



MEAL PLAN TEMPLATE

the rule of three

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NUTRITION



HELLO!

meet kristen

Hey! I'm Kristen. I help busy people who are over fad diets, detoxes, and restrictive standard meal plans. The person who is ready to sustainably lose body fat while still eating the food they love. The person committed to themselves, their health and longevity and their confidence. I'm an experienced Registered Dietitian and I love helping people reach their goals. How? I don't simply tell you, I TEACH you! Working together learn to eat to feel great and fuel yourself for a lifetime. I LOVE food and firmly believe you don't have to give up what you love simply to reach your goals. Have your cake and eat it too. Literally! My services are virtual so no matter where you are, we can find a way to help you reach your goals! In my free time, I love playing with my kiddos (JJ age 3 and Jordan age 1), trying new restaurants (and wine!), working out, drinking coffee and cooking with my husband, Dan. We're a busy family so a slow, cozy morning on the couch with coffee, cuddles and laughs is my absolute favorite.

meal plan template

THE RULE OF THREE

For each food group, write in 3 options.
See the example list below if you need ideas!

	PROTEIN	CARBS	VEGETABLE	SAUCE/SEASONING
example:	meatballs	pasta	broccoli	marinara sauce

MEAL IDEAS

Combine 1 food from each column above to create a balanced meal.

MEAL #1				
MEAL #2				
MEAL #3				
example:	meatballs	pasta	broccoli	marinara sauce

PROTEIN	CARBS	VEGETABLES	SAUCE/SEASONING
Chicken	Rice	Kale	Teriyaki
Fish	Potato	Broccoli	Marinara
Eggs	Sweet Potato	Peppers	Sauce
Tofu	Quinoa	Cabbage	Salt & Pepper
Turkey	Oats	Cauliflower	Chili Powder
Tuna	Bread		Basil
Meatballs	Pasta		Turmeric
			Oregano



WHAT I DO

how i can help you

I help clients learn to feel their best without feeling burdened. Let's improve your relationship with food while meeting your other health goals! All foods are allowed. I teach you HOW to eat, not just what to eat so you so can fuel yourself for a lifetime. My clients won't need another dietitian ever again.

TELL ME MORE