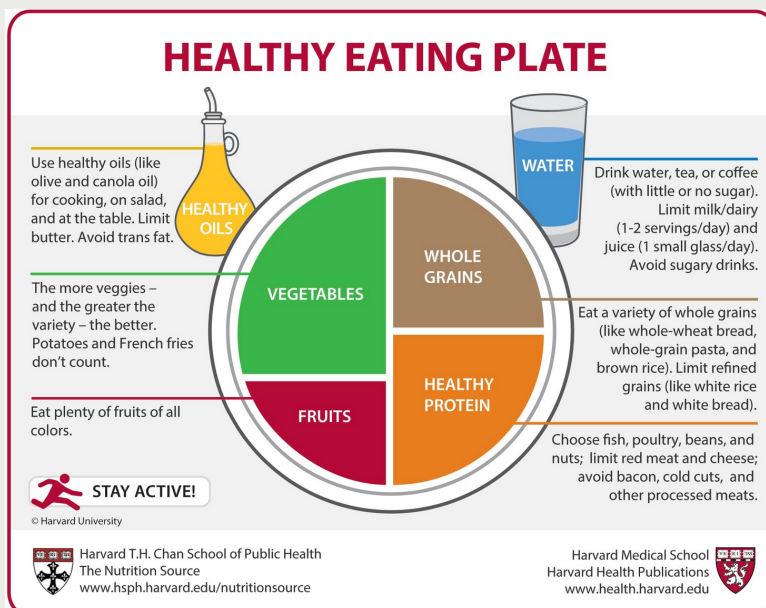
- Colorful Produce & Leafy Greens (33-50%)
- High-Quality Proteins (25-33%)
- Nutrient-Dense Starchy Vegetable and/or Grains (25-33%)
- High-Quality Fat (1-3 tbsps)



IT'S TAKING A MEAL THAT IS NUTRITIONALLY UNBALANCED BASED ON MACRONUTRIENTS & MAKING IT BALANCED

- Following this guideline, you have an easy formula to develop balanced meals each day that will give you energy and help stabilize your blood sugar.
- With the magic plate, you don't necessarily need to invent new recipes, you can work with the meals you already love.
- Don't deprive yourself of your favorite recipes. Instead, upgrade them using the magic plate formula.

ADDITIONAL TIPS



- Aim for color and variety, and remember that potatoes don't count as vegetables
- Go for whole grains – Whole whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them. Reduce or eliminate white bread, white rice, and other refined grains.
- Protein from fish, poultry, beans, and nuts are all healthy, versatile protein sources and pair well with vegetables on a plate.
- Healthy plant oils in moderation and remember that low-fat does not mean "healthy."

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>



Grocery Shopping Guide



High-Quality Proteins

- **Beef:** Grass-fed; Free-range or Free-roaming; “Raised without antibiotics”/ “No antibiotics administered”; Natural; “No Hormones administered”
- **Poultry:** Natural; Free-range; Free-roaming; Fresh; Certified Organic; Cage-free; “Certified Humane Raised and Handled;” “Federal regulations prohibit the use of hormones;” “No antibiotics added”
- **Eggs:** Cage-free; Free-range; Hormone-free; Antibiotic-free; Organic; Vegetarian-fed; Omega-3 enriched; No added antibiotics; Pasture raised;
- **Dairy:** Organic; No hormones (rBGH); Antibiotic-free
- **Vegetarian/Vegan:** Almonds / Black Beans / Brewer’s Yeast / Cheese* / Chia Seeds / Eggs* / Garbanzo beans(Chickpeas) / Greek Yogurt* / Hemp Seed / Milk (Grass-fed)* / Lentils / Nutritional Yeast / Peanut Butter / Pumpkin Seeds / Quinoa / Soybeans / Tofu
- **Fish/Seafood:** Salmon: Wild caught, Alaskan / Halibut: Pacific, California / Sardines: Wild caught, Pacific / Herring: Atlantic, Pacific / Anchovies / Haddock: Atlantic / Catfish / Lobster / Oysters / Clams / Cockles / Mussels / Crab: King, Snow & Tanner (AK) / Prawn (Canada & US) / Scallops (farmed), Shrimp (US farmed) / Squid (US) / Sole (US) / Tilapia (Canada, Ecuador, Peru, US) / Tuna: Albacore (trolls, pole and lines) / Tuna: Skipjack (Pacific trolls, pole, and lines)

**Non-Vegan, but could be suitable for Vegetarian Diet*



High Quality Fats

- Olives / Avocades / Halibut / Shrimp / Snapper / Almonds / Cashews / Macadamia nuts / Pine nuts / Brazil nuts / Pecans / Hazelnuts / Sunflower seeds / Pumpkin seeds / Chia seeds / Grass-fed butter / Olive oil (extra-virgin) / Hemp oil / Hemp seeds / Avocado oil / Walnut oil / Walnuts / Flax oil
- **Food sources of Omega-3's:** Hemp oil / Flax oil/ Flax seeds/ Flax meal / Walnuts / Walnut oil / Seaweed / Chia seeds / Salmon / Scallops / Soybeans / Halibut / Shrimp / Snapper / Tofu / Winter Squash / Cod / Kidney beans
- **Fats best for dressings / sensitive to high temperatures:** Safflower (unrefined) / Flax (unrefined) / Hazelnut (unrefined) / Olive oil (extra virgin) / Hemp (unrefined)

Vegetables, Legumes and Grains

Good sources of carbohydrate, fiber and plant based proteins

Starchy Vegetables & Legumes

- ☐ Beans (kidney, navy, black, cannellini)
- ☐ Butternut squash
- ☐ Chickpeas
- ☐ Corn
- ☐ Lentils
- ☐ Parsnips
- ☐ Peas
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Yams

Whole Grains

- ☐ Wild rice
- ☐ Brown rice
- ☐ Whole-wheat flour
- ☐ Oatmeal and whole oats
- ☐ Barley
- ☐ Whole rye
- ☐ Bulgur
- ☐ Amaranth
- ☐ Millet
- ☐ Quinoa

Non-Starchy Vegetables

- ☐ Artichokes
- ☐ Asparagus
- ☐ Bean sprouts
- ☐ Brussels sprouts
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Mushrooms
- ☐ Onions
- ☐ Peppers
- ☐ Spinach
- ☐ Tomato
- ☐ Turnips
- ☐ Zucchini

Power-Packed Fruits

- ☐ Blueberries
- ☐ Blackberries
- ☐ Raspberries
- ☐ Figs
- ☐ Pomegranate
- ☐ Goji berry
- ☐ papaya,
- ☐ cantaloupe
- ☐ Banana
- ☐ avocado
- ☐ apple
- ☐ strawberries
- ☐ Orange
- ☐ Grapefruit
- ☐ Cherries



Sample Recipes

Breakfast (Sweet)

Healthy Peanut Butter Oatmeal Bowl

Ingredients



OATMEAL

1. 1/2 cup quick oats
2. 1 cup water
3. pinch salt
4. 1/2 tsp vanilla extract
5. 1/4 tsp cinnamon (extra for topping)

TOPPINGS

1. 1 tbsp creamy peanut butter
2. 1 tbsp coconut shreds
3. 1 tbsp dark chocolate chips/pieces
4. 2 tbsp agave nectar
5. banana slices
6. fresh blueberries



Instructions

1. Cook the oatmeal according to the package directions with salt, vanilla, and cinnamon.
2. Top cooked oatmeal with peanut butter, coconut shreds, chocolate pieces/chips, agave, and fresh fruit.
3. Sprinkle with extra cinnamon and enjoy!

Notes & Tips

For extra crunch/texture, add your favorite nuts or seeds - this peanut butter oatmeal is so versatile when it comes to the toppings.

If you don't want to use peanut butter, you can swap for cashew butter or almond butter.

Use honey or coconut sugar as your sweetener if you don't have agave



Sample Recipes

Breakfast (Savory)

Savory Breakfast Bowl



Ingredients

1. 1.5 tablespoons Olive Oil
2. 6 Cherry Tomatoes
3. A handful of Fresh Baby Spinach Leaves
4. Salt , to taste
5. Black Pepper , to taste
6. 1 cup Cooked Quinoa
7. 1 Hard Boiled Egg
8. 1 Small Ripe Avocado , thinly sliced
9. ¼ cup Cottage Cheese
10. Black Sesame Seeds , optional



Instructions

1. In a skillet (frying pan), heat up olive oil. Add cherry tomatoes, spinach and season these with salt and black pepper. Saute until the spinach is wilted and cherry tomatoes are slightly cooked, for about 2 minutes.
2. Meanwhile, get a breakfast bowl. Add in cooked quinoa (seasoned with salt), hard-boiled egg, sliced avocado and cottage cheese. When the spinach and cherry tomatoes are ready, add these to the bowl and drizzle everything with olive oil and sprinkle with sesame seeds (optional).
3. Enjoy!

See original recipe @<https://www.happyfoodstube.com/savory-breakfast-bowl/>



Notes

- Olive oil - I highly recommend using extra virgin olive oil.
- Cherry tomatoes - if they are quite large, cut them in half. If not, you don't have to cut them at all.
- Quinoa - there are 3 different types of quinoa so you can use any that is available in your local store. The cooking time may vary slightly so please follow the package instructions.
- Cook some eggs the night before, peel them and have them ready in a sealed container for the following morning(s). You can do the same with quinoa - cook a large batch and keep it in the fridge until ready to use. It should last for 3-4 days when stored properly.
- Fried eggs (sunny side up) or scrambled eggs are also a great alternatives. You don't have to saute cherry tomatoes and spinach if you don't want to. Just make sure to season them with salt, pepper and olive oil!

Sample Recipes

Lunch/Dinner

This buddha bowl recipe is super fresh, delicious and versatile! The rice and veggies and dressing can be made in advance and stored in the refrigerator. Recipe yields 4 meal-sized bowls.

INGREDIENTS

Rice and veggies

1. 1 ¼ cups short-grain brown rice or long-grain brown rice, rinsed
2. 1 ½ cups frozen shelled edamame, preferably organic
3. 1 ½ cups trimmed and roughly chopped snap peas or snow peas, or thinly sliced broccoli florets
4. 1 to 2 tablespoons reduced-sodium tamari or soy sauce, to taste
5. 4 cups chopped red cabbage or spinach or romaine lettuce or kale (ribs removed)
6. 2 ripe avocados, halved, pitted and thinly sliced into long strips (wait to slice just before serving, see details in step 5)

Essential garnishes

1. 1 small cucumber, very thinly sliced
2. Carrot ginger dressing*
3. Thinly sliced green onion (about ½ small bunch)
4. Lime wedges
5. Toasted sesame oil, for drizzling
6. Sesame seeds Flaky sea salt

INSTRUCTIONS

1. Bring a large pot of water to boil (ideally about 4 quarts water). Once the water is boiling, add the rice and continue boiling for 25 minutes.
2. Add the edamame and cook for 3 more minutes (it's ok if the water doesn't reach a rapid boil again). Then add the snap peas and cook for 2 more minutes. Drain well, and return the rice and veggies to the pot. Season to taste with 1 to 2 tablespoons of tamari or soy sauce, and stir to combine.
3. Divide the rice/veggie mixture and raw veggies into 4 bowls.
4. Arrange cucumber slices along the edge of the bowl (see photos). Drizzle lightly with carrot ginger dressing and top with sliced green onion. Place a lime wedge or 2 in each bowl.
5. When you're ready to serve, divide the avocado into the bowls. Lightly drizzle sesame oil over the avocado, followed by a generous sprinkle of sesame seeds and flaky sea salt.
6. Serve promptly. If you intend to have leftovers, wait to complete step 4 just before serving (otherwise the avocado will brown too soon).
7. Leftover bowls keep well (avocado excluded) for 4 to 5 days in the refrigerator.



Magic Snacks

- ☐ ½ cup edamame beans, 2oz (60g) ham slices
- ☐ 2T almond butter, ½ cup celery—optional: sprinkle 1T chia seeds in almond butter
- ☐ 1 slice high fiber toast, ¼-½ cup squash on top of toast, sprinkle 1 oz (30g) feta or goat cheese, top with favorite herb—eat open-faced
- ☐ 2oz (60g) pulled chicken, ½ cup avocado—mixed together
- ☐ 2 slices quality deli turkey, 1T mayo, ½ cup cucumber & tomato—roll up and eat
- ☐ ½ cup sardines mashed with a fork, 1T mayo, ½ cup celery diced—mix and enjoy!
- ☐ ¼ cup black beans, ¼ cup salsa, ½ cup avocado
- ☐ ½ cup raspberries, ½ cup cottage cheese
- ☐ ½ cup high-fiber crackers, 2T almond butter
- ☐ 1oz cheddar cheese, ½ pear, 12 almonds
- ☐ ½ cup sweet potato, ¼ cup full-fat plain yogurt or sour cream
- ☐ ½ cup squash, 1T butter, 1T ground flax seed sprinkles on top
- ☐ ½ cup roasted chickpeas, with cinnamon
- ☐ 2T cashew butter, ½ banana, ¼ cup dry oatmeal—mix and enjoy!
- ☐ ½ apple, 2T almond butter, chia seeds sprinkled on top
- ☐ 1 tomato cut into slices, ½ cup mashed avocado layered on top, 1oz (30g) shredded cheese sprinkled as final layer—broil on baking sheet for a couple minutes
- ☐ ½ cup hummus, ½ cup celery or carrots, a small handful of high-fiber crackers
- ☐ 1 hardboiled egg sliced on crackers or high-fiber bread, 1T mayo
- ☐ 2T shredded coconut, ¼ cup dry oats, ½ banana—mix together and enjoy!
- ☐ 1 pear, 12 almonds
- ☐ ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries—all mixed in a bowl
- ☐ ½ cup roasted green peas with 2T olive oil
- ☐ quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, ½ diced tomato, 1- 2T olive oil, 1/2T fresh squeezed lemon, 1T feta cheese and mint, salt and pepper to taste)
- ☐ ½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, 2oz fresh mozzarella cheese—mix together and enjoy warm or cold!
- ☐ ½ cup cooked lentils of choice, ¼ cup full-fat sour cream or tahini
- ☐ ½ cup plain yogurt, ½ cup berries of choice, ground flax seeds mixed in
- ☐ ½ cup homemade trail mix with almonds, cashews, sunflower seeds, raisins, and some dark chocolate nibs
- ☐ ½ cup bell peppers sliced, wrapped in 2oz (60g) prosciutto with a side of 5 olives