



THE METHOD BY BODYFIT BY AMY

YOUR FLEXIBLE, DIETITIAN-MADE, EATING GUIDE TO NOURISH
YOUR BODY WHILE ENJOYING ALL FOODS

BY VIVIAN SCHEMPER, RDN, LDN



THE DISCLAIMER

All information and tools presented within this ebook (The Method by Bodyfit by Amy) are intended only for informational and educational purposes. Any health, diet, or exercise advice is not intended as medical diagnosis or treatment. If you think you have any medical condition, you must seek professional advice, even if you believe it may be due to diet, food, or exercise. Bodyfit by Amy is not a medical institute, and therefore, none of its staff will give any diagnosis or medical advice.

Bodyfit by Amy was established to provide good, practical information to help healthy adults in their health and wellness efforts. This ebook is NOT intended for people under 18 years of age, underweight individuals, or people with active eating disorders or any health condition that requires a special diet. Weight loss results can vary depending on the individual. There is no guarantee of specific results. Results may vary. The causes of being overweight or obese vary from person to person. No individual result should be seen as typical. Whether genetic or environmental, it should be noted that food intake, metabolism rates, and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. The owners, distributors, and any participants disclaim all liability or loss in conjunction with any content provided here. Although every effort has been made to provide complete and accurate information, Bodyfit by Amy's staff make no warranties, express or implied, or representations of the accuracy of content in this ebook. Bodyfit by Amy assumes no liability or responsibility for any error or omissions in the information contained in this ebook.

Again, the information here is not intended to serve as medical advice, a substitute for physicians' medical advice, or treatment for specific medical conditions. The Bodyfit by Amy team advises that all readers should regularly consult a physician for any matters related to physical, mental, and emotional health. This guide is not intended to alleviate or treat symptoms that may require diagnosis or medical attention. All readers should be under the regular and recommended care of a physician. Each reader should consult with a physician before making any significant lifestyle change; this includes changes in diet and exercise. The authors are not responsible for a change in any specific health or allergy needs, which may require medical supervision. Also, the authors are not liable for any damages or negative consequences that may arise directly or indirectly from applying any information in this guide to any person reading or following the content in this guide.

The food, recipe ideas, and ingredients listed in this guide are suggestions only. Avoid foods or recipes that contain ingredients that you are allergic or intolerant to. References to any specific commercial products, trades, firms, brands, or corporations are only for general informational purposes. These references do not constitute sponsorship or endorsement of any kind. Use of any food, product, recipe, or recommendation written in this guide is subject to the reader's judgment and at the reader's own risk. The author and contributors also hold no liability for misinterpreted, poorly applied, or inappropriately used recommendations.

©2021 Bodyfit by Amy. This ebook is licensed to a single user only. The unauthorized reproduction or distribution of this copyrighted work is illegal.



THIS INFORMATION COULD CHANGE

The field of nutrition and dietetics is relatively young, and many questions have yet to be answered. Nutrition science is an ever-changing field with many gray areas, which is exciting but also incredibly confusing when it seems like the “truth” is always changing. As new research emerges in chronic disease prevention and weight loss, **we may change or adjust the book’s contents or concepts to reflect the most up-to-date evidence.**

This ebook focuses on the healthy plate method. The plate method is an evidence-based and widely used approach known to help promote weight loss and aid in the prevention of diabetes. Here at Bodyfit by Amy, we are always looking at the latest research in nutrition, dietetics, exercise, and wellness. **If new evidence shows that a different approach may work best, we will update or change this ebook accordingly to ensure you are always receiving the most up-to-date methods to improve your health and overall well-being.**

Furthermore, we are always accepting feedback and suggestions. There are many health, weight maintenance, and weight loss approaches, so we are always listening to our readers and evaluating how they respond to the methods and techniques of this ebook. **We may change this ebook’s direction or strategies if we find that our readers struggle with the concepts or if anything is not sustainable.**





A WORD FROM THE AUTHOR

Welcome home! Here at the Bodyfit by Amy community, we do not believe in fad diets, extreme workouts, or short-term fixes. Still, we think that sometimes pushing the restart button can help us create and reconnect with the healthy habits that make us look and feel great.

When developing this program, I thought long and hard about making it simple while incorporating evidenced-based dietary approaches that are realistic, sustainable, and beneficial. After spending some time brainstorming, I came up with The Method. The Method is straightforward and gives you the tools to build a healthy plate and snack every time. I love this approach because it follows the Healthy Plate Method (HPM), which is a simple, visual way to ensure you get enough non-starchy vegetables and lean protein while limiting the amount of higher carbohydrate food, which has the greatest potential to spike your blood sugar.

I also love this framework because it puts YOU in charge. I am not one of those nutritionists that will give you a meal plan and call it a day. Why? Because, in a meal plan, I can tell you to eat avocados at lunch, strawberries for a snack, and chicken breasts for dinner on Tuesday. That may sound nice, but what if you don't like those foods? My goal with The Method is to give you a framework, *a formula per se*, that you can follow regardless of what vegetable, grain, and protein you have at home. You are the boss, so you decide what you want to eat here. You should eat the foods you love and avoid those that you do not. I don't want anyone in this program plugging their nose while eating spinach but forcing it down simply because it's healthy (yes, I had a client that did this - not a healthy relationship with food)!

On a deeper level, this approach helped me shed the forty pounds I gained after getting married, but most importantly, it nourished me to feel energized and strong. I know firsthand that it's been a sustainable and realistic approach for a food lover like me, and I think you'll love it too! With The Method, no foods are off-limits. You will focus on real food that makes your body look and feel like the best version of itself. Let's cook!

Vivian

VIVIAN

...is a registered and licensed dietitian nutritionist and former health coach for the popular weight loss app, Noom. Vivian specializes in weight management, weight loss, culinary nutrition, and health coaching.



BEFORE YOU BEGIN... THIS IS **NOT** A DIET BOOK. NOPE, NOT AT ALL.

Diets work - until they don't. We are all about sustainable and long-term results here.

1. This ebook is **NOT** a crash diet plan to get you ready for a big event in the next four weeks. We've been at the weight loss game for a while, and the quick-fix stuff doesn't work.
2. We will **NOT** be asking you to count calories or track macros! **Why? Because this often leads to an attempt at perfectionism or disordered thinking and it's rarely sustainable.** Our philosophy is to help you reach your goals by guiding you on portion sizes and teaching you to listen to your body for hunger and fullness cues. Tracking every morsel that you eat for the rest of your life is not a fun way to live, so we don't focus on that here!
3. We will **NOT** ask you to cut out an entire food group, like carbs or fats, nor will we tell you exactly what to eat every meal of every day. We are not drill-sergeants or the food police, so please, do you!
4. In the next few pages, you will find principles, formulas, and guidelines - **do not let these control you!** These are *suggestions* for how to eat *most* of the time, not always!
5. You can expect that some of your meals and snacks will **NOT** follow the 'rules' or formulas in the next pages - this is 100% okay! If you are achieving 100% perfection with this guide, you are likely doing it wrong, and you may get burned out! Remember, this is for the long-term, and all foods can fit within a healthy lifestyle.
6. Lastly, this guide contains suggestions for how and what to eat *most* of the time, so know that if a food isn't in here, it doesn't mean you can't eat it. If it falls in the "delicious but less nutritious" category, enjoy occasionally, moderately, AND WITHOUT A SIDE OF GUILT!

*be where you
are
today*





THE BODYFIT

HEALTHY EATING PRINCIPLES

EAT REAL FOOD

I encourage you to eat mostly what mother earth gave you. I like to choose foods as close to their natural state as possible. Reach for fruits, vegetables, whole grains, beans, legumes, nuts, seeds, and, if you choose to, animal proteins. Limit highly processed foods (candies, packaged chips, soda, etc.) and eat foods with real and minimal ingredients. And by “*mostly*,” I don’t mean *always*—leave room for treats! If you follow the The Method formulas most of the time (next page), you will naturally limit your consumption of processed foods and eat mostly whole foods.

DRINK UP

Water all day every day. It never gets old. Also, a little wine here and there (if it works for you), ‘cause why not? Proper hydration via water and non-sugary beverages like green tea helps with digestion, increases energy, and promotes glowing, healthy skin.

SEASON FOOD WITH FOOD

No need for excess salt or added sugars here! Use garlic, turmeric, and other herbs and spices to add flavor and a dose of antioxidants to food. Add lemon wedges to water, add cinnamon to coffee, and top yogurts and oatmeal with fresh fruits for a dash of sweetness. Dress your salads with oil and vinegar, or consider making your own salad dressings.



YOUR DAILY TO-DO LIST

- **EAT THREE COLORS EACH DAY** - notice we are saying *each day*, not *each meal* (although, if you want to have three colors at each meal, that's cool too, but not necessary)! Your daily colors can be from starchy (sweet potato) and non-starchy fruits and veggies (berries, asparagus).
- **TRY TO INCLUDE VEGGIES AT BREAKFAST** - we know this is tough, so don't stress about doing it every single day. Maybe aim for 1-2 times per week.
- **FOR MEALS AND SNACKS, FOLLOW THE METHOD FORMULAS** - aim to do this 85% - 90% of the time. Method formulas are in the next few pages!
- **DRINK 8 OUNCES OF WATER BEFORE EATING OR DRINKING ANYTHING** - can be a cup of hot water with lemon wedges or just a glass of cold H₂O, whatever works for you! #waterbeforecoffee
- **EACH DAY, DRINK AT LEAST HALF YOUR BODY WEIGHT IN OUNCES** - our bodies are ~60% - 75% water, so it's essential to drink up!

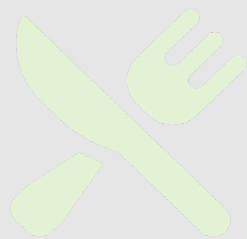
IMPORTANT THINGS TO KEEP IN MIND

- Be kind to yourself and show yourself some grace!
- Be patient - you may not get it right away - it's okay!
- Don't aim to achieve 100% perfection with the to-do list above: 85% - 90% percent is a good place to aim for! Events and life *will* happen, so there's a very good chance that you won't be able to achieve 100% perfection with the to-do list above every day of your life until you die. If there's a pizza night with friends, you'll probably have a little more carbohydrates, and if there's no salad in sight, you may not get the veggies in that night. It's OKAY! This isn't a setback. You did not fail. You are still healthy. A healthy lifestyle includes veggies, pizza, water, AND cookies!
- Don't plan on cheat days. Being perfect Monday - Friday only to go on an all-out binge during the weekend is NOT helpful! Check out my LIVE on this topic [HERE](#).
- Be the expert on your body and listen to what it's telling you - honor your hunger and fullness cues!
- Trying to lose weight? You **MUST** read this blog I wrote. Click [HERE](#).

...let's do this



THE METHOD IN ACTION



PUTTING YOUR PLATES TOGETHER



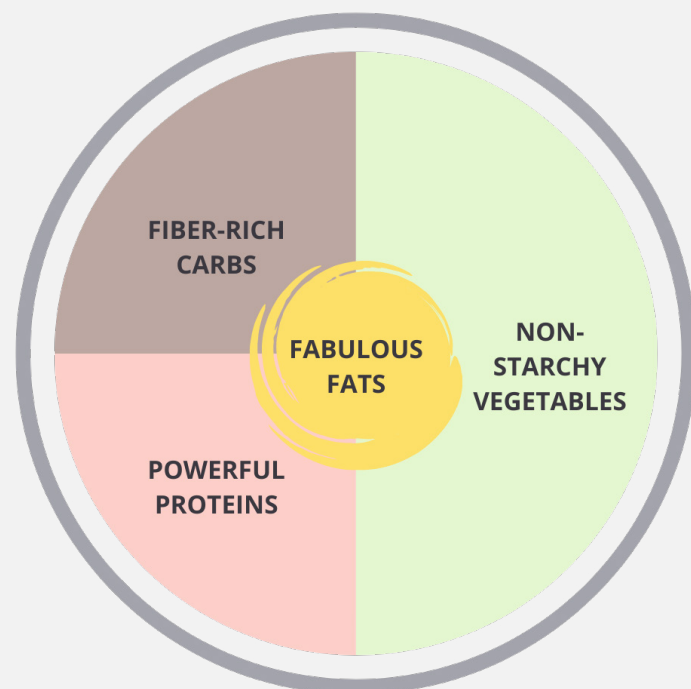
BLISSFUL BREAKFAST

LET'S TACKLE THAT TO-DO LIST

Remember the second item in the to-do list? I asked you to *try* to include veggies at breakfast, but I understand that's not always feasible. Follow the simple formulas below to make a powerful and energizing breakfast every single morning. Don't let the veggies at breakfast suggestion intimidate you - **sometimes veggies don't fit at breakfast, and that's okay!** This suggestion aims to help you increase your intake of vegetables and get you to think outside of the box. Even if you eat veggies 1-2 days out of 7 days in the morning that's a **HUGE** win right there! By adding veggies at breakfast along with powerful proteins, you slow the absorption of carbohydrates, which prevents energy crashes and excessive hunger. The following images demonstrate what your breakfast plate or glass should look like. Choose **ONE** of the four options presented:

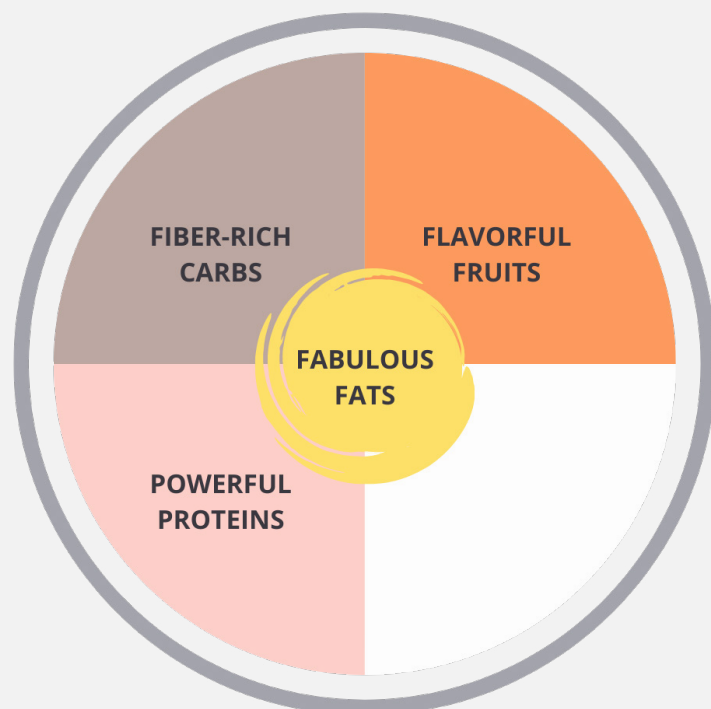
OPTION ONE - BREAKFAST PLATE W/ VEGGIES

Here's a simple visual to show you what your breakfast plate with veggies will look like. Your plate doesn't need to be exactly like this - you may have a little less or a little more veggies. **This visual is based on an 8 or 9-inch plate (salad plate).** One serving of vegetables is $\frac{1}{2}$ cup, but you can always have MORE! As a general rule, make $\frac{1}{2}$ your plate non-starchy veggies!



OPTION TWO - BREAKFAST PLATE W/ FRUIT

To my friends who struggle with the veggies at breakfast, there's an option for you! Here's a simple visual to show you what your breakfast plate could look like with fruit instead. **This visual is based on an 8 or 9-inch plate (salad plate).** One serving of fruit is $\frac{1}{2}$ cup (or a small whole fruit like apple, orange, banana), but you can choose up to 1 cup of your fruit of choice. If you are prediabetic or diabetic, please check with your doctor or dietitian about appropriate fruit and carb portions, or stick to the breakfast plate with veggies instead for a more carb-controlled option.

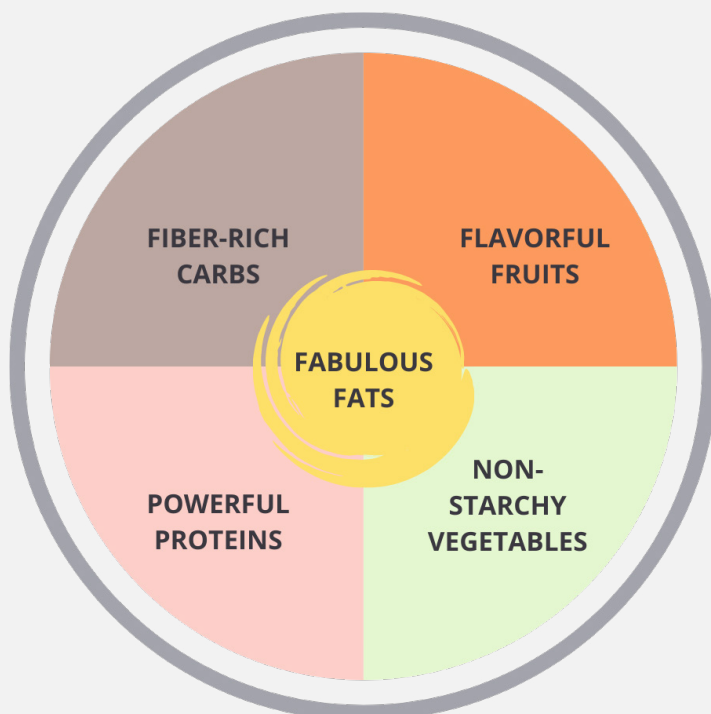




BLISSFUL BREAKFAST

OPTION THREE - BREAKFAST PLATE W/ FRUITS AND VEGGIES

So you want to try veggies at breakfast, but you don't want to let go of fruit - no problem! This one is for you! Choose ½ cup fruit (or small whole fruit) and ½ cup of veggies at breakfast! Again, **this visual is based on an 8 or 9-inch plate (salad plate).**



WHAT ABOUT KODIAK CAKES?

[Kodiak cakes](#) are an excellent and convenient breakfast option. The waffles, pancakes, muffins, etc., are made with 100% whole-grains and contain beneficial fiber. Also, these products contain protein, making their waffles or pancakes a well-balanced option. The Kodiak products count as fiber-rich carb AND protein, so for breakfast, you can have 3 flapjacks, or 2 power waffles, or 1 ½ thick and fluffy waffles with ½ cup of fruit. If you are feeling adventurous, you can add some shredded carrots or zucchini to the powder mixes for a "zucchini bread" pancake or "carrot cake" pancake. The muffin mixes are high in added sugar, so I recommend making your muffins using the Kodiak power cakes mix - [here's a recipe many of our members have loved!](#)

WHAT IF I DON'T EAT OR LIKE BREAKFAST?

Listen to your body! The *"breakfast is the most important meal of the day"* concept is scientifically unfounded, so if you are not a breakfast person, no biggie! If you prefer to eat something in the morning, but don't love breakfast foods, consider lighter options like a smoothie or Greek yogurt topped with fruit. If you like something smaller than the portion size guidance we give you here, that's fine too - eat less! And, if you prefer to skip breakfast all together, that's okay too. Don't force anything and do what feels right.

If you are on the fence about breakfast, here's a challenge for you: try eating breakfast and see how you feel. Try skipping it and see how you feel. Do you notice stable energy and well-controlled hunger levels when you eat vs when you don't? Experimenting this way can help you identify whether you could benefit from breakfast or not.



BLISSFUL BREAKFAST

OPTION FOUR - BREAKFAST GLASS - FANTASTIC FIVE SMOOTHIE/SHAKE

Raise your hand if you love smoothies as much as we do! Seriously, smoothies are such a great on-the-go option, and the smoothie combination options are endless. Smoothies can be incredibly nutritious, but we have found that many of our clients struggle with striking the right balance of nutrients when making their tasty shakes. Too often, we see people add too much fruit, little vegetables, and no protein, so here's your fail-proof formula to create that perfect smoothie Every.Single.Time.



FANTASTIC FIVE SMOOTHIE FORMULA

STEP ONE // CHOOSE A BASE // 1 CUP

Water, plant-based milk, or protein-rich milk like cow's or pea milk. We love unsweetened almond or macadamia milk.

STEP TWO // CHOOSE FIBER-RICH CARBS AND/OR FRUIT // ¼ CUP - 1 CUP

All fruits taste great in smoothies - decide between fresh fruit or frozen fruit. For fruit, choose ½ cup - 1 cup. If you are not feeling fruit, you can choose ¼ cup oats, quinoa, or fiber-rich veggies like acorn squash or pumpkin. OR, you can have ½ cup of fruit AND ¼ cup of grains (like oats).

Heads up - fruit juice would fit in this category, and not as a base! You can choose 1/2 cup of fruit juice, but we encourage you to choose whole fruits more often than fruit juice!

STEP THREE // CHOOSE NON-STARCHY VEGETABLES // ½ CUP - 2 CUPS

Kale, spinach, or cauliflower are common options in smoothies. Also, great? Beets, zucchini, and carrots!

STEP FOUR // CHOOSE PROTEINS // 1 SERVING

If your base is cow's, soy, or pea milk, there's no need for extra protein; otherwise, choose ⅔ cup Greek yogurt or one scoop of protein powder. Refer to the powerful protein list to determine protein portions.

STEP FIVE // CHOOSE FABULOUS FATS // 2 SERVINGS

Avocado, seeds, shredded coconut, nuts, or nut butter. Refer to the fabulous fat list to determine fat portions.

STEP SIX // ADD A BOOST // OPTIONAL

Add some extra antioxidants to your smoothie with one of these options: unsweetened cocoa powder, matcha powder, cacao nibs, cinnamon, ginger, nutmeg, maca root powder, turmeric, collagen, powdered adaptogenic mushrooms, etc.

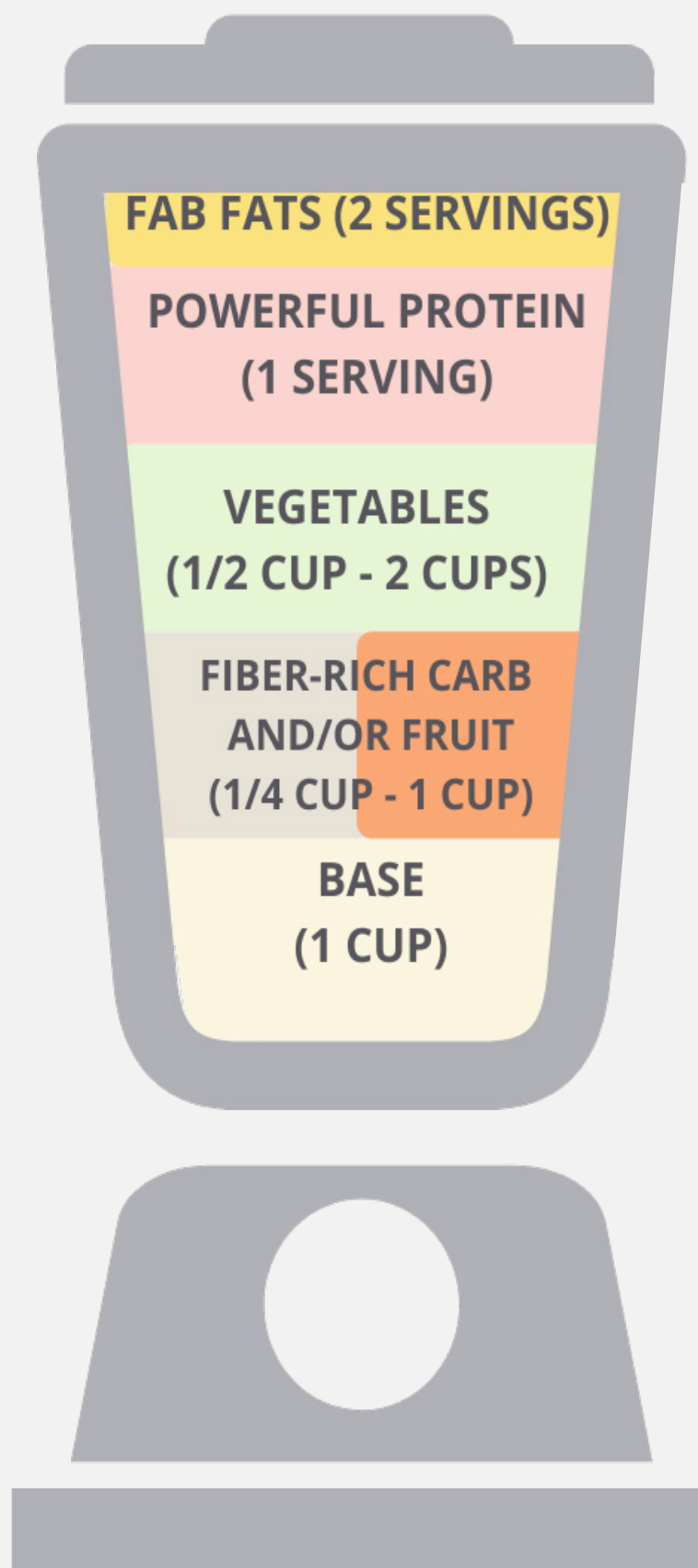
...need a visual? flip to the next page!



BLISSFUL BREAKFAST

FANTASTIC FIVE SMOOTHIE/SHAKE

Here is your visual picture of what to add to your blender to create a nutrient-dense smoothie! Also, these delicious blends aren't limited to breakfast. **You can choose to have a fantastic smoothie for lunch or dinner, too.** Prefer a smoothie as a snack? No problem! Cut the portions in half or make a whole smoothie and drink half of it for a portion-controlled snack!



COCONUT COOKIE SMOOTHIE | SERVES 1

INGREDIENTS

- 1 cup unsweetened almond milk (*base*)
- 2 tablespoons unsweetened dried coconut (*fab fats*)
- 1 Medjool date, seed removed (*fiber-rich carb*)
- 1 tablespoon unsweetened cocoa powder (*boost*)
- 1 scoop (~ ¼ cup) vanilla protein powder or ⅔ cup vanilla greek yogurt (*powerful protein*)
- ½ cup riced cauliflower (*vegetables*)
- Ice cubes, if desired.

DIRECTIONS

Place all ingredients in a blender and blend, blend, blend.

BERRY ALMOND OAT SMOOTHIE | SERVES 1

INGREDIENTS

- 1 cup unsweetened almond milk (*base*)
- ⅔ cup Greek yogurt (*powerful protein*)
- ¼ cup rolled oats (*fiber-rich carb*)
- 1 cup frozen raspberries (*and fruit!*)
- ½ cup riced cauliflower (*vegetables*)
- ½ tablespoon almond butter (*fab fats*)

DIRECTIONS

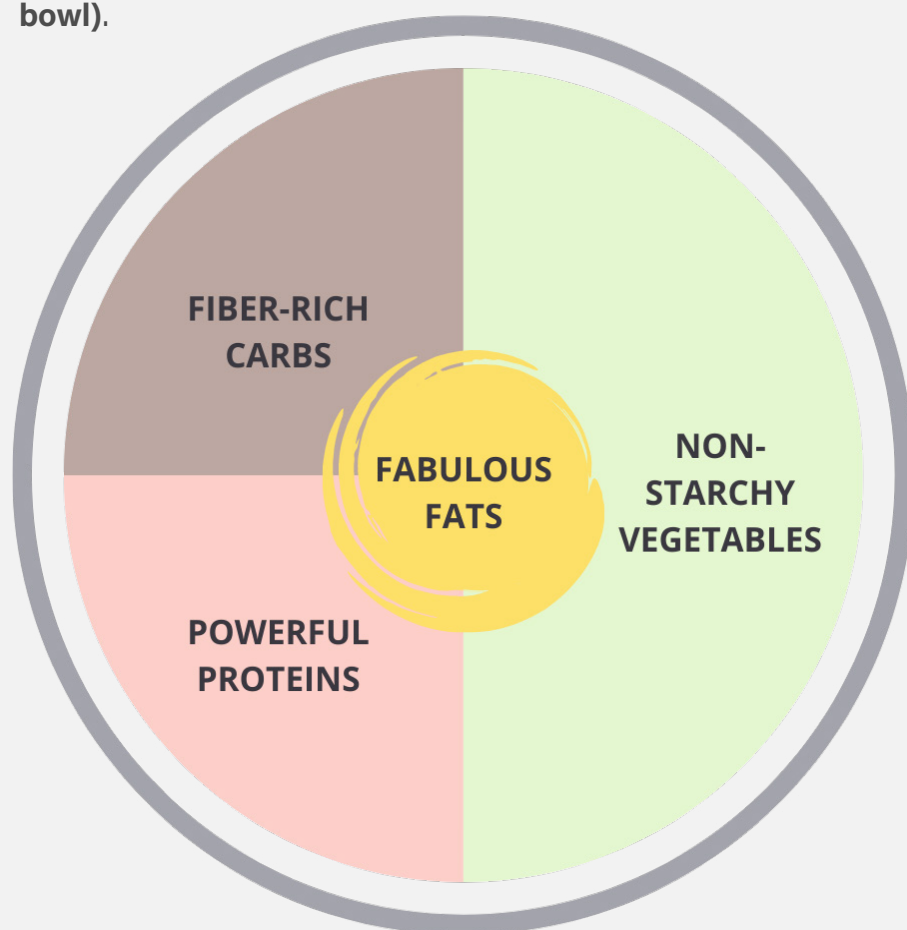
Place all ingredients in a blender and blend, blend, blend.



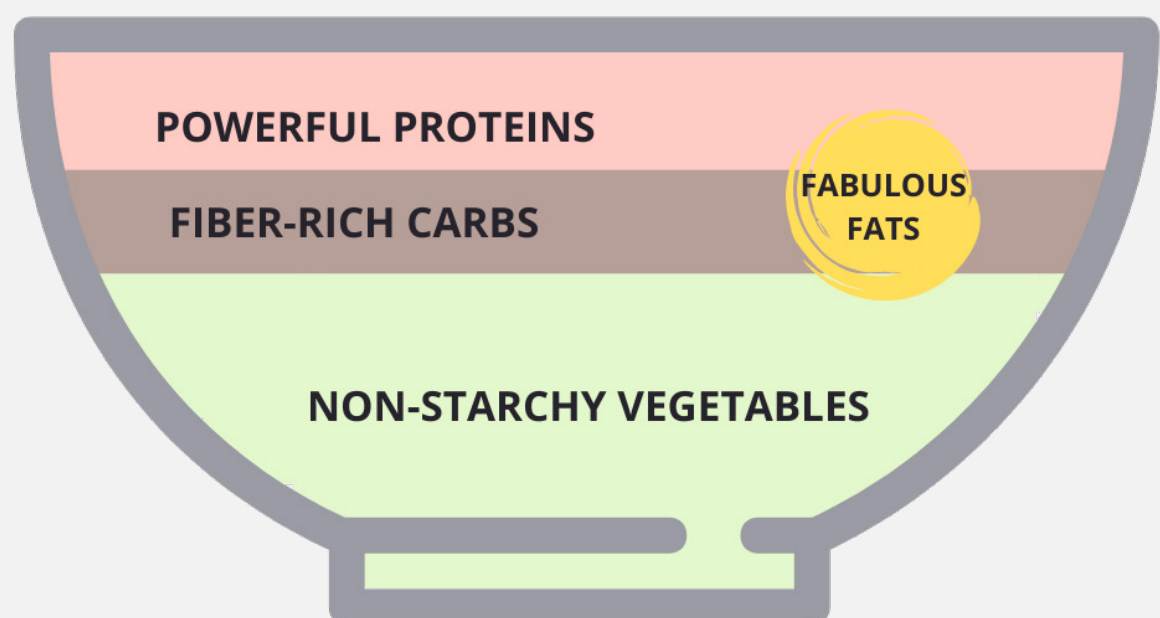
LOVELY LUNCH & DELISH DINNER

BACK TO THE TO-DO LIST, AGAIN!

Here's your visual formula of how to create a healthy plate (or bowl) for lunch and dinner. In the next few pages, you will find food options to choose from, portion size guidance, and directions for one-pot meals. Certain meals will not look like the plate or bowl below (think, chili or veggie-packed lasagna), but even with those dishes, try to think of them as deconstructed versions of the plate or bowl below! Please note that **these visuals are based on an 8 or 9-inch plate (salad plate) or an average 8-inch bowl (cereal bowl or bistro bowl).**



OR





BUILDING YOUR METHOD PLATES

STEP ONE: FIBER-RICH CARBS

Choose **ONE** item from the fiber-rich category below to begin creating your method breakfast, lunch, and dinner.

GRAINS

Consume $\frac{1}{2}$ cup - $\frac{3}{4}$ cup, cooked portion

- Ancient & unique grains: amaranth, bulgur, buckwheat, farro, freekeh, kamut, millet, spelt, sorghum, teff, wheat berries
- Barley
- Beans or lentils**
- Couscous or orzo
- Muesli
- Oatmeal (oat porridge or oat bran)
- Polenta or stone-ground grits
- Quinoa
- Rice - brown, black, red, white, or wild

DRY OATS AND BRAN

Consume $\frac{1}{4}$ cup, uncooked portion

- Dry, raw oats (commonly added to smoothies or used for overnight oats)
- Wheat bran

BREADS

Try to choose 100% whole-grain or whole-wheat

- 1 slice bread (110-150 cals per slice)
- 2 slices thin-sliced bread (less than 80 calories per slice)
- 1 (burger) bun (less than 140 calories)
- 1 English muffin
- 1 slice (1 oz) sourdough bread
- 1 roll (~120 calories)
- $\frac{1}{2}$ regular size bagel
- 1 mini-bagel
- 1-2 waffles or pancakes (4-inch each or 1 oz each)
- 1 tortilla (6-inch)
- 4 street taco-sized (mini) tortillas
- 1 mini (2 oz) naan or pita

CEREALS AND GRANOLA

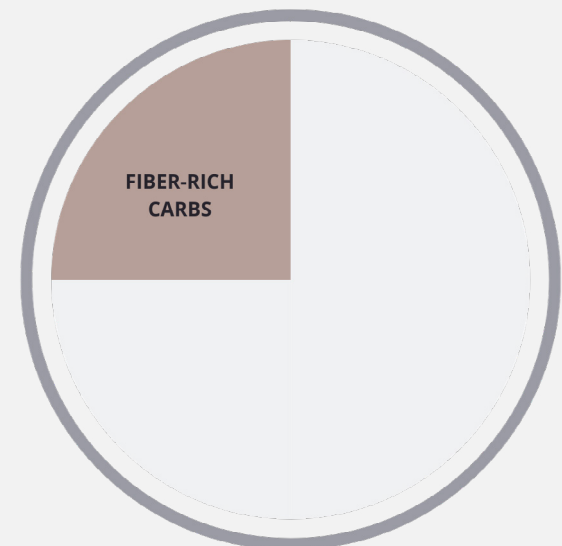
- $\frac{1}{2}$ - $\frac{3}{4}$ cup low-sugar cereal or granola (*less than 8 grams of ADDED sugar per serving*)

PASTA

Consume $\frac{1}{2}$ cup - $\frac{3}{4}$ cup, cooked portion

Try to choose 100% whole-grain or whole-wheat

- Pasta (noodles, spaghetti, macaroni, etc.)
- Bean or legume pasta (lentil, black bean, garbanzo, edamame)**
- Soba Noodles



STARCHY VEGGIES

All measurements are based on cooked portions

- $\frac{1}{2}$ cup cassava (yucca) or yam
- $\frac{1}{2}$ cup corn
- 1 cup parsnips
- $\frac{3}{4}$ cup peas
- $\frac{1}{2}$ cup plantains
- 1 cup pumpkin
- $\frac{1}{2}$ cup sweet, white, or purple potato (1 small whole potato, about 3-4 oz)
- 1 $\frac{1}{2}$ cup winter squash (acorn, butternut, delicata)

DESSERT: A LITTLE HACK!

Occasionally, you can swap out your fiber-rich carb for something sweet like 2 cookies, $\frac{1}{2}$ cup ice cream, or a regular brownie. For instance, you can have a salad with non-starchy veggies, protein, and a brownie. The brownie can count as your carb. It may not be as fiber-rich ([*unless you make our recipe!*](#)), but can be a good way to have the sweet with protein and fiber-rich veggies to keep blood sugar stable and calorie-control while satisfying your sweet tooth. Don't default to this option every time - variety is good! But, know this is an option too.

**These products count as both protein and carbs - choose 1 cup if you want these products to be both protein and carb.



BUILDING YOUR METHOD PLATES

STEP TWO: POWERFUL PROTEINS

Choose **ONE** item from the powerful protein category below to begin creating your method breakfast, lunch, and dinner.

POULTRY

Consume 3-4 ounces cooked portion

- Chicken
- Duck
- Turkey

(white or dark meat are fine)

RED MEAT

Consume 3-4 ounces cooked portion

- Beef
- Lamb
- Pork
- Wild game (elk, venison, bison, buffalo)

(limit red meat to 3 x per week or less)

SEAFOOD

Consume 3-4 ounces cooked portion

- Wild Alaskan salmon
- Atlantic mackerel
- Arctic char, herring, trout
- Anchovies (frozen, raw, or canned)
- Tuna (fresh or canned)
- Sardines (fresh or canned)
- Shrimp, crab, lobster, scallops

(when possible, choose wild-caught seafood)

VEGETARIAN

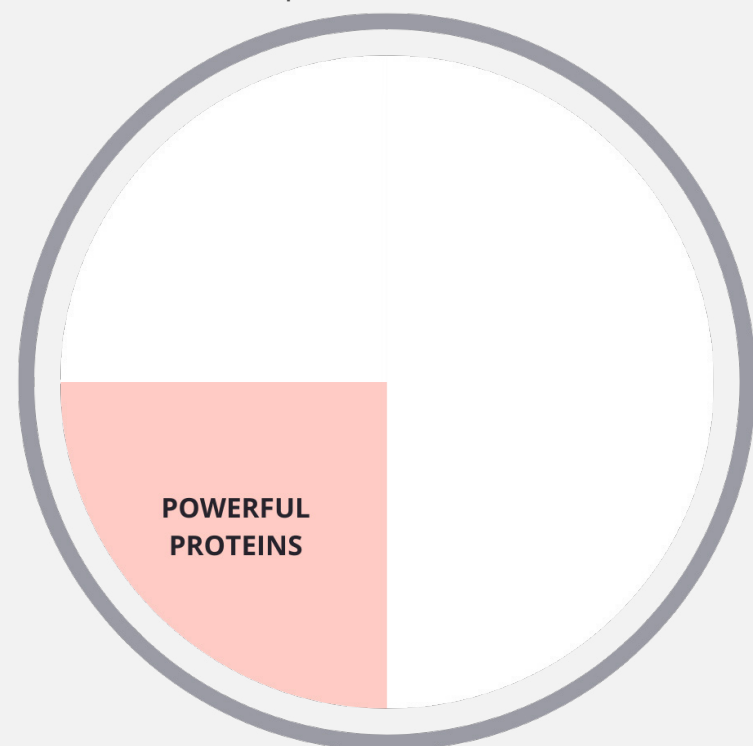
- 2 eggs
- 1 cup egg whites (6 egg whites)
- ½ cup cottage or ricotta cheese
- ⅔ cup (6 oz) plain Greek yogurt (or Skyr)
- 1 cup plain low-fat kefir
- 1 cup of cow, goat or camel milk
- 1-2 oz (1-2 slices) of cheese
- 1 scoop protein powder

VEGAN

- 6-8 oz cooked firm or soft tofu
- 3-4 oz cooked tempeh or seitan
- ½ - ¾ cup nutritional yeast
- ½ cup beans or lentils**
- 1 cup edamame (cooked)
- ⅔ cup (6 oz) of plant-based plain Greek yogurt
- 3 baked falafels (golf-sized)
- 3-4 oz meatless meats* (ex: morning star, quorn, beyond meat)
- 1 cup unsweetened pea or soy milk
- 1 scoop vegan protein powder
- 1 patty or link (2 oz) meatless sausage*

OTHER

- 2-3 oz smoked salmon* (2-3 slices)
- 1 link of chicken or turkey sausage* (about 2 ounces)
- 2 oz sandwich (deli) meat*
- 2 bacon strips*



***These products count as both protein and carbs - choose 1 cup if you want these products to be both protein and carb.*

**Watch sodium / Many of these products are highly processed, so consume sparingly*

Note: For dairy products, feel free to use fat-free, low-fat, or full-fat products unless otherwise specified.



BUILDING YOUR METHOD PLATES

STEP THREE: FABULOUS FATS

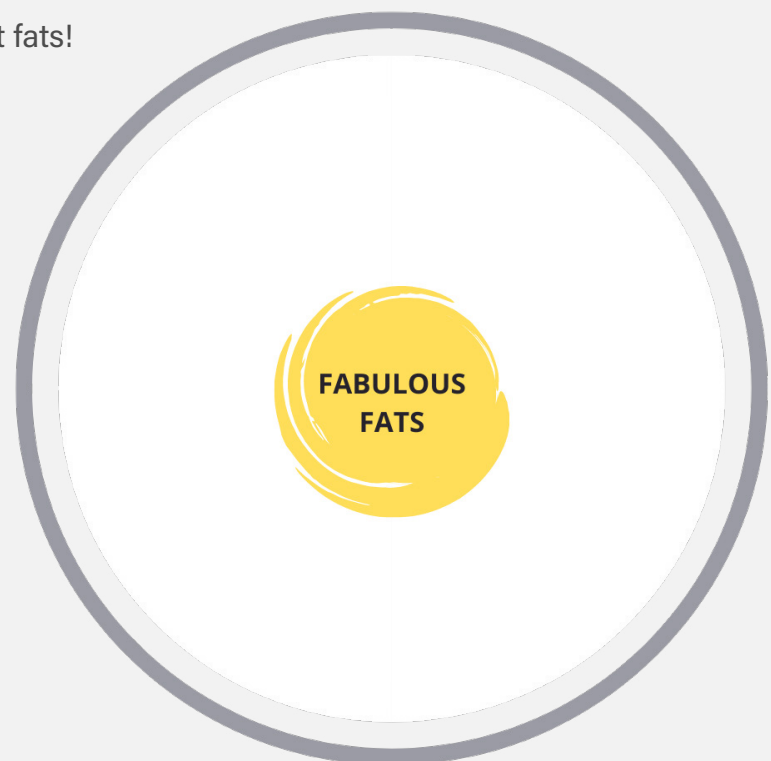
Choose 1-3 from the fabulous fat list below to begin creating your method breakfast, lunch, and dinner.

- If you are cooking your proteins or veggies in oil, choose 1 fat serving.
- For fattier proteins like dark meat poultry, red meat, salmon, eggs, cheese, or whole milk yogurt, choose 1 fat serving.
- For smoothies, choose 2 fat servings.
- If you are having a meal with no added fat (ex: grilled chicken without oil, boiled rice, and steamed broccoli), choose 3 fat servings
- Note: you can double the portions of one fat (ex: 1 tablespoon of peanut butter would count as 2 fat servings).
- Those with an asterik (*) are considered the healthiest fats!

FABULOUS FATS

Choose full fat options unless otherwise specified

- ¼ small avocado*
- 2 tablespoons of hummus
- 2 tablespoons of guacamole
- ½ ounce of nuts*
- 1 tablespoon of seeds*
- ½ tablespoon unsweetened nut or seed butter*
- 1 tablespoon salad dressing
- 1 teaspoon oil (avocado*, olive*, coconut, etc.)
- 1 tablespoon butter
- 2 tablespoons sour cream
- 1 tablespoon cream cheese
- 2 tablespoons whipped cream
- 2 tablespoons almond milk cheese spread (ex: kite hill)
- 1 tablespoon of pesto or tamperade
- 1 ½ tablespoons shredded coconut
- 2 tablespoons half and half
- 1 tablespoon whipping cream
- 5-10 black or green olives
- 1 tablespoon of cheese
- 2 tablespoons of canned coconut milk
- 1 cup unsweetened nut milks (less than 50 calories per cup)
- ½ tablespoon of mayonnaise, regular



WHAT ABOUT CONDIMENTS OR SAUCES?

Ketchup? Mustard? Don't worry about them! You won't overdo them if your plate is half veggies. Read more on that [HERE](#).



BUILDING YOUR METHOD PLATES

STEP FOUR: FRUITS AND VEGGIES

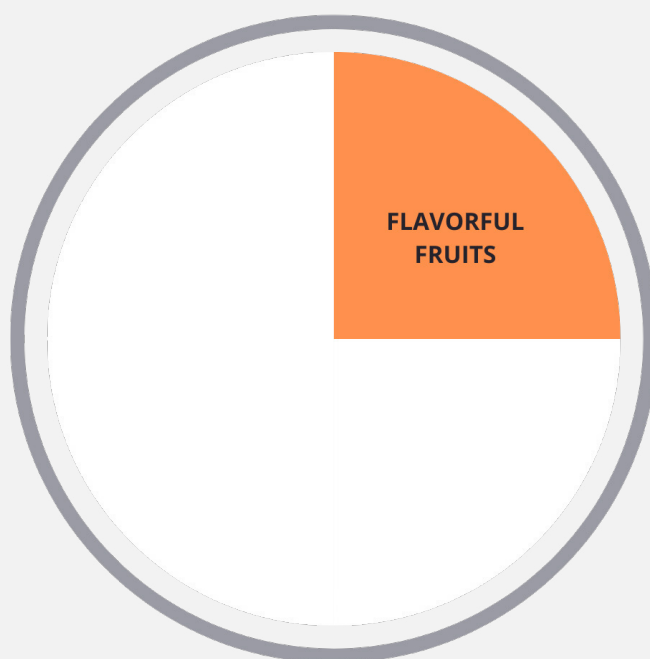
NON-STARCHY VEGETABLES: ½ PLATE

Make half of your plate veggies! Consume ½ cup (or more!) of raw or cooked non-starchy veggies at lunch and dinner. You can also choose this option at breakfast. Don't forget to eat **THREE** colors each day. Check out the list in this ebook for all the rainbow-veggie possibilities!



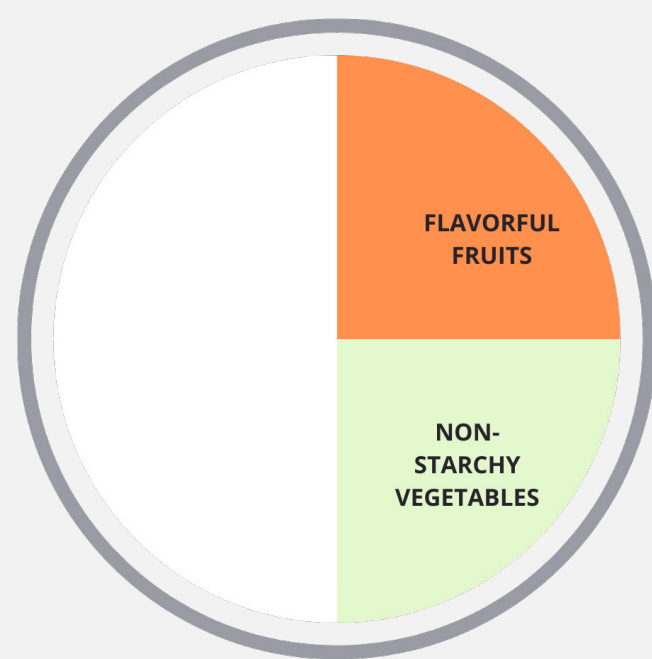
THIS OPTION WORKS FOR ALL MEALS

BREAKFAST // LUNCH // DINNER



FRUIT

If you are choosing to have fruit at breakfast, consume ½ cup of fresh or frozen fruit. Or, 1 small-sized (4 oz) fresh whole fruit (banana, apple).



FRUIT + VEGGIE

If you are choosing to have fruit and veggies at breakfast, consume ½ cup of fresh or frozen fruit. Or, small-sized (4 oz) fresh whole fruit (banana, apple) AND ½ cup of raw or cooked non-starchy veggies.

CHOOSE ONE OF THE TWO FRUIT OPTIONS FOR ONE MEAL OF THE DAY
TYPICALLY A GOOD CHOICE FOR BREAKFAST



WHAT ABOUT ONE-POT MEALS OR OTHER COMBINATION FOODS?



COMBINATION FOOD PORTION SIZE GUIDE

We love the plate method since it teaches us how to put together a healthy plate every time. But, what about combination foods like chili? Lasagna? One-pot meals like Cajun pasta with veggies, noodles, and chicken? I got YOU! Here are some general portion sizes to follow when consuming one-pot dishes. When planning to include these foods, try to imagine the plate formula deconstructed. Be sure to include foods from all the lists (carbs, protein, fats, and veggies) to eat a balanced meal. Even if your dishes have veggies, it's likely not much when you serve it on your plate. Try to gauge how many veggies are on your plate. Does it look like ½ cup worth? If yes, you may not want an extra side of veggies. If it's a couple of pepper slices on your chicken pasta, you may want to add a side salad or some other veggie to add antioxidants and filling-fiber. **One last thing: try to make lighter or more nutritious versions of the foods below (lasagna, mac + cheese, etc.).** But, if you choose to indulge in the traditional version, the portions below can be used to keep your portions in check.

MEAL NAME	SERVING SIZE	MAKE 1/2 YOUR PLATE VEGGIES	NOTES
LASAGNA, ENCHILADAS, CHICKEN & RICE CASSEROLE, TUNA CASSEROLE, CHICKEN POT PIE, SHEPPERD'S PIE, FRIED RICE W/ CHICKEN OR EGG	1 CUP (~5 OUNCES) // SEE NOTES	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	LASAGNA OR ENCHILADA OR OTHER PAN (SQUARE) CASSEROLES: SHOULD BE THE SIZE OF 1 ½ DECK OF CARDS
PIZZA OR FLATBREAD (CHEESE OR MEAT OR VEGAN)	2 SLICES (¼ OF A 10-INCH PIE)	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	
SOUPS, CHILI, STEWS, CURRIES	¾ CUP TO 1 ½ CUPS (6 - 8 OUNCES) SEE NOTES	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	CREAMY SOUPS AND CURRIES - CHOOSE ¾ CUP. MOSTLY BROTH - CHOOSE 1 ½ CUPS. SOUPS WITH 50/50 CARBS AND PROTEIN (LIKE BEEF STEW W/ POTATOES OR CHILI W/ GROUND MEAT AND BEANS - CHOOSE 1 CUP.
SPAGHETTI, PAD THAI, NOODLE DISHES, MAC AND CHEESE, CHEESE-FILLED PASTA- NO MEATS, NO EGGS	½ CUP OR ¼ YOUR PLATE (~ 4 OUNCES)	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES) AND PROTEIN!	
SPAGHETTI, PAD THAI, NOODLE DISH - WITH MEATS OR PLANT-BASED PROTEIN (TOFU, SEITAN, ETC)	¾ CUP - 1 CUP (6 - 8 OUNCES)	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	IF THE DISH IS MOSTLY NOODLES, CHOOSE ¾ CUP. IF IT'S 50/50 MEATS AND NOODLES, THEN CHOOSE 1 CUP
BURRITOS, TACOS, SANDWICHES, WRAPS, QUESADILLAS	SEE NOTES	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	FOLLOW THE METHOD FORMULA TO BUILD THESE IN A NUTRITIOUS MANNER!
SUSHI	1 ROLL OR 6 PIECES	ADD ½ - 1 CUP OF VEGGIES (EX: SIDE SALAD OR ROASTED VEGGIES)	TRY IT W/ BROWN RICE AND CHOOSE SIMPLE OPTIONS LIKE SALMON AND AVOCADO . CHECK OUT MY POST ON SUSHI HERE!
EGG CASSEROLES, QUICHE, EGG CUPS, EGG BITES, ETC.	SEE NOTES		1 SLICE OF QUICHE (1/6 OF 9-INCH PIE), 2 EGG CUPS, 2 EGG BITES FROM STARBUCKS, 1 ½ DECK OF CARDS WORTH FOR EGG CASSEROLE



COMBINATION FOOD PORTION SIZE GUIDE

LET’S PUT IT TO THE TEST

So you have a meal that you love, but you are not sure how it fits into The Method’s structure. This little test may help you out! Let’s assume that you’ve made a cheese & spinach lasagna for dinner. Now, let’s think about this lasagna in a deconstructed way.

WHAT DOES THIS FOOD OFFER ME?

CHEESE AND SPINACH LASAGNA (SERVING SIZE: 1 1/2 DECK OF CARDS)	
LASAGNA NOODLES	+ CARBS
RICOTTA, PARMESAN, AND MOZZARELLA CHEESE	+ PROTEIN (AND + FATS)
EGGS (TO BIND THE CHEESES)	+ PROTEIN
TOMATO SAUCE, GARLIC, SPINACH	+ VEGGIES
OLIVE OIL	+ FATS

WHAT IS THIS FOOD MISSING?

It looks like the meal has all of the components of a method meal, but what about those veggies? Is this lasagna packed with spinach and chunks of tomato from the tomato sauce? Or can you barely find the spinach in there?

WHAT CAN I ADD TO MAKE IT MORE NOURISHING (METHOD-LIKE)?

If the lasagna has spinach and tomato chunks in every bite, then you are probably good to go! If not, how about pairing this cheesy lasagna with a small side salad? The salad will give you some colors, and it will also fill up your plate a little more, which makes it more visually filling. The veggies will also help you feel fuller so that you are less likely to go back for seconds!

PERFECTIONISM CHECK - IMPORTANT!

This meal likely has a little more or slightly less protein than a typical method meal. You may have a bit more fat. You may have a little more cheese in this meal than what’s recommended in the portion size guidance. The sodium may be slightly higher. Or maybe not. Guess what? It’s FINE! The Method is designed to give you wiggle room for things like this! I don’t want you to meticulously obsess about getting exactly 1.78964 ounces of cheese and not one extra speck of noodle. The Method’s goal is to give you a visual and formula so you have a general idea of what your plate should look like. In the beginning, you may measure and weigh portions to get familiar. But, over time, I want you to learn to eyeball portions and move on without meticulously measuring or weighing everything. Some days, your meals will have a little more or a little less of something - no big deal. Again, The Method is designed to have flexible margins. And I want you to be 85% - 90% compliant - not 100%! As long as the components of a meal are there, it’s still nourishing. You can ask yourself how to make meals more nutritious using the guidelines above, but during wing and pizza night with friends, you may not be able to make that more nourishing - that’s okay! It’s nourishing for the soul, so enjoy that too!



**WHO'S
READY FOR
SNACK TIME?**



STELLAR SNACKS

Eating a balanced, healthy snack can keep you fueled throughout the day. If your meals are more than 4 hours apart, a well-balanced snack can prevent excessive hunger while keeping your blood sugars stable. Choose one item from each category to create a stellar snack. **You can choose to have 1-3 snacks per day or NONE - totally up to you!**

FIBER-RICH CARBS, FRUITS, VEGGIES

FRUITS

- ½ cup fresh or frozen fruit
- 1 small-sized fruit (orange, apple)

GRAINS

- 6 whole-grain crackers or pita crisps
- 1 WG mini-bagel or 1 slice of bread (~80 cal)
- 1 6-inch 100% whole-grain tortilla
- 3 cups of popcorn
- ¼ cup low-sugar cereal or granola
- 2 rice cakes (try to choose brown rice)
- 1 oz (10-15) tortilla corn or potato chips (*choose occasionally, not every day!*)
- 1 oz (8-10) mini hard pretzels (*choose occasionally, not every day!*)

VEGGIES

- ½ cup fresh or frozen veggies (carrot sticks, cucumbers, celery sticks, bell pepper slices, mini sweet peppers, etc.)
- ¼ cup of salsa
- 1-2 pickles

HOW MANY NUTS IN A 1/2 OUNCE?

Almonds = 12, Hazelnuts = 11, Peanuts = 14,
Pecan Halves = 10, Pistachios = 24, Walnuts Halves = 7

POWERFUL PROTEINS OR HEALTHY FATS

ANIMAL-BASED

- 1 hard-boiled egg
- ½ can of tuna or salmon

DAIRY-BASED

- 1 cheese stick
- 1 ounce (1 slice) of cheese (2% or whole)
- ½ cup of cottage or ricotta cheese
- ⅔ cup (6 oz) plain Greek yogurt (fat-free, 2% or whole)
- ½ cup low fat kefir, or cow's milk
- 1 scoop protein powder

PLANT-BASED

- ¼ avocado
- ¼ cup guacamole
- ¼ cup hummus
- ¼ cup nutritional yeast
- ½ cup roasted chickpeas
- ½ ounce of nuts or seeds
- 1 scoop vegan protein powder
- 1 tablespoon nut butter
- ½ ounce of dark chocolate or 1 ½ tablespoons of chocolate chips
- ⅔ cup (6 oz) plain plant-based yogurt
- 1 mini bar (like RX or Kind) - choose a fruit or veggie with these!

PREFER THE CONVENIENCE OF A PROTEIN BAR?

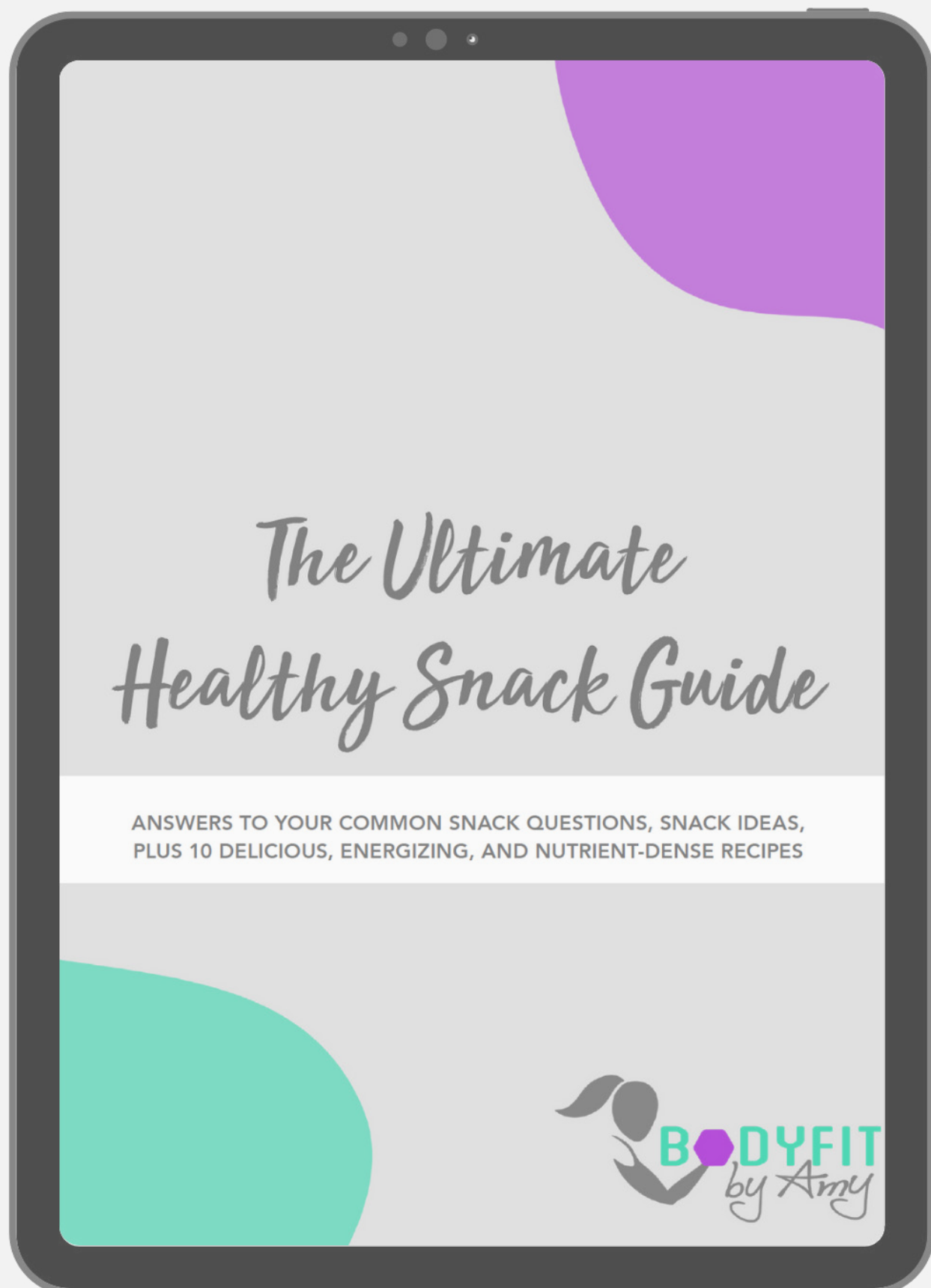
Choose a protein bar with 3 grams of fiber or more, 8 grams of added sugar or less, 7 grams or more of protein, and around 200- 250 calories or less. I encourage you to choose protein bars for no more than one snack per day. We like RX, Kind Bars, or Epic bars.



STELLAR SNACKS

NEED IDEAS?

You MUST check out our comprehensive [SNACK GUIDE](#)! It is FULL of packaged snacks, simple food pairings, and yummy recipes guaranteed to satisfy those with savory cravings or a sweet tooth! Every single idea in The Ultimate Healthy Snack Guide follows The Method's formula for snacks, so...HAPPY SNACKING, FRIENDS!





+ COLORS
+ SAMPLE DAY
+ FAQs
+ PICTURES



EAT THREE COLORS EACH DAY

And, by this statement, I mean choosing an abundance of colorful fruits and vegetables, not Skittles or Starbursts! ;) I tried to list as many veggies and fruits I could think of, but if there's one I didn't list, please have it! **Those with an * are fiber-rich carbs (starchy), so make sure to refer to the fiber-rich carb page to choose the appropriate portion.**

veggies

RED	ORANGE/YELLOW	BLUE/PURPLE	BROWN/WHITE	GREEN VEGGIES
Beets	Butternut squash*	Eggplant	Cauliflower	Artichokes
Radicchio	Carrots	Purple asparagus	Cassava (yucca)*	Arugula
Radishes	Golden beets	Purple cabbage	Garlic	Asparagus
Red bell peppers	Plantains*	Purple carrots	Jerusalem artichokes	Bok Choy
Red chiles	Rutabaga	Purple cauliflower	Jicama	Broccoli
Red onion	Summer squash (spaghetti,	Purple corn*	Kohlrabi	Broccoli rabe
Red cabbage	crookneck, yellow)	Purple endive	Mushrooms	Broccolini
Red leaf lettuce	Sweet corn*	Purple kohlrabi	Onions	Brussel sprouts
Rhubarb	Sweet potatoes*	Purple peppers	Parsnips*	Celery
Tomatoes	Winter squash (acorn,	Purple potatoes*	Potatoes*	Chayote Squash
	butternut, delicata)*	Ube*	Shallots	Cucumbers
	Yellow bell peppers		Turnips	Endive
	Yellow tomatoes			Green beans

fruits

RED	ORANGE/YELLOW	BLUE/PURPLE	BROWN/WHITE	GREEN FRUITS
Cherries	Apricots	Acai berries	Banana*	Okra
Cranberries	Cantaloupes	Blackberries	Brown pears	Snow peas
Guava	Clementines	Blueberries	Ginger	Sugar snap peas
Grapefruit	Lemon	Passion fruit	White nectarines	Watercress
Raspberries	Mango	Plums	White peaches	Zucchini
Red apples	Nectarines	Purple grapes		
Red grapes	Oranges	Figs	Avocado (fat)	
Red pears	Papaya		Green apples	
Strawberries	Peaches		Green grapes	
Watermelon	Persimmons		Honeydew	
	Pineapple		Kiwi	
	Pumpkin*		Limes	
	Tangerines/ Tangelos		Pears	

...lettuce eat!





YOUR SAMPLE DAY

Wondering how your day will come together using The Method? Here's your sample day. Notice that I also have **FOUR** different colors in my day! Also, please share your wonderful food creations on our private Facebook page. There's nothing better than exchanging recipes and getting ideas from others in the group!

BREAKFAST

8 ounces of water (do this first)

Coffee (if you choose, 1 - 2 tbsp of creamer (ex: half & half). I recommend skipping the sweetness and adding a sprinkle of unsweetened cocoa powder or cinnamon, but if you must, choose no more than 1 teaspoon of sugar/honey/agave/etc.

Method Meal Structure (fiber-rich carb + powerful protein + fabulous fats + vegetables)

Method Meal in Action (**sweet potatoes** + eggs + avocado & oil to cook potatoes and eggs + sautéed **spinach**)

MORNING SNACK

Stellar snack (fiber-rich carb or vegetable + powerful protein or fabulous fats)

Stellar Snack in Action (**carrots** + hummus)

LUNCH

Method Meal Structure (fiber-rich carb + powerful protein + fabulous fats + vegetables)

Method Meal in Action (brown rice + shredded chicken + avocado & oil for cooking + **bell peppers** and onions)

AFTERNOON SNACK

Stellar snack (fiber-rich carb or vegetable + powerful protein or fabulous fats)

Stellar Snack in Action (**grapes** + 10 pecan halves)

DINNER

Method Meal Structure (fiber-rich carb + powerful protein + fabulous fats + vegetables)

Method Meal in Action (quinoa + shrimp + pesto + **purple cabbage**)

Optional: 5-ounce glass of wine - I told you I am a fun dietitian ;)

EVENING SNACK (OPTIONAL// CHOOSE ONLY WHEN YOU FEEL PHYSICAL HUNGER)

Stellar snack (fiber-rich carb or vegetable + powerful protein or fabulous fats)

Stellar Snack in Action (**cherries** + dark chocolate)

....or, if you are really craving something less nutritious - it's okay! All foods fit here! Sub out the evening snack for a treat like 4 Hershey kisses, 1-2 small chocolate chip cookies, 3 Oreos, 1/2 cup ice cream, or 15 Cheese its. Try to keep your snack at 200 calories or less! If you choose to have less nutritious treats, enjoy them GUILT-FREE!



FAQs

WHAT IF I WANT TWO ITEMS FROM THE SAME BOX?

If you want more than one item from a box, cut the portions in half. For instance, say you want an egg and cheese sandwich on an English muffin. The egg and cheese are in the same category (protein), so you may feel like you can only choose one. Cut the portions of the cheese in half and have one egg instead of two, so you can have both and still keep calories in range. Same with snacks - if you want chocolate (healthy fat) and cheese (protein), you can have ½ ounce of cheese and ½ tablespoon of chocolate chips along with fruit (fiber-rich carb) or a veggie.

WHAT ABOUT CONDIMENTS, SAUCES, MARINADES - HOW DO THOSE FIT?

When it comes to condiments, sauces, and marinades, don't worry about them! There's no way you are going to overdo them if your plate is half veggies. For instance, if you have pasta, the marinara sauce on top will portion control itself since only ¼ of your plate is pasta. Same with ketchup - the portion will work itself out if only ¼ of your plate is potatoes. If you have chili - don't be afraid to sprinkle some sour cream and a sprinkle of cheese - as long as the base of your plate follows the format, the portions on sauces and condiments work themselves out! Don't worry about things like a little flour or cornstarch to thicken sauces or a little juice or sauces to flavor proteins. Unless you are dunking your veggies in 2 cups of ranch, you really don't have to worry!

...if you are dunking your veggies in 2 cups of ranch...we should talk, haha.

WHAT ABOUT FERMENTED FOODS LIKE KIMCHI OR SAUERKRAUT - DO THOSE COUNT AS VEGGIES?

They can count as veggies, but limit your consumption to ¼ cup due to the salt content in these foods!

HOW DO I CHOOSE A NUTRITIOUS BREAD?

Look for bread (or bagel or muffin) with at least 3 grams of fiber per serving and less than 80 calories per slice. Look for 100% whole-wheat or choose a gluten-free bread made with minimal ingredients and free of artificial sweeteners. Our go-to for bread is sprouted since it's higher in protein and minerals. We like [EZEKIEL 4:9® SPROUTED WHOLE GRAIN BREAD](#) or [ANGELIC BAKEHOUSE SPROUTED 7 WHOLE GRAINS BREAD](#).

If we are not having sprouted, we like [DAVE'S KILLER BREAD 70 CALORIE BREAD](#). Whatever bread you choose, we encourage you to read the ingredient list to ensure that a whole grain is the first thing listed. Many packaged breads come packed with sugars, fillers, and additives, so be sure to look for those, too.



METHOD PLATES IN ACTION

["BURGER AND FRIES" SLIDERS WITH SIDE SALAD](#)



[ORANGE CHICKEN W/ 50/50 BROWN RICE AND CAULIFLOWER RICE](#)



[SHRIMP MANGO SALAD](#)

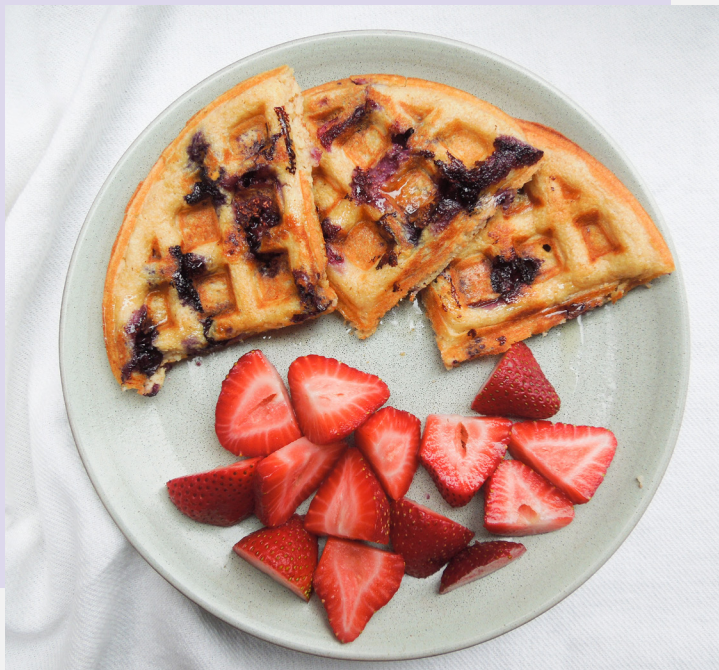


[SAUTÉED KALE, FRIED EGG, 1/3 CUP PLANTAINS](#)



METHOD PLATES IN ACTION

OAT FLOUR WAFFLES + STRAWBERRIES



CHILI-LIME BURGER FROM TRADER JOE'S WITH SWEET POTATO HASH AND SAUTEED KALE.



One-pot meal example! The veggies come from the tomato (salsa), fiber-rich carbs are the spaghetti noodles, and the beans are the protein. Even though there are some veggies coming from the sauce, I would recommend a side salad or a side of veggies to have a complete serving. [TEX-MEX PASTA RECIPE HERE](#)



1/2 CUP BROWN RICE, SALMON WITH PESTO, AND PURPLE, WHITE, AND GREEN CAULIFLOWER



A FINAL NOTE FROM YOUR DIETITIAN

- + Food doesn't have to be hard.
- + Healthy eating doesn't have to be gross.
- + Honoring your cravings and your food preferences isn't a bad thing.
- + You don't need to "fix" or "combat" your sweet tooth.
- + Loving to eat isn't something to be ashamed of.
- + Guilt or shame should never be side dishes.
- + What you eat does not define you - you are WAY more than what you eat!



...I know there's a lot of confusing nutrition information out there, and diet culture is always ready to lure you in with detox teas, fat burners, and green powders. I know it's easy to be terrified of sugar when messaging out there makes it sound like you'll burst into flames if you eat a speck of it. I know it can feel like you need to do extreme things in order to improve your health. But, I promise you that there is a beautiful balance in the middle. A balance where you can enjoy the foods you love, while continuing to care for your health. This middle exists and my mission is to help you find it.

Thanks for reading! If you have any questions, comments, suggestions, or feedback, don't hesitate to shoot me an email at info@bodyfitbyamy.com. We love to hear from you!!

- Vivian

I'M ON THE 'GRAM!

You all know where to find me - Facebook group is where all the action happens! But, if you want to connect on a more personal level, I have a little passion project - I love developing and sharing recipes over on [Instagram](#) ([@thehealthyplate_rd](#)) and [Facebook](#). Feel free to follow along for #MethodPlates and #MethodRecipes and for occasional shares of delicious coffee pours, fun restaurant visits, and other life adventures!

