

# The Slim Plate Blueprint

Master Portion Control Without Counting Calories

## What Is the Slim Plate Method?

Use your dinner plate as a visual guide. No scales, no apps, no calorie math. Just simple visual portions that automatically balance your nutrition and control calorie intake.

## The Plate Formula

Plate Section	What to Fill It With	Amount
1/2 Plate	Non-starchy vegetables (broccoli, salad, peppers)	Fill generously
1/4 Plate	Lean protein (chicken, fish, eggs, tofu)	Palm-sized
1/4 Plate	Complex carbs (brown rice, sweet potato)	Cupped hand
Side	Healthy fat (avocado, olive oil, nuts)	Thumb-sized

## Why It Works

- No calorie counting. Your plate does the math for you.
- Vegetables first. Fiber fills you up before higher-calorie foods.
- Balanced macros. Protein, carbs and fat in the right ratio automatically.
- Flexible for any cuisine and any cultural food tradition.
- Sustainable for life. Not a diet, just a smarter way to build a plate.

## Meal Examples Using the Blueprint

Meal	Vegetables (1/2)	Protein (1/4)	Carbs (1/4)
Breakfast	Spinach, tomatoes	Scrambled eggs	Whole grain toast
Lunch	Mixed salad	Grilled chicken	Quinoa
Dinner	Broccoli, peppers	Baked salmon	Sweet potato
Snack	Celery, carrots	Greek yogurt	Small oats

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