

# HEALTHIER THROUGH THE HOLIDAYS:

*Cultivating a Happier, Healthier Mindset*

## MEAL BUILDING BASICS



### **Veggies + Protein + Starch\***

\*grains, starchy veggies

### **Add fat & spices for flavor.**

Olive oil, ghee/butter, dairy, nuts/seeds  
Spices, spice blends, salt, and/or pepper

### **Consider fruit for a treat.**

Fresh, frozen, or dried

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(For general information only; not to be considered an individual, prescriptive serving suggestion.)

The information presented in this workbook is intended as general information only, and is not a substitute for advice from any medical, legal, or mental health professional. Consult with a medical professional before beginning any diet or lifestyle program.