Worksheet: Belle's Plate – Meal Check

A practical guide for everyday, balanced meals – without bans, with clarity.

Name:		**Date:**	
Day of the week:		**Focus:**	All components per meal

What this is about: Give the body the minimum to achieve the maximum: plan and eat meals so the body gets what it needs – this makes many things easier and bans often become unnecessary. Belle's Plate is your "at a glance" guide.

How to use Belle's Plate (practically):

- Place Belle's Plate next to you (printed or on your phone).
- At each meal, check: Which areas am I covering today?
- Briefly note what's missing – no stress, just as a clue.
- When you're more practiced: choose foods in advance so that all areas are covered.
- It doesn't have to be 100%. The goal: more clarity, more calm, more enjoyment.

Plate check (tick off):

Vital nutrients	☐ Fruit & vegetables (in the evening: vegetables, preferably cooked/no raw vegetables)
Building blocks	☐ Protein – plant-based (e.g., legumes, tofu)
Building blocks	☐ Protein – animal-based (e.g., eggs, fish, meat, dairy)
Building blocks	☐ MUFAs (monounsaturated fats): avocado, nuts, olive oil
Fuel	☐ Carbohydrates (e.g., potatoes, rice, bread, oats)
Fuel	☐ Fats (e.g., butter, cheese, oils depending on the plate)
Bitters	☐ e.g., arugula, chicory, endive, herbs, grapefruit

Note: If you want to reduce your weight, pay attention to minimizing the fuel.

Meal practice (today):

Meal 1

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:
Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Meal 2

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:
Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Meal 3

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:
Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Meal 4

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:
Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Meal 5

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:
Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Meal 6

Time of day + time:	☐ Breakfast ☐ Lunch ☐ Dinner ☐ Snack – Time:

Time since previous meal:	
What's on the plate (keywords)?	
Which areas am I covering?	☐ Vital nutrients ☐ Protein (plant-based) ☐ Protein (animal-based) ☐ MUFAs ☐ Carbohydrates ☐ Fats ☐ Bitters
What's still missing?	
How can I add it (simple & realistic)?	

Reflection (2 minutes):

- What felt surprisingly easy today?
- Where did Belle's Plate help me see more clearly right away?
- What was hardest to add – and why?
- Which 1 small thing do I want to make easier next time?

Mini reminder: You don't have to be perfect. Every tick is a clue – and every clue makes nutrition more understandable and calmer.