

You are listening to episode 113 of the Devoured podcast.

Welcome to Devoured, the podcast for women ready to release the title of dieter from good. I'm your host, Lucia Hawley. And I'm a certified nutritional therapy practitioner with my masters in social work, clinical mental health. I've lost 80 pounds and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet, trying to get there.

If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here.

The information provided within this podcast is intended as general education only and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

All right. Hello, hello, party people, party people pooper poppers. I don't know. We'll stop with that, but one more time, just for old time's sake. Welcome to the show. I'm really happy you are here. I didn't do an update in my episode last week. I was having microphone issues, so I kept it very short and sweet. I hope you liked it. I hope you liked my description of my dastardly experience in a target dressing room. I think we've all had something similar to that. Maybe literally, maybe figuratively.

Anyway, I'm in Oregon right now. I find I like to be out of Oregon right now, if I'm being honest. Still in Portland. I think anyone who is up to date with headlines or news, or social media knows that there've been a lot of wildfires on the West Coast and while Portland, the city itself is safe from fires at this point, at the time of recording. We are managing a lot of extremely poor air quality, extremely hazardous air quality. So my heart has been in a lot of different places for those who don't have access to indoor spaces and for those who are in more delicate groups, when it comes to health and how air quality impacts that. And the intersection of wildfires and this pandemic, which also targets our lungs and circulatory system and all that jazz.

So there's been a lot to me thinking on. It's been a lot, but personally I'm of course, very lucky and continue to be, and have a wonderful home, a very safe place that we can create good air quality inside and we get to hunker down. So that's what we've been doing in my household. So I count my blessings and I hold space for it being a hard time.

It is just a hard time right now. So I thought today, what would be really helpful, because I alluded to this. I alluded to this when I talk about Lean and Liberated, but I realized I don't think I've done an episode yet where I talk about how to build a plate. So I wanted to break down the four aspects of how to build a plate and why these four aspects are youthful knowledge. Because part of what we do in Lean and Liberated is that the women who are coming in to this program have probably, and definitely have tried out a handful of diets over the year.

It's not the program where I'm trying to convince someone to eat broccoli. You're probably someone, if you're in the program or you're curious about the program, you actually don't mind. I know I've said this on other episodes, but you probably don't mind like a big, beautiful salad. Do you want to eat a salad with low fat dressing and dry-ass chicken breast on the side? Probably not. I support you in that for a lot of reasons.

I'm not here trying to twist people's arms trying to like wax poetic about Brussels sprouts or carrots or lean meat or legumes or any of that. For the most part, and I actually think this applies to people beyond the program or beyond who are interested in the program, really, I think so many of us understand what foods serve our health, and the bridge that we're creating. When I say that, I mean like whole unprocessed, unrefined foods.

I think most of us understand logically that the path to health probably isn't eating pop tarts only every single day, but where and what the conversation is, is how do we bridge that gap if you have had... And this is what I see that happens time and time again. In fact, why I created Lean and Liberated is if you're having thoughts that aren't supporting you in figuring out which foods actually work for you, that both include a wide variety of unprocessed unrefined foods, as well as a smattering to your liking and to your desired amount of more refined foods or foods that are not like what your great grandmother would have seen or recognize years and years and years ago, that's the bridge that we build in Lean and Liberated.

Well, also, I'm thinking of like a math equation. It's like that plus that divided by still desiring to lose weight and feeling like there are a lot of circles right now in online wellness, in wellness in general, in fad and in marketing, like the fads that seeing around health and wellness right now too. There is a big push to say like, "Well, let's not talk about health coupled with weight and coupled with a desire to lose weight." I think that that is trending and I think that's really awesome because we are always going to see that in marketing, honestly, in almost any category or sector.

You're going to see like things going from zero to a hundred in any categories. So from like very pro dieting in this case to extremely antidiabetic. I think we need to have that ping pong kind of rebound effect because that's how humans learn.

We learn something and maybe we realize we've been ascribing to a certain philosophy or way of being. And once we understand that and we bring how maybe we've been acting subconsciously into our conscious thought, well, once we make a subconscious thought conscious, then we have to really recommend ourselves, God, do I want this thought? Or do I actually want to continue to choose these actions or this way that I've been feeling?

So often, I think one of the initial reactions is when we realize something, we bring it into consciousness, we then have a period of rejection and we say, "No, my God, I'm going to swing and go the other direction because I don't like what I just realized that maybe I'm opting into. So I know that that's a little bit more meta, but I think it is something to be said because that's what I see a lot in, especially around health and wellness is I see a lot of rebounding.

So there can be these actions that people take, like trying to lead different diets, and those can come from really awesome places, and they can also come from really not awesome places, and that can happen at the same time, right? So I'm going to say, I really want to reclaim my health. I want to do this X number of day challenge. I want to do it with friends. I want to be in community. I want to really take refined sugars out of my diet. I want to retrain my taste buds because I want to feel better in these X amount of ways that maybe are really specific.

In your ideal life, the life that you're moving towards, your ideal goals, those make a lot of sense. Now, the thing that we do, especially in Lean and Liberated that we feel like, okay, let's take that, and then let's factor in, if we're going to continue with a math equation here, let's also add in what makes sense for you to do in the long-term. And that's where you really slow things down.

It's so fascinating how our brains... I think we can move into a place of scarcity when we start to say to ourselves, gosh, okay, I want this one thing, but if I'm going to get there sustainably, it's going to happen more slowly. I think what then happens is that we confront ourselves and I say like, "Do I actually really want that thing?" Versus a quick fix or a quick diet or like a 180 of all of our patterns and habits into new patterns and new habits. That can happen so quickly that I think we try to jump through and like beyond and over any emotions that might come up in the process of change.

That's really partially what I see for people is that we want to hurry up and get there because we expect, and this is what I talked about in the loving yourself down the scale episode. I think that was episode 108. It was recent in the last 10 episodes or so.

I think there's a certain tale that's told in our society that the grass is always greener on the other side. What you don't have, you should have, or you need to have. And once you have the thing, whether that is like more robust health or more physical ability, athleticism, more propensity to eat on refined foods, whatever it's going to be. We think that once we get there, that's how we solve the "problem".

That's how we "fix the thing", which is us. But the beautiful thing can be heart-wrenching at times too, is that we don't need to be fixed. We are not a problem and nothing has gone wrong. I think our egos really balk at that notion because they want something to be wrong because there isn't a reason to shame ourselves or motivate ourselves through guilt or blaming ourselves or other people what's then left, right?

It can feel like an isolated place to be. So I know this is above and beyond the four aspects of how to build a plate, but I want to bring this up because these are the types of themes that come up. In the group coaching or in the private coaching or during brain dumps and journaling sessions as we're proceeding through like in Lean and Liberated, what we're doing there is we're saying yes and. Yes, you can have this goal for yourself and it's going to entail X, Y, and Z.

Yes, you have every right to lose weight, if you would like. Yes, you have every right to gain muscle, if you would like. Yes, you have every right to not like strength training and to love walking. And yes, you have every right to eat the brownies and eat the cupcakes. And yes, you have every right to comfort eat. And what would you like to do now that you fully feel that right and that responsibility? That's the key difference because we can always plug and play. That's where clean eating and to say like, "Oh, I'm going to be really good during the week, and then maybe not so good on the weekend."

The fact that we can even think that we're being good and bad, that's where that idea of moving through our lives like that, like always needing to be hyper with our food choices, always feeling like they aren't getting enough, always feeling like we're out of control or that we don't know what to do that we're defaulting to confusion. That's where we really get to actually hold hands with ourselves and say, "Thank you so much." Whether that's ego or not, I think back in vary, depending on the person. But we can say thank you so much and to my confusion. Thank you so much.

We can say thank you so much to a society that does not hold space for people of different shapes and sizes and abilities. We'd say, "Thank you so much and I'm going to go do my thing." And even before I go do my thing thank you so much. And I'm going to make the space for myself to figure out what my thing is. Here's the thing. When we're figuring out what our thing is that involves practice. You can't just know. You could have an idea, but until you're doing it,, you're not going to know.

So it's also building that trust within ourselves to say, "I not only am going to choose to do my own thing, but I'm going to choose to do my own thing without being 100% sure where it might lead me." I can have a few clues to be tipped off in a few ways, but I won't know until I start to do.

So I trust my ability to trust myself that much, just enough to start doing it and to start being in practice. And that's the difference, I think, between a diet and a way of living that is liberated is that it could look a certain way on paper, but it doesn't matter because no one else's eyes need to be on your paper except for you.

So because of all the noise I just described, right? Like, man, those last 10 minutes, I'm all over the place. Because of that, that's why in the Lean and Liberated, we actually have a training where I break down the four aspects of how to build a plate. Not because it's to have all your plates look like that and have it

be absolutely perfect, and then try to train yourself to write your journals so that you're getting towards that, like that's bullshit.

But if you want to know what type of plate for most people feels really awesome in terms of digestion and it turns a blood sugar balance and why those are two important factors to be considering, if you want a framework, a rubric, a way to be thinking about your food, because if it's been so noisy that you're just like out to see, or if you haven't had that much experience and you don't know what is a balanced plate. WTF. What is that? Aha.

That's why we do talk about how to build a plate so that you feel like you have something you can come back to. And so if you would still like to, which is part of that liberatory framework, if you would like to have a structure to fall back on, it is there for you. If you would like to be curious and to try building plates that are composed in a certain style, it's right there for you.

There's no questioning, there's no ifs or buts and there's reasoning behind why composing a plate in this way is supportive for most people. Not for everyone, because we're all unique and different, but it's a really nice general starting off point.

Okay. So I'm going to break it down. Now, there are four parts to it. And this is literally what I teach in the program. Of course, I'm going to go a little bit more in depth in there just because the podcast is like a bit of a too long, don't read. I want to give you everything you need, and also we just go more in depth in the videos because there's also like a visual part to it. I get to show you. I get to show you how the plates can look and so on and so forth.

So let me break down these four aspects, okay? I'm going to list all of them and then I'll list them again and go into detail on each. So number one, protein. You're looking at a plate right now, like a bare plate, okay? So number one, we have some portion of that plate that is a protein. Number two, we have some portion of that plate that is a source of fats. Number three, we have a portion of that plate that has a starchier option. That's a carbohydrate, a starchy carbohydrate. And then number four, we have another starchy carbohydrate option, except technically this falls into the non-starchy, starchy option, meaning colorful vegetables. So I'll describe each of those, okay?

So for protein, what we do in Lean and Liberated is because we're not counting calories, we're not counting macros or becoming aware of our hunger and our satisfaction and eating until we feel satisfied and waiting to eat until we actually feel hungry, right? Not just mouth hunger, not just any of the feelings or emotions or thoughts that can come up, that honestly happened a lot for many of us throughout the day, but our actual physical hunger, like our gut hunger. We wait until we're hungry and then we eat and we eat until we're satisfied, and we make our plan, a 24-hour plan because for the most part, we've been feeding ourselves for a long time.

So we have a general idea of what we could feed ourselves either in the morning of, or the night before for the next day, right? For the next 24 hours. That makes sense for us. Let me know, right? This is part of the trust building. I can make myself a plate and feel pretty good about what I'm going to put on that. Then I can learn from my experience as I stick with my plan, and I put in the practice.

So for the first part, what we do actually for all the parts is that there's a visual system, which you have probably heard about before, but listen, everyone. Simple is elegant. So I find this so beautifully simple because what we do is that you can roughly estimate how much food would be making sense for you based on your hand and using some different parts of your hand to measure out these four different parts of your plate.

What I love about this is like let's say my boyfriend were to be using this method. He's 6'4". He's a tall guy. So his hand matches his height. This way of measuring also works for someone who's like five feet

tall because their hand would also match their scale. You can scale up and scale down depending on your own needs, which is really helpful because we all do have those individual needs.

So let me break it down. So for protein, what we're doing is we're looking at... In general, again, this is how to build a plate that is more of a general framework. Okay? So where you bring in the flexibility, it's starting to tweak and tailor depending on your food preferences, your taste preferences, the types of foods that you lean on more frequently, right? Maybe you don't eat red meat, but you do eat white meat. Maybe eat seafood, and that's the only animal protein that you eat, right?

There are a lot of variations here, so I'm not going to be diving into those variations in this episode. So if you have questions on those, you can always feel free to reach out to me about them. But remember, part of the practice is that the framework is general and it's general for a reason, because it can become adapted to everyone's own needs pretty easily.

Okay. So number one is protein. So for a leaner cut of protein and for the sake of brevity, you can Google or Ecosia or Go Go Duck, different lean protein options, okay? But for the sake of simplicity here, for a protein serving in general, a protein serving, add a meal that's about the size of the palm of your hand, or a little bit bigger, if you would like. It's going to be a really easy, beautiful way to gauge if you're getting in enough protein every day.

So with that, like that's it. It's the size of your palm, the size of a deck of cards, but remembering that, that deck of cards might look larger in some palms and not as large in other palms. So taking that with a grain of salt and really looking at your hand, am I getting in a serving of protein that meets the palm of my hand? And am I prioritizing protein? Because here's another thing. I think in general, and this is my own opinion, but in general, I would say most people are not eating enough protein.

It doesn't mean because some people are like, "Oh my God, I can never eat enough protein based on my macros calculations that I have gotten from coaches or from online." I feel you. My protein goal, if I were to be measuring out macros is a minimum of 175 grams of protein. That's a lot of protein. I opt not to be eating that much and I'm still here. I'm still kicking around and feeling good and I'm still building muscle because that's part of my goal.

So listen, with a protein goal, if you're to be eating some servings besides of the palm of your hand, eating to satisfaction and then gauging how you feel throughout the week, that's going to be a really, really great benchmark for you to understand how you're feeling. And I do think protein is important for weight loss, which is why it's an important part of our plate. It's also important for satisfaction, right? If you're someone who tends to feel very, very snacky throughout the day... Let's talk about blood sugar.

Nothing wrong with being snacky, but if it doesn't feel like a choice you're making as far as feeling more of like I have to, it's a bit of overwhelm that you're going to crash or bonk or you feel really tired without having these snacks throughout the day, that's also an indication to me that we could be double-checking protein intake and making sure that you're feeling like your body is getting what it needs in order to rest and recoup, repair itself, and that it's getting a variety of different protein sources because proteins are made of amino acids and we get different amino acids and different levels from different types of protein.

So in order to get a "complete" protein, maybe don't lean on just one protein source and eat a wide variety. That's it. I know. Some people love to talk about branched-chain amino acids. We love to talk about whey and casein in the evening. Y'all, when I talk about these subjects, I'm talking about them in such a way, because I really think, I said this a couple of minutes ago, simplicity is elegant. And it sets us free, because if we feel like we have to be ascribing to a certain diet doing a bodybuilding style dieting because of what we believe about body shape and how bodies look, and what is an ideal physique and a

non-ideal physique, awesome, cool. But I want us to be leveraging the most flexibility, like the most bang for our buck.

When that comes from the nutrition and food in my philosophy, what is most liberating is what is our own [inaudible 00:22:06]. What is most liberating to me is what choices can I be making that are inherently the most flexible that they can be? So a serving of protein, more of a lean cut, and if it's a fattier cut, cool. Just listen to the next point. A lean cut that's about the size of the palm of your hand that you're eating to satisfaction.

So next up are fats. And for fats in general, I typically recommend whether it's an oil, or a fat, or avocado, or nuts, or seeds, or dairy, or that fattier cut of meat, potentially. Regardless of what it is, eating about a thumb size portion of fat. You don't have to overthink it. Just be looking at your plate and seeing like, okay, is there some fat there? It'll glisten. Is it oily? It'll gleam. Same diff.

Regardless of where that fat is coming in, whether it's the protein and the other options that have been cooked in it, or it's a fattier cut of something. And so it has fat within it. Whether you're dressing a salad, or cooking greens in a fat, those are the fats that are going to come in a meal. Or if you're having some nuts and seeds or nut butter, et cetera, great. Those are the fats. No big deal. If you were to look at those, could they fill up? Think of your thumb in a little vial? Could they fill up that vial? Great. That's done.

Same as a protein. We're just looking at flexibility and variety. Do we get a different variety of fats throughout the week? Right? Do we have different cooking oils, cooking fats? Are we eating those different cuts of meat? Are we playing around with different nuts and seeds if that's within our wheelhouse? That's where we get to start. You'll notice when I'm talking here, I'm talking about unprocessed foods. That's because these are the types of foods that are so supportive for digestion, and they're so supportive for our blood sugar levels.

So that's why I come back to these because the practice then gets to be, "Okay, if these are my foundation and baseline, where do I then get to play?" Right? How do I fit in that a couple of... Like those couple of cookies that I want, because that's part of my flexibility and freedom, how do I factor those in after I've practiced the framework? So I have a really good understanding of how I can feel at a baseline level when I'm having these balance plates.

Do you see the difference there? it's not saying like, "Oh my God, eat such a perfect plate that you'll just never want a cookie again." Because we know that that's bullshit. You might not want very many cookies or you might want a bunch of cookies. We don't know. We all have our own reasons and needs that we eat and crave and love different foods. That's the individual work. But we do get to start out with the framework and say, "Okay, as I'm building these plates and coming back to these in a way that feels supportive, what is that then revealing to me about my appetite, for other foods and what would I like to do with it?"

That's the beautiful individual nature of it all. Okay. So then number three. Number one is protein. Number two is fats. Number three are starchier options. So starchier options from unprocessed foods are going to be things like whole grains and legumes, and fruit and starchy vegetables. So vegetables like tubers, squash, potatoes, all that stuff. I can say tostones is delicious, but things like plantains as well, those are starchier options.

So I think a lot of diets very quickly tell people that they're going to lose weight quickly because you just cut out the starches, right? How many of us have gone on a low carb diet? Low carb can be a great tool to leverage. I think whole food unprocessed plates typically are lower in carbohydrates, but it's not many people that I'd recommend a no-carb diet for.

Of course, everyone has different needs. Everyone is working on their insulin sensitivity, whether they know it or not, when they're changing around their food options. And some people do thrive on lower levels of carbohydrates, but it's few and far between in my personal opinion who thrive on no carbohydrates. Of course, there will always be exceptions. But for the most part, what we're looking at with carbohydrates is a serving that's a cup palm full, okay? one cup palm full. It can look like an apple. It could look like a potato, right?

This amount, again, if it's mixed with fats and you're taking that into account with 0.2. The starchier option on your plate is there to give you quick energy. There's nothing wrong with carbohydrates. For some of us, need a lower amount. And for a lot of us, I think our starchier carbohydrate option is such a great place to be focusing in on fiber.

A few episodes ago, let's see, it was episode 98, I really focused in on the number on thing I think anyone could add into their diet to improve their health, and that was from more of a gut health perspective, which is my old nerdery 101. I love to nerd out on that stuff. I know I don't always go super in depth in Lean and Liberated, but that's because our focus is on more of the emotions and the process and the practice and the beam. So that being said, when we're looking at our starchier options, how to build a plate and include one that is so supportive for digestion and for blood sugar regulation is begin really curious how much fiber is within that starchy carbohydrate option and how much fiber would I like to be taking in.

I typically find this so unsexy, but here we are. I find that the higher the fiber, the option, the more robust gut health and more robust variety of foods, someone can intake in the longterm because those fibers, insoluble and soluble fibers are going to be so beautifully supportive for our gut health. And when we have supported gut health, right? And that's something that we're coming back to with regularity that we're practicing, right? We're practicing consuming fiber, especially things like legumes, I think are just such a beautiful food.

Sorry to all the paleo people out there. That's what I think. And I have felt and experience too, the more we can be integrating different sources of fiber, the more our guts are going to probably express really robust ability to digest a wider variety of foods. This is an important point because sometimes when I'm working with clients, they're coming from such a restricted style of eating. Maybe they've really died down before and they're in a big rebound phase, or they feel like when they eat certain foods, the reason it helps them when they go low carb or no carb is that they're taking out the carbohydrates and they're hard to digest.

We actually want to leverage and use food from a therapeutic standpoint and say, "Well, can we be intaking fiber in such a way that isn't overburdening your system." But in the longterm, it's going to train and show your gut that it can actually trust and it can know how to break down different types of carbohydrates.

So sometimes in the short-term, taking out a food group can feel so great, but in the long-term we actually want to be leveraging. So that's more from like a nutritional therapy, like geek out standpoint. But I find that for a lot of us, when we have been feeling so restricted in our foods, we're actually eating a fairly low variety of different types of proteins, fats, starches and non-starchy options.

So if we can increase that variety, let me just tell you, time and time again, I don't see that as being a bad thing to feel like you can eat, if you would like to, but you can eat a wider variety of foods. So that's a starchier food option is having a cup palm full of the fruit, of the starchy vegetable, of legumes, of whole grain, what have you.

And then finally, number four is a non-starchy option. So these are basically non-starchy vegetables. So all the really colorful vegetables is the easy way to put it. You can do a very quick search to figure out

which vegetables are categorized as non-starchy vegetables that are ones within your liking, or if you're looking for new ideas, also a really awesome way to use Google or any of those search engines is to type in non-starchy vegetable options and get a huge list from there.

It's a really cool way to play. Typically, for non-starchy options. I just want people to be focusing on a variety of different colors, including white, right? Things like cauliflower. Awesome, great. Leeks, great. Bring them in. So any color of the rainbow for those non-starchy options and basically getting a fistful or more of those non-starchy options. So this is the one where if you want to be consuming more, of course, for any of the four options, protein fats, starchier options and non-starchier options, you're going to have play.

Again, this is just a very general framework, but for non-starchy options especially, that's always where I want people to be leveraging. Okay, if I'm not feeling satisfaction at these meals that I'm planning, can I increase the vegetable intake? Oh, once I do that, if I'm still not feeling satisfied, why is that? What's my water intake looking like? Where are my stress level is at? Am I feeling parasympathetic at my meal, right? How can I bring that practice in? Am I on my computer? Am I on my phone? Am I feeling all over the place? Am I actually focused on the present moment and eating for my present hunger?

And if not from there, then we're looking at protein, we're looking at the fats and we're looking at the starchier options from there. So none of this is dogmatic, right? We're just looking at how can I visually portion out a meal, or two, or three, or four, or five for myself. And once I bring this in consistently as a backbone, so I feel supported in my food choices, from there, what do I notice with my weight?

Do I start to feel more regulated? When I'm feeling like I'm getting in a variety of fibers and I'm getting inconsistent complete proteins, I'm getting a range of different fats and lots of different colors on my plate, not only just plate to plate, but also throughout the week. What am I noticing in terms of my energy levels? Right? In terms of my mood? What's happening with things like consistent fatigue or bloating or feeling run down? What was my hydration status like?

All of this starts to play together. What's my sleep like, right? How do I bounce out of bed in the morning? This is all the important information that is so key. So none of this like I just said is dogmatic. It's about building in a template so that we can start to take out some of that decision fatigue or, "Oh my God. Is it good plate? Is it a bad plate? Am I doing it right? Am I doing it wrong? What's the next diet going to reveal to me? What's the missing ingredient? What's that special berry from a crazy place in the world that's so far away, but I can get a shipped via Amazon?"

We start to say, "Thank you so much for all that noise, how beautiful it is that we're in a time, in an era where if you have access to so much information. And also how can I bring simplicity back to myself? How can I build a plate that works for me that I'm creating for myself? And when I bring that in building these plates, how can I then leverage that simplicity in order to set me free and offer myself flexibility?"

Meaning if most of our plates are composed in this way, guess what? We're probably going to feel really full and satisfied most of the time, right? When we feel hungry, it's not going to be because our blood sugar levels are crashing, it's going to be because we're ready for food. We're ready for the energy from our foods to be coming into our bodies. We're salivating. We're excited for the foods that we've planned. And that means that you can then leverage planning in the foods that perhaps are not as deeply nourishing, right? More processed, more refined foods, but we're making those choices from very conscious place.

We're choosing to opt into the pleasure of all foods and leveraging foods in all the ways that we can leverage them. And that's something I think we don't talk about as often with refined foods that we say, "We kind of want like something like a cupcake to give us so much more than it actually can." Most cupcakes, even like a keto-paleo version like awesome, cool. If you like those recipes, great. But most



cupcakes, most cookies, they can only offer us so much. Not only from a nutritional standpoint, but like from an energetic standpoint.

They're just lacking in some stuff. So let's just recognize what they're lacking in and that's not a good or bad thing, it's simply is. So from that place, this is really, I think part of the framework that is just so liberating. It's just like, "Oh wow. I get to remember how most foods function in my body." And if I haven't learned that before, it felt complicated and overwhelming before, I can learn a more simple way to be able to process and make decisions around my foods that actually serve me instead of me getting stressed out and thinking that I'm doing it right or wrong.

So I hope this was helpful. Remember, it's one, protein; two, fats; three, starchier options; and four, non-starchy options. You have all the different ways of building those onto your plate and having a visual reference of using your hand for those different shapes and sizes. So try that out this week. See what you think. What's it like building a plate, broken down into those four aspects.

I'd love to hear from you. I'm always around. I'm down to clown. There's always way to contact me in the show notes and find me over on Instagram. I'm over on Facebook too. You know my name. Let me know what's going on and what you think about this. Have a great week, everybody.

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