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Building the Metabolic Plate

A balanced plate isn't a restriction — it's a recipe for stable energy. Think of each component as part of a team: protein provides structure, healthy fat offers staying power, fiber keeps digestion smooth, and colorful plants add protection. When these pieces come together, your metabolism runs easily and predictably.

Balanced Meal Framework = Protein + Healthy Fat + Fiber + Color.

01 Mini Teaching
Each piece keeps glucose steady and energy even.

02 Example
Picture your plate as a team: protein for structure, fat for staying power, fiber for flow, color for protection.

03 Try This Today
Build one balanced plate today and snap a picture. Use it as your “visual food log” to inspire future meals.

Check us out online:
<http://healthyuacademy.com>

Select a plan:
<https://tinyurl.com/healthyu-amaze>

