

# Nutritional Power Plan

Build meals that support your energy, strength and everyday life - without chasing perfect.

## Build Your Power Plate

Instead of starting with restriction, start by asking what your meal can include. Use this as a flexible visual guide, not a prescription.

| PROTEIN                                                                                | PLANTS + FIBER                                                                       |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| A palm-sized starting point<br>Eggs • fish • poultry • yogurt • tofu • beans • lentils | Aim for color and variety<br>Vegetables • fruit • beans • whole grains • seeds       |
| SMART CARBS                                                                            | SUPPORTIVE FATS                                                                      |
| A cupped-hand starting point<br>Potatoes • oats • rice • quinoa • fruit • whole grains | A thumb-sized starting point<br>Nuts • seeds • avocado • olive oil • nut/seed butter |

### Your hands are portable portion guides.

They are not exact measurements, and your needs may be higher or lower depending on body size, activity, appetite, goals and health. The point is to make building a balanced meal easier when you do not want to weigh or count.

**Nutrition is not a test you pass or fail.**

**FEED → NOTICE → ADJUST**

# Protein Is the Anchor

Protein supports muscle, recovery, fullness and healthy aging - and it deserves a place throughout the day.

## Why pay attention to protein?

As we move through midlife, maintaining muscle becomes increasingly important for strength, function and metabolic health. Pairing adequate protein with resistance exercise helps support muscle protein synthesis and preserve lean tissue.

|               |                                                                                       |
|---------------|---------------------------------------------------------------------------------------|
| BREAKFAST     | Eggs • Greek yogurt • cottage cheese • tofu scramble • protein-rich smoothie          |
| LUNCH         | Chicken • tuna • salmon • lentil bowl • edamame • beans + grain                       |
| DINNER        | Fish • poultry • lean meat • tofu • tempeh • lentils • beans                          |
| SNACK / BOOST | Yogurt • cottage cheese • roasted edamame • nuts + another protein source • leftovers |

## Plant-based? Absolutely.

Plant foods can provide plenty of protein. Variety helps: beans, lentils, soy foods, peas, nuts, seeds and whole grains can all contribute. A meal does not have to look like someone else's plate to be nourishing.

Try this instead of chasing a perfect number:

“Where is the protein in this meal?”

# Add, Don't Just Restrict

Before asking what you should remove, ask what would make the meal support you better.

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## What does this meal need?

|                    |                                                                                 |
|--------------------|---------------------------------------------------------------------------------|
| MORE PROTEIN?      | Could I add eggs, yogurt, chicken, fish, tofu, beans or lentils?                |
| MORE COLOR?        | Could I add a fruit or vegetable - fresh, frozen or canned?                     |
| MORE FIBER?        | Could I add beans, vegetables, fruit, seeds or a whole grain?                   |
| MORE ENERGY?       | Did I accidentally make this meal so "healthy" that it is not enough food?      |
| MORE HYDRATION?    | Have I had water lately? Would a glass alongside this meal help?                |
| MORE SATISFACTION? | Does this meal taste good and leave me satisfied enough to move on with my day? |

## REAL LIFE COUNTS

Frozen vegetables count. Canned beans count. Rotisserie chicken counts. Bagged salad counts. Leftovers count. A sandwich counts. Convenience is not a nutritional failure - sometimes it is the tool that makes feeding yourself possible.

# Build Your 7-Day Nutrition Experiment

One change. Seven days. Learn from your own experience.

THIS WEEK, I NOTICE:

ONE THING I WANT TO EXPERIMENT WITH:

FOR THE NEXT 7 DAYS, I WILL:

## Daily check-in

| DAY | ENERGY    | SATISFIED? | DIGESTION | WHAT DID I NOTICE? |
|-----|-----------|------------|-----------|--------------------|
| 1   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 2   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 3   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 4   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 5   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 6   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |
| 7   | 1 2 3 4 5 | 1 2 3 4 5  | 1 2 3 4 5 |                    |

You don't need to eat perfectly.

You need to learn how to feed the woman you're becoming.

Feed. Notice. Adjust.

**A note from Power Reset Path:** This guide is educational and is not individualized nutrition or medical advice. Nutrition needs vary with health conditions, medications, allergies, activity, pregnancy, eating-disorder history and other factors. A qualified healthcare professional or registered dietitian can help with individual needs.