



SAME DINNER. DIFFERENT RATIOS.

PLANT-FORWARD EATING THAT STILL
INCLUDES STEAK, PASTA, AND REAL LIFE.



When we hear “plant-forward,”
this is what we usually think:

“So... vegetarian?”

“Do I have to give up steak?”

“My husband won’t eat this.”

“Is this another food rule?”

No.

Plant-forward does not mean:
No meat, flavor or family favorites.

It means this:

More plants on the plate. Still protein, and still
meals you recognize.

In this course, we aim for roughly:
75% PLANTS.

25% PROTEIN.

Not because meat is bad.

But because fiber, color, and nutrients matter
more in midlife. You are not losing foods.

You’re adding support.

No one is taking your steak away.

You don’t have to give up what you love.

We’re just shifting the balance.

Add, don’t restrict.

WHAT IT LOOKS LIKE IN REAL LIFE

Here are real dinners. Not Instagram plates. Not “health food.” Just normal meals — adjusted.

- Chicken stir fry — double the vegetables
- Beef taco bowl — add black beans + shredded cabbage
- Salmon — roasted broccoli + quinoa
- Burger night — side salad + grilled zucchini
- Pasta night — add spinach + chicken or shrimp
- Steak — large tray of roasted vegetables
- Eggs — sautéed peppers + mushrooms
- Chili — extra beans + bell peppers
- Sheet pan sausage — onions + carrots + Brussels sprouts
- Leftover chicken — big chopped salad

Notice:

Meat is still there.

We’re just shifting the balance.

No separate meals. No food fights. No overhaul.

Same dinner. Different ratios.

Add, don’t restrict.

ONE DINNER. NOT TWO.

You do not need to cook separate meals.

Here's the simple formula:

1. Cook the protein once.
2. Make a large vegetable side.
3. Let everyone customize carbs.

Example:

Grilled chicken

Big tray of roasted vegetables

Rice on the side

Your plate:

More vegetables. Moderate rice.

Protein.

His plate:

More rice. Same chicken. Smaller veg portion.

Same dinner. Different ratios.

No arguments. No lectures. No rules.

WHY THIS MATTERS IN MIDLIFE

Your body needs:

Protein — to protect muscle.

Fiber — to support hormones and digestion.

Healthy fats — to stabilize energy.

When your plate leans more plant-forward, you get:

- Steadier energy.
- Better fullness.
- Fewer 9PM cravings.



This isn't about removing steak.

It's about building a plate that works for you now.

You don't have to give up what you love. We're just shifting the balance.

Add, don't restrict.