N +E Meal Blueprint

1 VEGETABLES
50% of plate

leafy greens Cooked
beet greens
mustard greens
leaf lettuce
collard greens
dandelion greens
microgreens
bok choy
watercress
romaine
spinach
sprouts
arugula
endive
chard
kale

herbs +

miscellaneous
artichokes
asparagus
avocado
cucumber
celery
fennel
okra
mushrooms

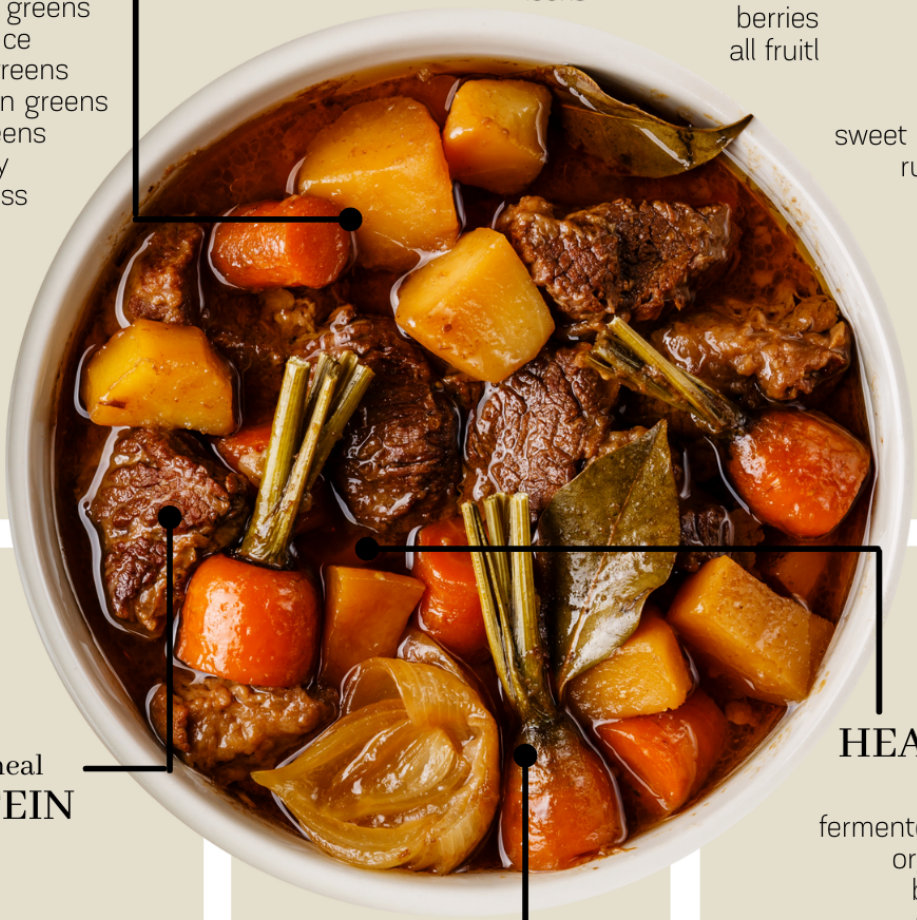
onion family
green onions
onions
shallots
garlic
leeks

cruciferous vegetables
brussels sprouts
cauliflower
cabbage
broccoli

fruits
citrus
melons
berries
all fruitl

squash
acorn
butternut
buttercup
delicata
kabocha
pumpkin
spaghetti
yellow
zucchini

roots
carrots
sweet potatoes
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
ginger
beets
yams



2
25-30 grams/meal

PROTEIN
seafood
fish
beef
bison
chicken
turkey
duck
lamb
pork
bacon
wild game
collagen + gelatin
organ meats

3
1-2 tbs/meal

FAT
avocado
coconut oil/milk/cream
duck fat + lard + tallow
fat from quality protein
fish/cod liver oil
bacon grease
olives (and oil)

4

HEALING
foods

fermented veggies
organ meats
bone broth
sauerkraut

MISC
fruit
honey
tapioca
cassava
arrowroot
maple syrup
nutritional yeast

Nourished + Empowered
Germaine Benoit, NTP