

NEWtrition Solution

Feel Like Yourself Again

The Simple Balanced Plate Guide for Busy Moms



Steady Energy • Better Digestion • Simple Nutrition

If you're...

- exhausted by 3pm
- craving sugar or carbs
- feeling bloated or "off"

It's not just midlife.

It's how your meals are structured →

Most women were never taught how to:

- balance blood sugar
- build a satisfying meal
- eat for energy

So they end up:

skipping protein
eating carbs alone
crashing later

This is fixable.

Here's the simple approach:

Start with protein

Add carbs

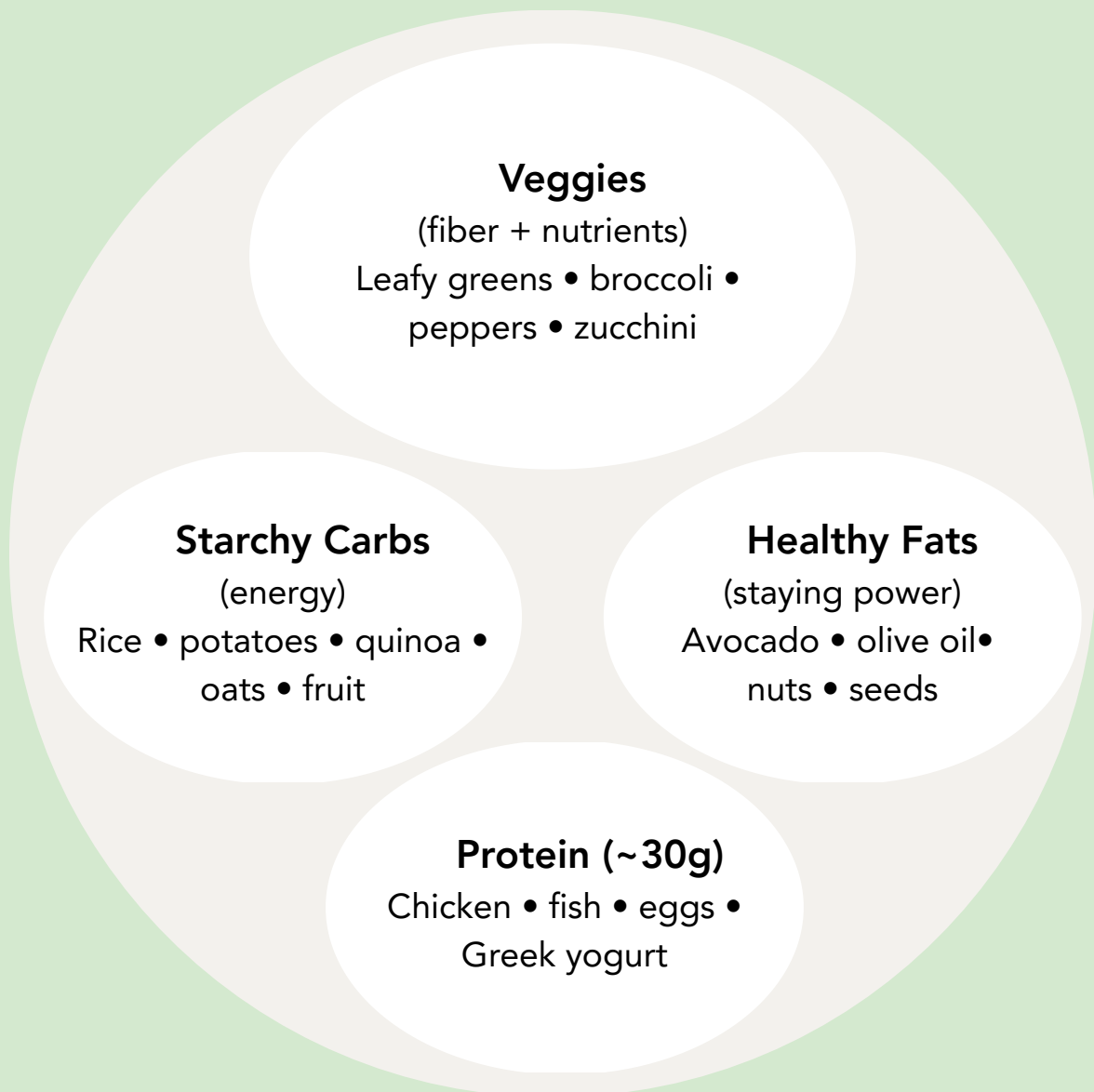
Add healthy fats

No tracking

No dieting

No overthinking

A simple way to build a balanced plate:



Build your plate for energy, not restriction

You don't need perfect meals—just a
simple structure you can repeat.

When your meals are balanced:

steady energy
fewer cravings
better digestion
feel full longer

This can look like:

Eggs + sautéed spinach + avocado + berries

Chicken + greens + olive oil + quinoa

Salmon + roasted vegetables + potatoes

Every meal doesn't need to be perfect

—just build around this structure.

Keep it simple:

Start with protein (~30g)

Include lots of veggies

Add a starchy carb for energy

Add healthy fats to stay full

This is how you support your energy, digestion, and cravings—without overthinking food.

You don't need more information.
You need a simple plan that works.

Book a complimentary clarity call
on my website
or DM me "BALANCE"

NEWtrition Solution