

PHYSICAL HEALTH

FOOD AS MEDICINE

THE AFFORDABLE BETTER PLATE

THE PROBLEM

Healthy eating can feel complicated, expensive, or joyless when the real need is one affordable meal and a few useful substitutions.

1 NAME THE HEALTH GOAL

Keep the connection simple enough to guide one meal choice.

- ☐ Steadier energy
- ☐ Blood sugar support
- ☐ Heart health
- ☐ Digestive health
- ☐ General nourishment

MY PERSONAL PRIORITY: _____

2 BUILD THE BETTER PLATE

Use familiar foods. Add balance before chasing a perfect menu.

- ☐ Produce / vegetables
- ☐ Protein
- ☐ Fiber-rich carbohydrate
- ☐ Water / unsweetened drink

MEAL I WILL IMPROVE: _____

3 SHOP SIMPLE

Plan one meal, use what you have, and buy only the missing pieces.

- ☐ Check pantry first
- ☐ Use frozen or canned
- ☐ Compare unit price
- ☐ Plan leftovers
- ☐ Choose one smart swap

MY BUDGET FOR THE MEAL: \$ _____

THE AFFORDABLE MEAL AND SHOPPING LIST

Build one meal you will actually enjoy, then make the better choice easier to repeat.

PRODUCE

PROTEIN

FIBER-RICH
SIDE

FLAVOR /
EXTRA

ONE SUBSTITUTION: _____

ESTIMATED COST: \$ _____

WHO CAN HELP?

Registered dietitian, grocery store, farmers market, restaurant, clinic, chef, or local farm.

BRING THIS TOOL
TO THE CONVERSATION.

SIMPLE FOOD. SMART SWAPS. REAL LIFE.

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Food can support health but does not replace prescribed treatment. Personal nutrition needs may require professional guidance.