

# 3-PART MEAL FORMULA

KELLY SCHMIDT WELLNESS

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## Protein

Helps maintain & build lean body mass and stabilize blood sugar.

Good sources: organic animal protein, wild seafood, pasture-raised eggs, protein powders, greek yogurt/cottage cheese (if tolerated)

## Fiber/Carbs

Provides energy and fuels healthy gut bacteria.

Good sources: all fruit, vegetables, legumes/beans, intact grains (GF oats, rice, quinoa, farro), organic corn, potatoes

## Fat

Builds hormones, can support inflammation and provides satiety.

Good sources: olives, olive oil, avocado, avocado oil, butter, coconut, coconut oil, nuts/seeds, nut and seed butters.

# BUILDING YOUR PLATE

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## 3-Part Meal Formula:

- Protein
- Fiber
- Fat



**Aim to eat all 3 macronutrients at every meal, making protein a staple.**



**Moderate large portions of carbs as they digest quickly and rapidly digest into sugar.**



**Strive for your plate to resemble ~**

- 1/2 plate from vegetables
- 1-2 palm-sized portions of protein
- 1-2 fists of starchy carbs
- 1-2 healthy fat.

Fat and carbs should have an inverse relationship.  
The higher the carbs on the plate, the lower the fat and vice versa.