

# Midlife Meal Builder™

Build balanced, satisfying meals with protein, fiber-rich carbohydrates, colorful plants and healthy fats.

Choose one or more options from each section.

Adjust portions to suit your appetite, activity, health needs and preferences.

## 1 Start with Protein

Chicken or turkey • Fish or seafood • Eggs • Greek yogurt or cottage cheese • Tofu or tempeh • Beans or lentils

Choose a meaningful serving that helps make the meal satisfying.



## 2 Add Colorful Plants

Leafy greens • Broccoli or cauliflower • Peppers or tomatoes • Mushrooms or zucchini • Berries or other fruit • Any vegetables you enjoy

Vary the colors and types across the week.



## 3 Choose a Fiber-Rich Carbohydrate

Beans or lentils • Oats, quinoa or barley • Brown or wild rice • Sweet potato or winter squash • Whole-grain bread or wraps • Fruit

Your needs may change with activity, appetite and blood-sugar response.



## 4 Include a Healthy Fat

Extra-virgin olive oil • Avocado • Seeds or seed butter • Olives • Fatty fish • Tahini

A little can add flavor, satisfaction and staying power.



## Make It Yours

Finish with herbs, spices, lemon, lime, vinegar or a favorite sauce.  
Meals do not need to be perfect to be nourishing.



### Martine's Midlife Wellness Tip

If meal planning feels overwhelming, begin with your protein and add the rest around it.

Your ideal meal may look different from someone else's.

Adjust for allergies, medical conditions, medications and guidance from your healthcare provider.