A SIMPLE MEAL FRAMEWORK

Building a balanced plate

An original companion to Harvard Health's article

In brief

A plate-based framework can make meal choices easier to visualise. The source also looks at planning ahead so balanced meals remain possible on busy days.

Ideas to explore

01 Think about variety across vegetables, whole grains and protein foods rather than one perfect meal.

02 Use a short shopping list of reliable staples to reduce last-minute decisions.

03 Treat the plate as a guide, not a rigid formula that every meal must match.

A QUESTION TO TAKE AWAY

Which two cupboard or freezer staples would make a busy-day meal easier?

Read the original

Building a plan for healthy eating - Harvard Health

Open the publisher's full article online

https://www.health.harvard.edu/healthbeat/building-a-plan-for-healthy-eating

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