



A Balanced Eating and Wellness Guide

www.nutritionalglo.com

1. Build Your Plate:

Half your plate: veggies (color boosts nutrition and mood!)

Quarter plate: lean protein (beans, fish, chicken, tofu)

Quarter plate: whole grains or starchy veggies (brown rice, quinoa, sweet potato)

Top with healthy fats (nuts, seeds, olive oil)

2. Daily Wellness Habits:

- Eat regular meals
- Drink plenty of water
- Move your body 30 minutes
- Get 7+ hours sleep

3. Positivity at Every Meal:

Pause before eating: name one thing you're grateful for.

Share meals and small wins: connection and celebration increase happiness.

Progress counts! Every healthy choice fuels future success.

Ready to experience more
energy, positivity, and success
through nutrition?

**Contact us to get personalized
tips and join our wellness
community!**

*Science shows that balanced eating and
positive habits make you thrive. Let's do
this together!*