

THE BEERMAN BUILD

BEERMAN STRONG

FAITH · FUEL · FITNESS

Build Your Balanced Plate

A flexible four-part framework for meals that support steady energy, satisfaction and everyday life.

FAITH · FUEL · FITNESS

USEFUL THINGS, *built from real life.*

A practical guide created by Liz Beerman

Use this guide as general educational support. Adapt it to your needs and follow advice from your qualified health-care team, especially when managing a medical condition.

THE

BEERMAN *BUILD*

BUILDING STRENGTH IN FAITH, MARRIAGE, LIFE & BUSINESS

Balanced, not perfect

A helpful meal does not need to be complicated. Think in building blocks, choose foods you enjoy, and adjust portions for appetite, activity, culture, medical needs and access.

1 · Protein

Choose an option such as eggs, yogurt, beans, lentils, fish, poultry, tofu or another favourite. Protein can help meals feel satisfying.

2 · Colour

Add fruit or vegetables you enjoy - fresh, frozen, canned or cooked all count. Variety over time matters more than perfection.

3 · Energy

Include a carbohydrate such as potatoes, rice, pasta, oats, bread, corn or fruit. These foods help fuel your day.

4 · Flavour + fats

Dressings, avocado, nuts, seeds, cheese, sauces and oils can add flavour and satisfaction. Use what suits the meal.

Build it your way

Breakfast: oatmeal + berries + yogurt + seeds

Lunch: grain bowl + roasted vegetables + chickpeas + dressing

Dinner: fish or tofu + potatoes or rice + vegetables + sauce

Snack: fruit + cheese, crackers + hummus, or yogurt + granola

Convenience counts

Frozen vegetables, canned beans, prepared proteins, bagged salads and microwave grains are useful tools - not shortcuts you need to apologize for.

Your meal-builder page

Circle or write down a few options you genuinely like. The goal is a short, useful list you can return to.

Proteins I enjoy

Fruit and vegetables I enjoy

Carbohydrates that work for me

Flavours and extras I love

A gentle planning rhythm

- Pick two breakfasts, two lunches and three dinners for the week.
- Choose one flexible backup meal for a busy day.
- Check what you already have before shopping.
- Prepare one helpful component - wash produce, cook a grain or portion snacks.
- Leave room for changed plans and real life.

Your plate is a tool, not a test.

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