



THE FREE FLAVHER GUIDE

WHAT AM I SUPPOSED TO EAT? A Better Plate Starter Guide

Food advice can feel overwhelming. Your next meal doesn't have to be.

A simple starting point for building balanced meals, choosing nutrient-dense foods, and making food decisions with less confusion.

FREE RESOURCE

Start with the plate—not the noise.

You do not need to follow every food trend to eat well. A practical starting point is to build meals around a few basics: a protein source, vegetables and/or fruit, a fiber-rich carbohydrate, and a source of healthy fat or flavor.

Try this simple check

Ask yourself	Look for
Where is my protein?	Fish, chicken, turkey, eggs, Greek yogurt, beans, lentils, tofu, or another protein you enjoy.
Where are my plants?	Vegetables and/or whole fruit. Fresh, frozen, and canned can all fit.
Where is my fiber-rich carb?	Beans, lentils, oats, potatoes, quinoa, brown rice, or another whole-grain/high-fiber option.
What adds healthy fat or flavor?	Nuts, seeds, avocado, olives, or an oil-based dressing; herbs and spices add flavor too.

The goal is balance—not perfection.

Your portions and food choices can vary based on your hunger, activity, preferences, budget, age, and health needs.

5 easy ways to improve your next meal

Pick just one. Small changes are easier to repeat.

1. Add protein. If your meal is mostly bread, cereal, fruit, or pasta, add a protein source.
2. Add a plant. Put a vegetable or fruit alongside the meal instead of waiting for a “perfect” recipe.
3. Choose fiber more often. Try oats, beans, lentils, potatoes, whole grains, vegetables, fruit, nuts, or seeds.
4. Check the label. For packaged foods, compare serving size, added sugars, sodium, saturated fat, protein, and fiber.
5. Make water your default drink. Water is a simple way to stay hydrated without added sugar.

A quick meal formula

Protein + Plants + Fiber-rich Carb + Flavor/Healthy Fat

Examples: salmon + broccoli + potato + olive oil-based dressing; chicken + greens + beans + avocado; eggs + vegetables + oatmeal + berries.

Want to go deeper?

This free guide gives you the starting point. If you want the complete FlavHer framework, the full premium guide goes further.

WHAT AM I SUPPOSED TO EAT NOW?

A No-Confusion Guide to Building a Better Plate

The premium guide expands on:

- Building balanced meals
- Protein and plant choices
- Fiber-rich carbohydrates
- Understanding highly processed foods without food fear
- Reading Nutrition Facts labels
- Building a practical grocery cart
- Simple meal templates
- Food-safety basics
- A 7-day food reset to help you practice the framework

GET THE COMPLETE FLAVHER GUIDE

Available on the FlavHer website.

FREE RESOURCE • CREATED BY FLAVHER

Educational information only. This resource is not individualized medical or nutrition advice. Food needs vary; if you have a medical condition or special dietary needs, consult a qualified healthcare professional.

FlavHer Food Notes

This free resource is intentionally simple. It is designed to help you start thinking about meals in a more balanced, practical way—not to prescribe a diet.

For additional evidence-based nutrition information, see the current Dietary Guidelines for Americans (2025–2030) and USDA MyPlate resources.

Sources

U.S. Department of Agriculture & U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2025–2030.

USDA Food and Nutrition Service. MyPlate consumer resources.

FLAVHER

Helping women reset, rebuild, and become stronger in their next chapter—without losing themselves.