

THE NUTRINUT

# "BALANCE YOUR MEALS" DAILY CHECKLIST

INSTRUCTIONS: MAKE YOUR MEALS HEALTHY & BALANCED BY INCLUDING A SOURCE OF EACH FOR EVERY MEAL.  
USE THIS CHECKLIST EVERY DAY FOR EVERY MEAL TO HELP YOU GET THERE!

PROTEIN

FAT

FIBER

NUTRIENT  
BOOST

BREAKFAST

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SNACK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LUNCH

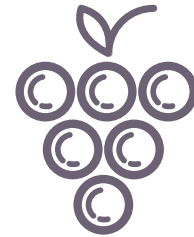
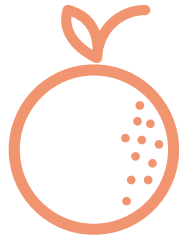
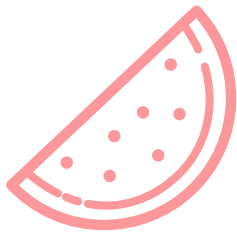
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SNACK

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DINNER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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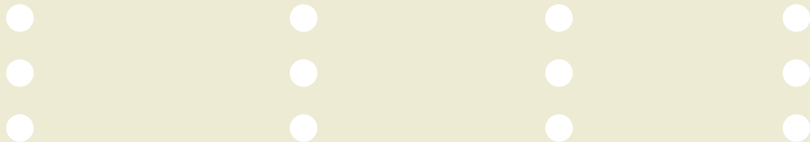
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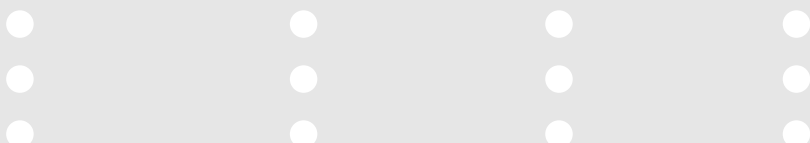
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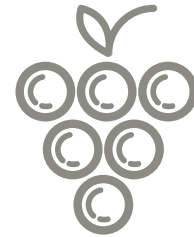
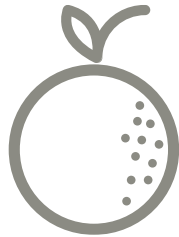
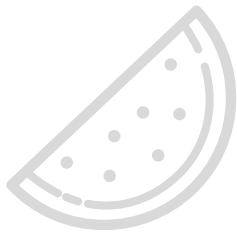


SNACK



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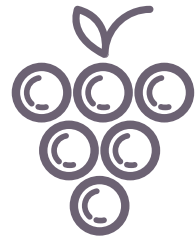
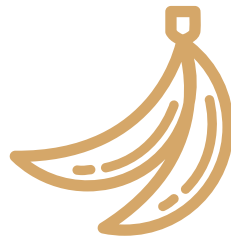
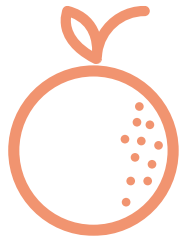
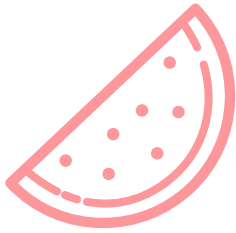


SNACK



DINNER





# GUIDELINES & FOOD SOURCES

## THE NUTRINUT

### PROTEIN

#### **WHY PROTEIN IS IMPORTANT**

MUSCLE AND BONE SUPPORT  
HELPS YOU FEEL FULL  
HAIR, SKIN, AND NAILS HEALTH  
IMMUNE SYSTEM SUPPORT

#### **HEALTHY SOURCES**

EGGS, ALMONDS, CASHEWS,  
PEANUTS, SOY, PEAS,  
CHICKPEAS, BEANS, LENTILS,  
FISH, DAIRY/ DAIRY-FREE  
OPTIONS.

### FAT

#### **WHY FAT IS IMPORTANT**

HEALTHY BRAIN AND NERVOUS SYSTEM  
HEART HEALTH  
HORMONE SUPPORT  
JOINTS

#### **HEALTHY SOURCES**

FISH, WALNUTS, EGGS, FLAX  
SEEDS, HEMP SEEDS, CHIA  
SEEDS, PUMPKIN SEEDS,  
PEANUTS, NUT BUTTERS,  
AVOCADO, OLIVE OIL.

### FIBER

#### **WHY FIBER IS IMPORTANT**

HELPS STAY REGULAR  
HEART HEALTH  
BLOOD SUGAR SUPPORT  
WEIGHT MANAGEMENT

#### **HEALTHY SOURCES**

FRUITS, VEGETABLES,  
BEANS, LEGUMES, OATS,  
ALMONDS, PECANS, WHOLE  
GRAINS, SEEDS IN GENERAL.

### NUTRIENT BOOST

#### **WHY NUTRIENT BOOSTERS ARE IMPORTANT**

VITAMINS  
MINERALS  
ANTIOXIDANTS

#### **SOURCES**

FRUITS + VEGETABLES IN GENERAL:  
BERRIES, SPINACH, AVOCADO,  
KALE, ACAI, CITRUS FRUITS.  
SPICES IN GENERAL: CINNAMON,  
GARLIC, TURMERIC.