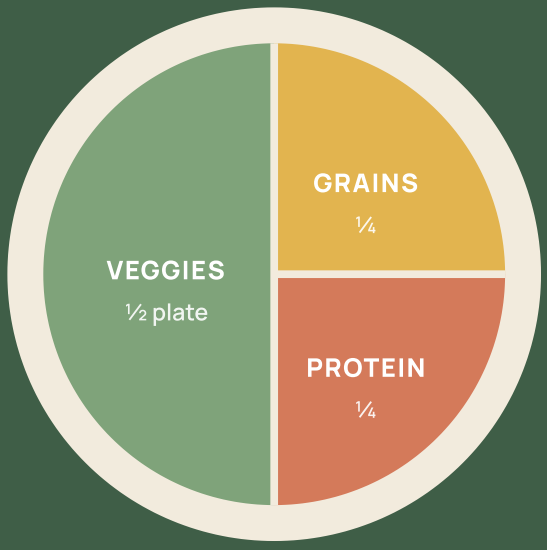
FREE SAMPLE · 7 DAYS

# The Balanced Plate
## *30-day meal plan*

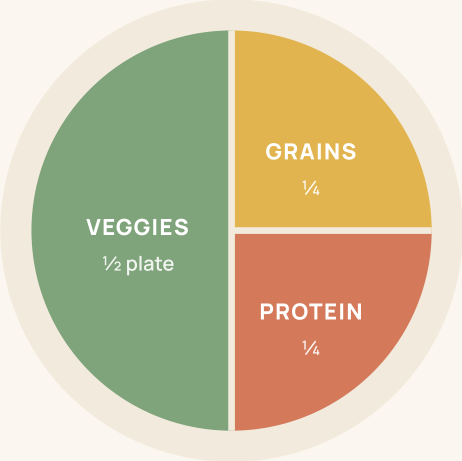
Free sample: the plate method cheat sheet, the week 1 menu and a ready-to-print grocery list. Start this Monday.




free · 7-day menu · grocery list

# The balanced plate method

The planner follows the Healthy Eating Plate guidelines from nutrition experts at the Harvard T.H. Chan School of Public Health. No calorie counting: the plate sets the proportions.




- Healthy oil — 1 tbsp per plate
- Water, tea or coffee, unsweetened

### ½ — vegetables & fruit

The biggest part. The more colors, the better. **Potatoes don't count** as a vegetable. Frozen vegetables are just as good as fresh.

### ¼ — whole grains

Farro, brown rice, bulgur, quinoa, barley, oats, whole-wheat pasta and bread. White rice and white bread — only sometimes.

### ¼ — healthy protein

Fish, poultry, eggs, beans, lentils, tofu, nuts. Red meat — rarely. Bacon, deli meats and sausages — the exception, not the rule.

| ≈ 10 oz | ⅓ cup | 4–5 oz | 1 tbsp |
|---|---|---|---|
| vegetables on one plate (about 300 g) | dry grains (50–60 g) | meat or fish (120–150 g), or 2 eggs + extras | oil for the whole plate |

WEEK 1

# Easy Start

Familiar ingredients, basic techniques, a short grocery list

| DAY | PLATE 1 · LUNCH | PLATE 2 · DINNER |
|---|---|---|
| 1 | Paprika chicken, farro & crunchy cabbage slaw<br>30 min | Spinach & tomato omelet with toast<br>15 min |
| 2 | Lemon-garlic baked cod, brown rice & broccoli<br>40 min | Roasted beet, bean & bulgur salad<br>20 min |
| 3 | Red lentil soup with 2 toasts & cucumber<br>30 min | Garlic-herb cottage cheese dip, crunchy veggies & bread<br>10 min |
| 4 | Chicken meatballs in tomato sauce, bulgur & zucchini<br>35 min | Farro with sautéed mushrooms, eggs & salad<br>20 min |
| 5 | Baked cod cakes, brown rice & beet-carrot salad<br>35 min | Bean & pepper wrap with herbed cottage cheese<br>10 min |
| 6 | One-pan chicken with peppers & zucchini, farro<br>35 min | Pepper shakshuka with whole-grain toast<br>20 min |
| 7 | Cod in tomato sauce, brown rice & green salad<br>35 min | Broccoli & cottage cheese bake with cabbage slaw<br>35 min |

## Sunday prep

- Cook farro for days 1 and 4 (110 g / 4 oz dry) and brown rice for days 2 and 5 (120 g / 4¼ oz). Cool and store in containers up to 4 days.
- Roast 2 beets in foil (60 min, 400°F / 200°C) for days 2 and 5.
- Shred cabbage and grate carrots for 2 days; store undressed.
- Move cod from freezer to fridge the night before days 2, 5 and 7.
- Open the beans on day 2 only: keep the rest covered in a jar up to 3 days.

# Grocery list · Week 1

days 1–7 · for 1 person · already rounded to what stores sell

1 plate — wellness mode  2 plates — weight-loss mode

## Produce

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Green cabbage | 150 g · 5½ oz | 250 g · 9 oz |
| ☐ Carrots | 350 g · 12½ oz | 400 g · 14 oz |
| ☐ Yellow onion | 200 g · 7 oz | 300 g · 10½ oz |
| ☐ Red onion | — | 20 g |
| ☐ Beets | 150 g · 5½ oz | 300 g · 10½ oz |
| ☐ Broccoli (fresh or frozen) | 200 g · 7 oz | 400 g · 14 oz |
| ☐ Zucchini | 350 g · 12½ oz | 350 g · 12½ oz |
| ☐ Bell peppers | 100 g · 3½ oz | 400 g · 14 oz |
| ☐ Tomatoes | 300 g · 10½ oz | 950 g · 2.1 lb |
| ☐ Cucumbers | 350 g · 12½ oz | 750 g · 1.7 lb |
| ☐ Spinach (frozen or fresh) | — | 100 g · 3½ oz |
| ☐ Salad greens | 40 g · 1½ oz | 150 g · 5½ oz |
| ☐ Mushrooms | — | 150 g · 5½ oz |
| ☐ Fresh herbs (dill, parsley) | 1 bunch | 1 bunch |
| ☐ Garlic | 6 cloves (1 head) | 8 cloves (1 head) |

## Fruit

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Lemon | 1 | 1 |

## Whole grains & bread

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Farro | 150 g · 5½ oz | 200 g · 7 oz |
| ☐ Brown rice | 200 g · 7 oz | 200 g · 7 oz |
| ☐ Bulgur | 60 g · 2 oz | 100 g · 3½ oz |
| ☐ Rolled oats | 20 g | 20 g |
| ☐ Whole-grain bread | 2 slices | 6 slices |
| ☐ Whole-wheat tortilla (large) | — | 1 |

## Meat, fish & eggs

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Chicken breast | 400 g · 14 oz | 400 g · 14 oz |
| ☐ Cod fillet | 450 g · 16 oz | 450 g · 16 oz |
| ☐ Eggs | — | 7 |

## Beans, lentils & tofu

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Red lentils | 60 g · 2 oz | 60 g · 2 oz |
| ☐ Kidney beans (canned) | — | 1 can |

## Dairy

| | 1 plate | 2 plates |
|---|---|---|
| ☐ Cottage cheese | — | 350 g · 12½ oz |

## Add: breakfasts & snacks


**What's already at home? Check Lardex**

Stock by fridge, freezer and pantry, expiry dates, voice input. Works offline. Free.

lardex.pages.dev →

# 1 Day 1 of 30

WEEK 1 · EASY START

PLATE 1 · LUNCH · BOTH MODES

30 min

## Paprika chicken, farro & crunchy cabbage slaw



veggies ≈ 300 g · grains 60 g · protein 130 g

### INGREDIENTS

| | |
|---|---|
| Chicken breast | **130 g · 4½ oz** |
| Farro | **60 g · 2 oz** |
| Green cabbage | **150 g · 5½ oz** |
| Carrots | **60 g · 2 oz** |
| Cucumbers | **80 g · 3 oz** |
| Fresh herbs (dill, parsley) | **10 g** |
| Lemon | **¼** |

**From the pantry:** olive oil, salt, paprika

### METHOD

Simmer farro in salted water for 25 min, then drain. Rub chicken with salt and paprika; cook in 1 tsp oil, 6 min per side. Thinly slice cabbage and massage with a pinch of salt; toss with grated carrot, cucumber, herbs, lemon juice and 1 tsp oil.

PLATE 2 · DINNER · WEIGHT-LOSS MODE

15 min

## Spinach & tomato omelet with toast



veggies ≈ 360 g · grains 35 g · protein 110 g

### INGREDIENTS

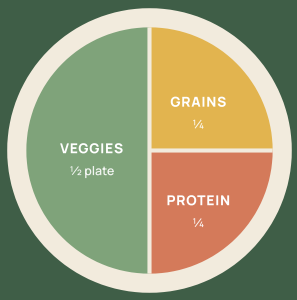
| | |
|---|---|
| Eggs | **2** |
| Spinach (frozen or fresh) | **100 g · 3½ oz** |
| Tomatoes | **150 g · 5½ oz** |
| Yellow onion | **30 g · 1 oz** |
| Whole-grain bread | **1 slice** |
| Cucumbers | **80 g · 3 oz** |

**From the pantry:** olive oil, salt, pepper

### METHOD

Warm onion and spinach in a skillet for 3 min. Pour in beaten eggs, cover and cook on low for 5 min. Serve with sliced tomato, cucumber and a slice of whole-grain toast.

☐ Plate 1 ☐ Plate 2 ☐ Water 6–8 cups Rating: ☆ ☆ ☆ ☆ ☆




# Want all 30 days?

The full planner has 60 recipes — one page for every day — plus 5 grocery lists, a prep plan for each week, a swap chart, 10 breakfasts and a 30-day tracker.

**Get the full plan → [Etsy link]**

Your code: [PLATE20] — 20% off for 72 hours