



NutriPledge

DISCLAIMER AND MENU GUIDING PRINCIPLES



Disclaimer: Please note that this Meal plan is not a medical advice. This can be only used as general guidance to a healthy and balanced diet to your health and wellness. This menu does not ensure an adequate and safe level of intake for a single person. Please consult your health care provider prior to following this menu plan to ensure your personal medical nutritional needs are met.

Thank you, enjoy the meal plan and eat with confidence!





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Our Wellness Menus Standards and Guiding Principles

Guiding principles: Our February meal plans are designed based on following science and evidence based dietary patterns to promote and optimize health and wellness. Our meal plans-

- ✓ Are carb consistent with a right balance of healthy carbohydrates, protein and fat to promote healthy weight, and healthy blood sugars.
- ✓ Meet national dietary regulatory standards to ensure adequate nutrition. Uses combination of MyPlate, Mediterranean diet, DASH diet principles.
- ✓ Nutrient distribution is approximately 50 -60% healthy carbohydrates, 15- 20% protein, and 25-30% healthy fats with less than 10% saturated fat, no more than 300 mg cholesterol, 2300 mg sodium and no trans-fats.
- ✓ Provides about 25-30-grams of total dietary fiber with the use of whole grains, whole fruits and vegetables and no more than 10% added sugars.
- ✓ Are built with healthy foods and recipes that follow some unique food combination principals for optimum health. Our recipes use a variety of herbs and spices to enhance flavor and therapeutic value of the food to promote overall health and wellness.
- ✓ Provide a world of taste and flavor with dietary diversity. Comes with standard and vegetarian meal choices with various calorie levels: 1200, 1400, 1600, 1800 and 2000 to choose from.
- ✓ Are based on seasonal and future 50 foods for better health, better planet and better value.

Standards:

- ✓ Our meal plans are based on three meals and one snack. You could fit those meals and snack based on your daily routine.
- ✓ For the convenience meal plans are built based on simple home cooked dinner and use of the left-over next day lunch. Meal prep tips are given when needed.
- ✓ Our Menu comes with associated grocery list and simple recipes to make healthy eating easy and convenient.
- ✓ Blue color underlined food items come with an allied recipe link. Our recipes are uniquely rated with a colored dot to help you eat healthy. Green dot food items provide you a freedom to eat beyond its serving size if needed.
- ✓ Black color food items are store bought foods.
- ✓ For household serving sizes please refer to the recipe cards.

Dietary Discipline:

- ✓ Know your calorie level for your health and wellness. Refer to attached [Metsy RMR chart](#) (*provided with a menu purchase) as a baseline guidance to help achieve and maintain a healthy weight.
- ✓ Refer to our MyPlate to [YourPlate food group exchange list](#) (*provided with a menu purchase) if any food item/s substitution is needed due to some reason.
- ✓ Find time for daily exercise, yoga and/or meditation based on your health condition and level of toleration.
- ✓ Make sure you are getting enough sleep.
- ✓ No smoking, and healthy drinking (up to 1 serv. For women and 2 serv. for men) if you choose to drink alcoholic drinks.





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- ✓ Plan on three meals and one snack of choice and no nibbling in between if possible. Green dot foods can be eaten beyond its serving size to satisfy hunger.
- ✓ Challenge your self to start your day with a cup of water and no food in between your regular meals. Try to wait at least at least 4 hours in between meals.
- ✓ If you have certain health conditions, then purchase our Medical Nutrition Therapy Plan for a customized meal plan tailored to your unique medical nutritional needs to help improve/maintain your heath and wellness.

