

*The* HEALTHY + BALANCED  
MEAL PLANNING METHOD  
*for Ambitious Mamas Who Want to Thrive*



By Katerina Baratta, LAc, MSOM

*Hey There!*

My name is Katerina Baratta, LAc, MSOM, and I'm a licensed acupuncturist and holistic health coach. I specialize in creating customized nutrition and holistic wellness plans for mothers.

And this Healthy + Balanced Meal Planning Method is designed to help you plan your meals for the week so they are both **nutrient dense** from a physiological standpoint, as well as **nourishing and balancing** from a holistic standpoint.

Because from a holistic standpoint, health isn't just about the vitamins and minerals you consume.



**HOLISTIC HEALTH IS ABOUT BALANCING WHAT'S GOING ON INSIDE OF YOU WITH WHAT'S GOING ON OUTSIDE OF YOU.**

When you know how to do that, you feel healthier, more energized, and have an easier time getting all the things done that you want to do.

**AND BECAUSE I TAKE A HOLISTIC APPROACH TO HEALTH AND WELLNESS, YOU'RE GOING TO FIND A FEW THINGS IN THIS GUIDE THAT MIGHT SURPRISE YOU.**

**First off, in order to make a healthy + balanced meal plan, you've got to begin with your environment.**

Because from a holistic standpoint, the climate around you has a direct effect on how you feel, both physically and emotionally.

So to start off, you're going to want to **take a look at the weather report for the coming week.**

**Once you've got that, circle the best description for the dominant weather pattern in the coming week.**

If you're in what I call a transition phase, when the weather is inconsistent and all over the place, also circle the "Variable/Changing" option.

**Next, you're going to want to evaluate what's going on for you and your family.**

There are 4 basic categories of imbalance that I like to look at when I'm creating a customized meal-plan for my patients and clients: Hot, Cold, Damp, and Dry.

Circle any signs and symptoms that have come up for you in the past week, and then take a look at which category has the most circles.

Then you're going to want to **combine the climate with the dominant imbalance** to figure out which direction you want your meals to go in this week.

**You can find general recommendations on what to include (and what to avoid) in order to stay healthy and balanced on page 5.**

**AND NOW YOU'RE READY TO MAKE YOUR MEAL PLAN!**

Check out cookbooks and [recipes online](#) that include the ingredients and cooking methods that you've determined will be the most balancing for you this week.

Then fill in the blanks on your meal plan chart.

**You'll find a bonus Healthy + Balanced Meal formula on page 8.**

Mix and match the ingredients to suite your needs and tastes!

And then you're almost done.

All that's left to do is fill in any snacks or extras you'd like to have on hand (think: [homemade energy balls](#), [homemade granola](#), tea, nuts, seeds, fruit, etc.), make a list of things to prepare ahead of time, and create a shopping list.

*Voila! Making a healthy + balanced meal plan is as simple as that!*

## CLIMATE

*(Circle the best descriptions for the dominant weather pattern in the coming week)*

Hot + Dry

Hot + Humid

Cold + Dry

Cold + Humid

Variable/Changing

## SIGNS + SYMPTOMS OF IMBALANCE

*(Circle anything that's been coming up for you or your family this past week)*

### HEAT

- Skin irritations (redness, rashes, acne, etc.)
- Feeling hot
- Sharp pain, burning sensations
- Strong body odors (including breath)
- Yellow urine
- Acid reflux
- Craving cold beverages
- Angry outbursts

### COLD

- Feeling cold
- Poor circulation
- Dull pain, achey-ness
- Fatigue
- Craving warm beverages
- Low appetite
- Quiet voice
- More introverted than usual

### DRYNESS

- Thirst
- Dry skin, lips, or hair
- Cracking or popping joints
- Constipation with dry stool
- Anxiety, inflexibility
- Brittle nails
- Hypoglycemia, light-headedness
- Tongue is dry, possibly cracked, and has very little coating

### DAMPNESS

- Excessive sweating
- Heavy feeling in body
- Foggy-brain feeling
- Lethargy, sluggishness
- Loose stools
- Indecision
- Worry
- Bloating

## BALANCING INGREDIENTS

### When you need to balance HEAT:

Eat cooling meals with ingredients like cucumber, lightly cooked and crunchy vegetables, fresh fruit, and seaweed

Avoid cooking methods and ingredients that add more heat.

### When you need to balance COLD:

Eat warming meals that have been cooked for longer periods with ingredients like brown rice, meat, alliums, warming herbs and spices, and vinegar.

Avoid cooking methods and ingredients that add more cold (especially raw and iced foods)

### When you need to balance DRYNESS:

Eat lubricating meals that use more liquid and include ingredients like oats, bok choy, lemons and limes, dates, and ghee.

Avoid cooking methods and ingredients that add more dryness.

### When you need to balance out DAMPNESS:

Eat drying meals that include ingredients like lentils, millet, kidney beans, cranberries, citrus zest, turmeric, and clove.

Avoid cooking methods and ingredients that add more dampness.

### When you're in a time of TRANSITION:

Eat grounding meals that include ingredients like whole grains, root vegetables, nuts and seeds.

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

SNACKS + EXTRAS

PREP

## SHOPPING LIST

FISH + MEAT

GRAINS

BEANS

NUTS + SEEDS

COOKING FATS

DRIED HERBS + SPICES + CONDIMENTS

EGGS, TOFU, DAIRY

VEGGIES + FRESH HERBS

FRUITS

**BONUS: HEALTHY + BALANCED MEAL FORMULA**

1/2 CUP COOKED **WHOLE GRAIN**  
 + 3-5 CUPS COOKED **VEGGIES**  
 + 1/2-2 CUPS **PROTEIN**  
 +**EXTRAS**  
 +**SAUCE**

**Choose 1-3 balancing ingredients from each category for a healthy + balancing meal:**

*(Refer to page 5 for more info)*

GRAINS	COOKED VEGGIES	PROTEIN	SAUCE	EXTRAS
Millet	Kale	Stir-Fried Chicken Strips	Simple Balsamic Vinaigrette	Avocado
Quinoa	Collar Greens	Stir-fried Steak Strips	Pumpkin Seed Dressing	Small Cubes of Cucumber
Brown Rice (short grain, basmati, jasmine, etc.)	Spinach	Ground Turkey Sausage	Mustard Vinaigrette	Shredded Raw Carrots and/or Beets
Red/Bhutanese Rice	Chard	Oven Roasted Boneless Ribs	Lemon-Herb Vinaigrette	Sliced Radish
Black/Forbidden Rice	Bell Peppers	Stir-Fried Shrimp	Caramelized Onion Sage Vinaigrette	Chopped Celery
Wild Rice	Broccoli	Baked White Fish	Cashew Ranch Dressing	Sprouts
Polenta	Cabbage	Sardines	Cashew Miso Jalapeño Sauce	Fermented Veggies
Sorghum	Cauliflower	Smoked Salmon	Barbecue Sauce	Sauerkraut
Teff	Mushrooms	Mashed Boiled Eggs	Cilantro Lime Vinaigrette	Seaweed
Amaranth	Carrots	Baked Firm Tofu	Sesame Peanut Sauce	Toasted Sesame Seeds
Baked or Boiled Potato or yams* *Not grains, but can be used as a grain replacement	Turnips	Beans *Can easily be combined with another protein	Ginger Carrot Dressing	Sunflower Seeds
Spelt berries	Daikon Radish	Stir-Fried Ground Lamb	Pesto Sauce	Pumpkin Seeds
Whole wheat, buckwheat, or rice noodles	Winter Squash	Stir-Fried Squid	Chimichurri	Chopped Green Onion

*And there you have it!*



I HOPE YOU FIND THIS HEALTHY + BALANCED MEAL PLANNING METHOD HELPFUL.



If you'd like to know more about how to stay healthy and balanced, check out my [Eat Healthy + Feel Better Quick-Guide](#).

This E-book will provide you with a more extensive explanation of how to keep yourself healthy and balanced.

It also includes more detailed lists of ingredients and cooking methods to use.

So if you need a little more guidance when you're making your meal plan, I highly recommend referring to the info in the Eat Healthy + Fell Better Quick-Guide.

WANT MORE?

If you'd like to gain more clarity on the specific foods, herbs, and lifestyle factors that will help YOU thrive, check out my [Customized Nutrition and Holistic Wellness Plans](#).

Customized Nutrition and Holistic Wellness Plans are perfect for mamas who have a specific health or wellness issue they'd like to resolve.

Here are just some of the things a Customized Nutrition and Holistic Wellness Plan can help you with:

- Lose weight
- Reduce pain
- Feel more confident
- Reduce PMS
- Increase fertility
- Improve mood
- Improve digestion
- Start living a healthier lifestyle
- Get "unstuck"
- Increase energy, focus, + productivity
- Reach specific health and fitness goals
- Gain clarity and motivation
- Change your life for the better
- Become a glowing example of a healthy, joyful, and powerful woman for your children

Because I dedicate so much time and energy to my patients and clients, there are only a limited number of Customized Nutrition and Holistic Wellness Plans available every month.

So if it's something that interests you [click here to set up a FREE 15-minute consultation](#) now so we can get you in as soon as possible.

I can't wait to hear from you!

XO *Katerina*

