

Balanced Eating Blueprint

Macro targets, plate ratios and a 7-day meal framework

The Nujeva Plate

Build every meal around three anchors: **protein** for satiety and lean mass, **fiber-rich plants** for digestion and micronutrients, and a **quality fat** for hormone and brain health.

Target ratios per plate: 1/2 non-starchy vegetables · 1/4 protein · 1/4 complex carbs · 1–2 tbsp healthy fat.

Daily Targets (adult, general health)

- Protein: 0.7–1.0 g per lb of bodyweight
- Fiber: 30–40 g across whole foods
- Water: half your bodyweight in ounces, minimum
- Added sugar: under 25 g per day
- Eating window: 10–12 hours (e.g., 8 am – 7 pm)

7-Day Meal Framework

- Mon — Greens omelet · grain bowl with salmon · sheet-pan chicken & roots
- Tue — Chia pudding · lentil soup & salad · turkey lettuce wraps
- Wed — Berry smoothie · tuna avocado plate · stir-fry with tofu
- Thu — Oats with nuts · leftover stir-fry · salmon, quinoa, greens
- Fri — Eggs & sautéed greens · chickpea bowl · grass-fed burgers (no bun) + slaw
- Sat — Pancakes with berries · big chopped salad · roast chicken & veg
- Sun — Frittata · grain & bean bowl · slow-cooked stew

Smart Swaps

- Soda → sparkling water with lemon and a splash of juice
- Chips → roasted chickpeas or nuts
- Sugary yogurt → plain Greek yogurt + berries + cinnamon
- White bread → sprouted-grain or sourdough in moderation

Stack with Supplements

Pair this framework with foundational support: a complete multivitamin, omega-3, magnesium glycinate and a quality probiotic to cover common gaps.