

Holiday Strength Plate

This simple guide helps you build meals that support strength, energy, calm digestion, and stable blood sugar during the holiday season. Use it at parties, family gatherings, or any meal where you want to feel nourished rather than depleted.

Component	What It Does	Holiday Examples
Protein (20–30g) veggie Mindfulness Ritual	Stabilizes appetite, supports muscle strength, reduces cravings.	Turkey, chicken, salmon, lentils, tempeh, shrimp cocktail
Color + Fiber	Supports digestion, feeds healthy gut microbes, reduces glucose spikes.	Roasted veggies, leafy salads, green beans, berries
Healthy Fats	Boosts satiety and calming hormones; slows digestion.	Olive oil dressings, avocado, nuts/seeds (if tolerated)
Slow Carbs (optional)	Provides sustained fuel without crashes.	Sweet potatoes, quinoa (if tolerated), wild rice, root vegetables
Mindfulness Ritual	Regulates the nervous system so the body can digest and self-regulate.	3 deep breaths before eating, 5–10 minute walk afterwards

Tip: Start with protein and color first. Notice how you feel 30 minutes after eating. Holiday strength comes from small, intentional choices—one plate at a time.