

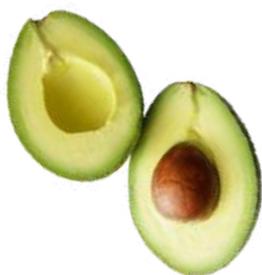
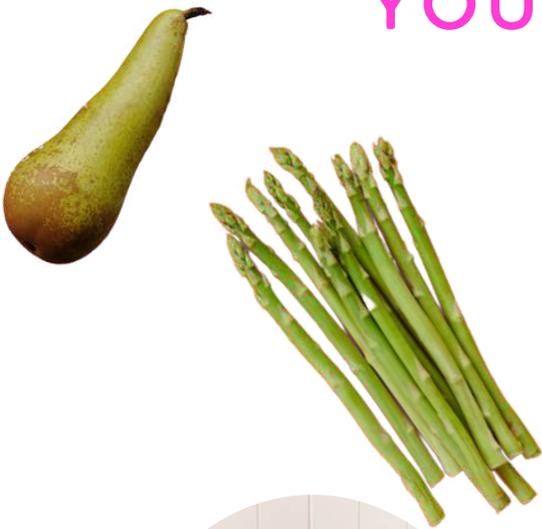
# THE SIMPLE GUIDE TO BALANCED EATING

*Kazlit Nutrition*

YOUR DAILY  
NUTRITION GUIDE  
+ PLATE BLUEPRINT

**KL**  
KAZLIT NUTRITION

# FEELING CONFUSED ABOUT FOOD? YOU'RE NOT ALONE.



Hi, I'm Karin (Kaz), a university-qualified nutritionist and coach, and someone who knows how confusing food can feel when life is busy and your body is changing.

For years, I tried to eat "well," navigating conflicting advice and ticking boxes without really understanding what food meant for my body. Even when I trained for a bodybuilding competition with a PT and nutritionist, I still felt stuck.

Eventually, I realised: it doesn't have to be so complicated. Nutrition can be simple, flexible and supportive. That's why I created this guide, to help women like you clear the noise and start feeling more confident, energised and comfortable in your skin.

✨ It's not about perfection. It's about fuelling your body so you feel energised, satisfied and at ease with food.

Here's what's next:

- On the following page, you'll see my Balanced Plate Blueprint, a simple way to build meals that fuel your body with the right mix of veggies, grains, protein and healthy fats.
- Then, you'll get my Daily Nutrition Confidence guide – an easy tool to help you check in each day and notice what really makes you feel good.

# YOUR BALANCED PLATE BLUEPRINT

*your guide for creating balanced meals*

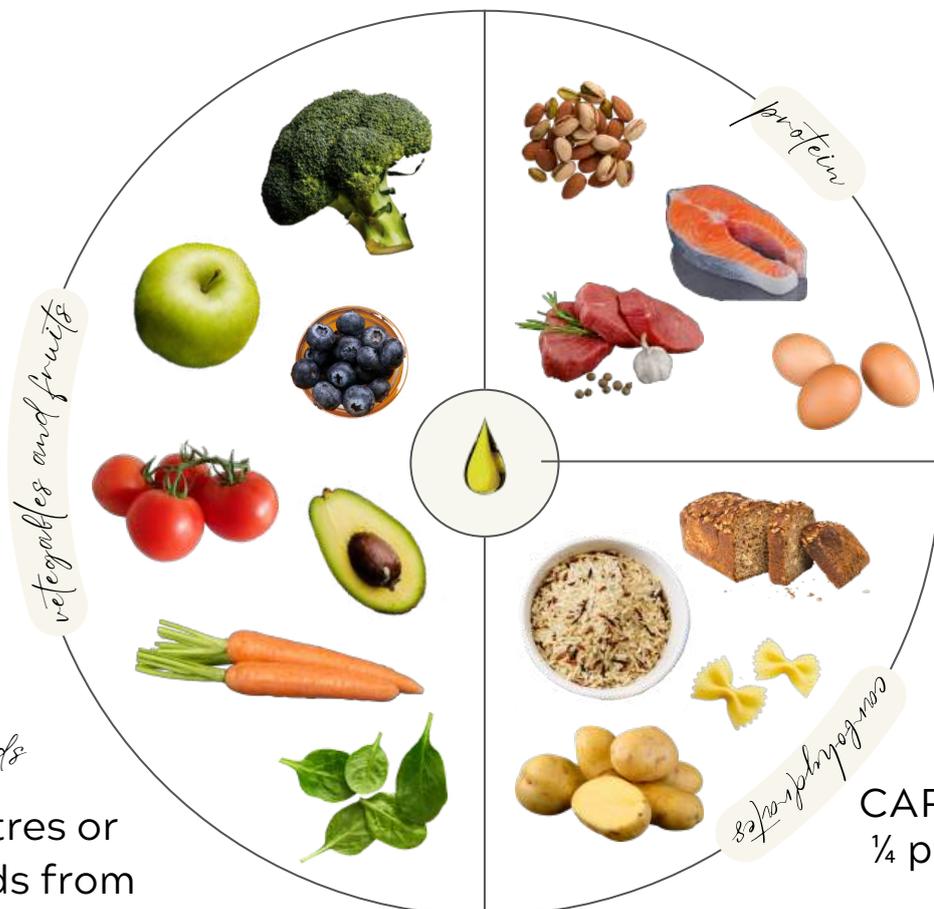
## VEGETABLES & FRUITS

½ plate = colourful veg & fibre

## PROTEIN

¼ plate = protein

FATS & OILS  
Healthy fats =  
drizzle,  
sprinkle,  
spoon



CARBOHYDRATES  
¼ plate = carbs

*liquids*

At least 2 litres or  
water + fluids from  
foods

**Breakfast:** Oats + soy milk + berries + chia + peanut butter

**Lunch:** Wholegrain wrap + chicken or tofu + avocado + salad

**Dinner:** Salmon + quinoa + roast veggies + olive oil

Balanced meals = more energy,  
fewer cravings, better mood.

# DAILY NUTRITION GUIDE



(Tick 3-4 each day to build confidence with food, it's about progress, not perfection!)



## Veggies

Add colour to at least 2 meals today.

## Fruit

At least 2 pieces per day.

## Grains & Energy Foods

Include a wholegrain, potato, or rice to fuel steady energy.

## Protein Foods

Add a protein source at each main meal (meat, fish, tofu, eggs, legumes).

## Healthy Fats

Drizzle, sprinkle, or scoop – avocado, olive oil, nuts, seeds.

## Fluids

Sip water or herbal tea regularly through the day.

## Mindful Moment

Pause at one meal: taste, notice, enjoy.

 How Did You Feel Today?  
Energised / Tired / Satisfied /  
Craving





# READY TO PUT THIS INTO PRACTICE?

If this guide helped, imagine how much better you'll feel after 30 days of simple, guided steps.

That's exactly what you'll get in my 30 Days to Food Confidence Program.

In just 30 days you'll:

Build meals that keep you energised and satisfied

Feel fewer 3pm cravings

Gain confidence in your food choices



“Kaz makes food simple and realistic – I finally stopped second-guessing myself.”

I'd love to support you inside the program, it's your next step to building food confidence without rules or restriction.

See you there!

👉 [Join Now for \$49]



*Nourish your body & feel comfortable in your skin, for your lifestyle now.*



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