



PLATE PERFECT

Guide



**It's time to make healthy meals
simple – and tasty! – again.**

**We created
Plate Perfect: Your Quick & Easy
Guide to Balanced Eating
to help you eliminate the guesswork
when it comes to your meals.**

Our easy-to-follow formula will help you actually start
ENJOYING your meals.

It even makes the planning process easy.

And even better... it will help you get on the fast track to the
amazing results you are working so hard for!



At Tighten Up, we help Women and Men over 30 lose body fat and gain muscle to live a more confident, happier and healthier life.

We have a proven program that's helped hundreds of women and men just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this guide helps simplify your meals!

Committed to Your Success,



Julie Griffiths

p: 0418 263 786

e: jewelz@tightenup.com.au



How to Build Your Perfect Plate

To follow the Perfect Plate method, all you need is a standard lunch or dinner plate.

Simply fill up the plate according to this formula.

The Plate Perfect Formula:

**50% Veggies + 25% Starchy Carbs +
25% Protein + 1 Thumb of Healthy Fats**

= 100% Healthy Eating

How it works:

Fill half of your plate with veggies (and maybe a little fruit)

Fill one quarter of your plate with starchy carbs

Fill one quarter of your plate with protein

Add one thumb of healthy fats



BONUS: this simple formula can help you create both fast & easy everyday meals as well as gourmet dishes.

Sample Plate Perfect Meal Ideas

BREAKFAST

Eggs with veggies (broccoli, spinach, capsicum) + small oatmeal with a little almond butter

Smoothie with almond milk, spinach, $\frac{1}{4}$ avocado, $\frac{1}{2}$ frozen banana, berries, cinnamon, and protein powder

Turkey sausage with a veggie hash (carrots, sweet potatoes, onions, and capsicum) cooked in olive oil



LUNCH

Grilled chicken and veggie salad with greens and black beans, drizzled with an olive oil-based vinaigrette

Open-faced chicken sandwich with sliced tomatoes and avocado on and a side of fresh-cut veggies

Burrito bowl with lean beef, cauliflower rice, pinto beans, and salsa.



DINNER

Salmon with sweet potato and broccoli, all roasted with olive oil

Grilled lean beef burger with rice and green beans

Pan-seared scallops with buckwheat noodles and a veggie stir fry cooked in olive oil



Plate Perfect Quick Reference Food List

Now that you've got the formula down, here are some foods you can mix-and-match to build new Perfect Plate combinations.

NON-STARCHY VEGGIES

Artichokes	Eggplant
Asparagus	Leeks
Beets	Mushrooms
Brussels sprouts	Okra
Broccoli	Onions
Cabbage	Radishes
Capsicum	Sprouts
Carrots	Swiss chard
Cauliflower	Turnip
Celery	Tomatoes
Cucumber	Zucchini



FRUITS

Apple	Kiwi
Apricots	Mango
Banana	Mandarine
Berries (any kind)	Nectarine
Cantaloupe	Oranges
Cherries	Peaches
Grapefruit	Pear
Grapes	Pineapple
Honeydew	Plums



Plate Perfect Quick Reference Food List

More foods (carbs, protein, and fats) for your mix-and-match combinations.

STARCHY CARBOHYDRATES

Legumes (Lentils, black beans, etc.)
Parsnip
Pumpkin
Quinoa
Sweet Potatoes
Whole grain rice



PROTEIN

Chicken	Pork
Eggs	Seafood
Kangaroo	Tempeh
Lean Beef	Tofu
Legumes, like lentils, beans, etc. (for plant-based meals)	Turkey

HEALTHY FATS

Avocado
Coconut Oil
Extra Virgin Olive Oil
Nuts & nut butters
Seeds



READY TO TAKE YOUR NEXT STEPS?

At Tighten Up, our mission is to Build a Future of Healthy People over 30.

If you're a Professional, Business Owner or Entrepreneur looking for a better way to fit in exercise so you can have the confidence you need, we want to invite you to experience a simpler, faster and easier approach that's already gotten hundreds of women and men amazing results.

WAYS TO WORK WITH ME:

SMALL GROUP TRAINING

SMGT is tailored to Small Groups of people that want guidance with technique. Max of 8 people

[LEARN MORE](#)

PERSONAL TRAINING

Customised 1on1 Training for in depth guidance and accountability

[LEARN MORE](#)

Will



I've trained with the team at Tighten Up for several years, more than twice a week and It's critical to ensuring a healthy body and mind. The programs are tailored to my goals and extend beyond the workout to health, nutrition and wellness.

We'd love to be part of your fitness/wellness journey.



Julie Griffiths

p: 0418 263 786
e: jewelz@tightenup.com.au

