

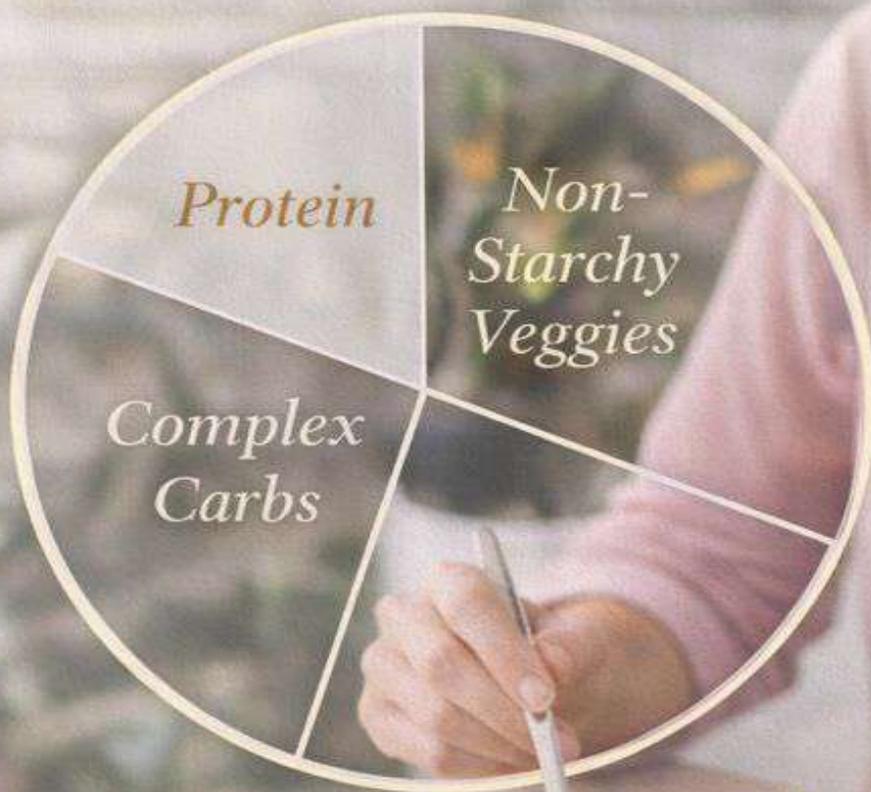


# Fit Firm & Fabulous

A woman's guide to easy weight loss, wellness and beauty

## FFF HEALTHY PLATE FORMULA

*The Essentials for a Balanced, Nourishing Meal*



— Free Printable —

# WELCOME

Eating well shouldn't feel confusing.

Most women don't struggle because they lack willpower – they struggle because nutrition advice is noisy, extreme, and contradictory.

This guide removes the confusion.

The **FFF Healthy Plate Formula** gives you a **visual, flexible way** to build balanced meals – without tracking, weighing, measuring, or obsessing.

No rigid plans.

No forbidden foods.

No perfection pressure.

Just a simple plate structure that works in real life.

# WHY A PLATE FORMULA WORKS

Your body thrives on balance – not extremes.

A balanced plate:

- ❖ Supports steady energy
- ❖ Reduces overeating
- ❖ Helps digestion
- ❖ Supports hormone health
- ❖ Prevents blood sugar spikes
- ❖ Makes meals satisfying

And the best part?

You can use it **anywhere**.

Home. Restaurant. Travel. Busy days.

# THE FFF HEALTHY PLATE FORMULA

Picture your plate divided into 3 sections:

## **½ Plate – Colorful Vegetables**

- ❖ Leafy greens
- ❖ Cucumber
- ❖ Broccoli
- ❖ Peppers
- ❖ Zucchini
- ❖ Tomatoes
- ❖ Salads
- ❖ Cooked or raw

### **Why:**

Fiber, vitamins, digestion support, fullness.

## **¼ Plate – Protein**

- ❖ Chicken
- ❖ Fish
- ❖ Eggs
- ❖ Greek yogurt
- ❖ Beans or lentils
- ❖ Tofu
- ❖ Lean meats

## Why:

Muscle support, satiety, stable energy.

## ¼ Plate – Smart Carbohydrates or Healthy Fats

- ❖ Quinoa
- ❖ Sweet potato
- ❖ Brown rice
- ❖ Oats
- ❖ Avocado
- ❖ Olive oil
- ❖ Nuts or seeds

## Why:

Fuel, hormone support, sustained energy.

## Optional Add-Ons

- ❖ Herbs and spices
- ❖ Lemon or lime
- ❖ Healthy sauces
- ❖ Fermented foods

# HOW TO USE THIS FORMULA

## At Home

Build your plate using the ½–¼–¼ visual guide.

## At Restaurants

- ❖ Order a protein
- ❖ Ask for vegetables as sides
- ❖ Choose one carb or fat source
- ❖ Skip feeling guilty about food choices

## On Busy Days

### Why:

- ❖ Yogurt + berries + nuts
- ❖ Eggs + greens + toast
- ❖ Salad + chicken + olive oil

Progress over perfection.

# WHY THIS FEELS SO MUCH EASIER

No:

- ❖ Calorie counting
- ❖ Food tracking apps
- ❖ Restriction rules
- ❖ Meal plan overwhelm

Just visual guidance your brain can follow instantly.

## Body Check-In Practice

After meals, ask:

- ❖ Do I feel satisfied?
- ❖ Do I feel overly full?
- ❖ Do I feel steady in energy?

This teaches intuitive awareness – not external control.

## Common Questions

### **Do I have to follow it perfectly?**

No. This is a guide, not a rulebook.

### **Can I enjoy treats?**

Yes. Balanced eating includes flexibility.

### **What if I eat out often?**

This formula works anywhere.

## What You'll Notice Over Time

- ❖ Less overeating
- ❖ More stable energy
- ❖ Easier meal decisions
- ❖ Reduced food stress
- ❖ Improved digestion
- ❖ Better consistency

Because simplicity always wins.

# NEXT STEP GO DEEPER

If you'd like done-for-you meal ideas, clean-eating guidance, and simple food systems, visit the:

## **Nutrition & Food Tab**

on your Fit Firm & Fabulous website

There you'll find:

- ❖ Meal prep systems
- ❖ Clean eating plans
- ❖ Snack guides
- ❖ Food rhythm tools

Healthy eating doesn't need to be complicated.

**A healthy plate is not control.**

It's confidence.

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