



EAT WELL THE WELLFIT PLATE

 by kamila mcdonald

Why are we tired, bloated, and confused about food?



Nutrient Deficiency from Processed Foods

Ultra-processed foods are calorie-dense but nutrient-poor. You're eating, but your cells are starving for vitamins, minerals, and phytonutrients. Without these essential nutrients, your body can't produce energy efficiently, repair tissues, or maintain vital functions. This is why you can feel exhausted even after eating a full meal.



Gut Microbiome Imbalance

Lack of fiber and fermented foods means your gut bacteria can't thrive. Poor gut health = poor digestion, inflammation, brain fog, AND poor nutrient absorption. Even if you're eating well, an imbalanced gut can't properly absorb the vitamins and minerals your body needs. Your gut also produces neurotransmitters like serotonin - when it's compromised, your mood and mental clarity suffer.



Blood Sugar Rollercoaster

Refined carbs and sugar cause rapid blood sugar spikes, triggering insulin surges. When blood sugar crashes, you experience fatigue, irritability, and intense cravings. This cycle repeats throughout the day, leaving you exhausted and constantly searching for your next energy fix. Your body never finds stable, sustained energy.



Chronic Low-Grade Inflammation

Processed oils, additives, preservatives, and lack of anti-inflammatory foods trigger your immune system to stay in constant "alert mode." This chronic inflammation drains your energy, causes bloating and digestive discomfort, contributes to brain fog, and makes your body work overtime just to maintain basic functions. It's like running a marathon while trying to live your normal life.

The Foods & Habits Making You Feel This Way

Ultra-Processed Foods

White bread, pastries, packaged snacks, instant meals, sugary cereals. **Why they harm:** Stripped of nutrients, loaded with additives, spike blood sugar, feed bad bacteria.

Refined Sugars & Artificial Sweeteners

Sodas, candy, flavored yogurts, energy drinks, diet products. **Why they harm:** Disrupt gut bacteria balance, cause inflammation, create energy crashes, weaken immune function.

Processed Oils & Trans Fats

Vegetable oils, margarine, fried foods, packaged baked goods. **Why they harm:** Trigger chronic inflammation, damage cell membranes, contribute to gut lining breakdown.

Excessive Alcohol & Caffeine

Daily alcohol consumption, multiple coffees without food or proper hydration. **Why they harm:** Damage gut lining, deplete nutrients, disrupt sleep, stress adrenal glands.

Lack of Fiber

Diets low in vegetables, fruits, whole grains, legumes. **Why it harms:** Starves beneficial gut bacteria, slows digestion, prevents toxin elimination, causes constipation and bloating.

Chronic Stress & Poor Sleep

Constant stress, less than 7 hours sleep, eating on the run. **Why it harms:** Disrupts gut-brain axis, weakens immune system, increases inflammation, impairs nutrient absorption.



**Most of us are not sick.
We're just disconnected from real food.**

Your Gut = Your Second Brain



Mind



Digestion



Mood



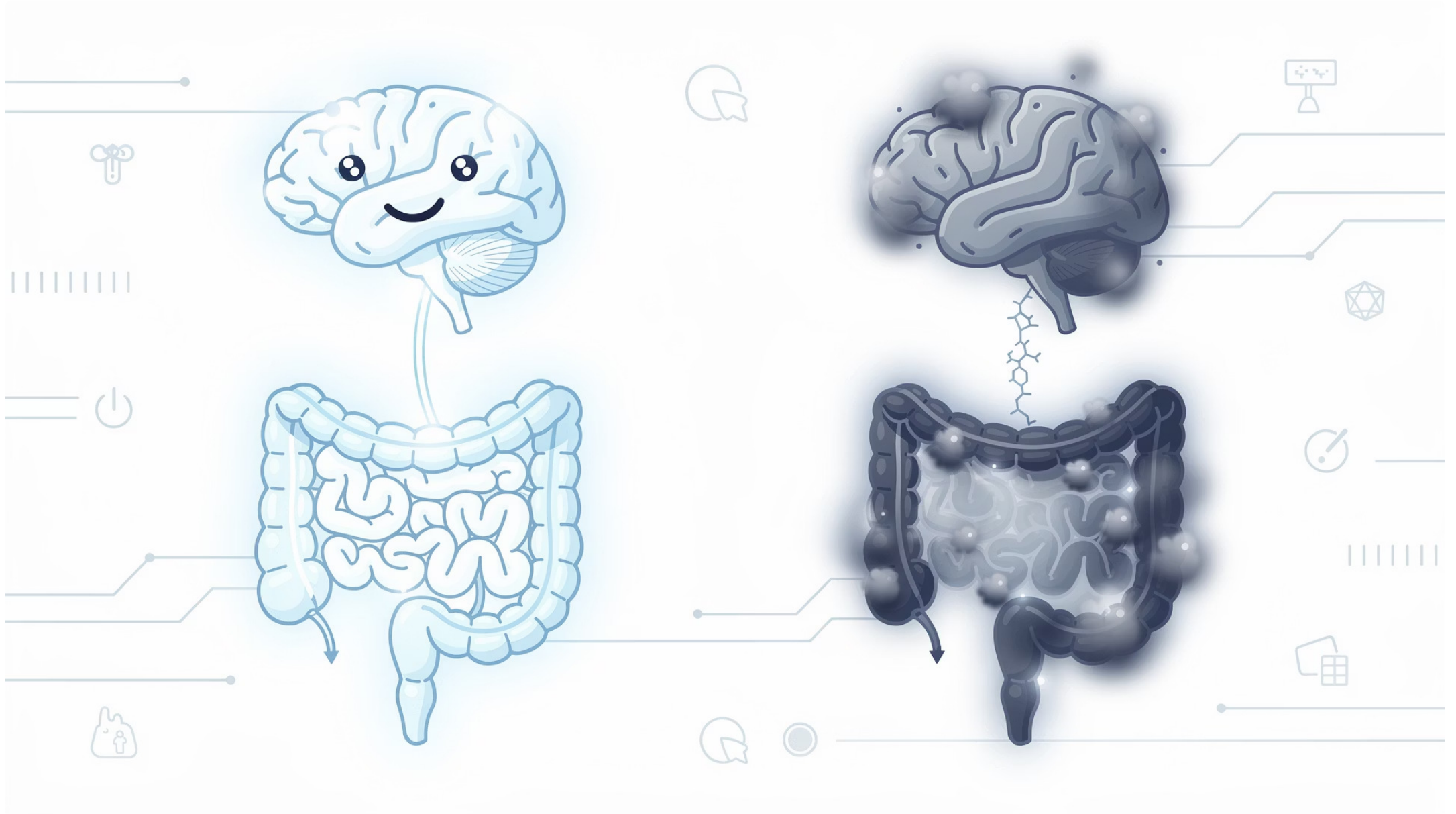
Skin



Energy

If your gut is inflamed, your everything feels inflamed.

The Gut-Brain Connection in Real Life



When Your Gut is Happy:

- Clear thinking
- Stable moods
- Glowing skin
- Consistent energy
- Strong immunity

When Your Gut is Struggling:

- Brain fog
- Anxiety or depression
- Skin breakouts
- Energy crashes
- Frequent illness

90% of your serotonin (the 'happy hormone') is made in your gut. This is why when your gut is imbalanced our mental health suffers.

EAT WELL SYSTEM

Let's throw away the thinking that healthy eating is complicated or that we need new recipes every week, expensive ingredients, or perfect discipline.

The truth is... you don't need more recipes, although we will continue to provide them :) But what will be even more helpful is our Eat Well system.

The WellFit Plate is a plant-forward framework (even for meat eaters) that helps to make nourishing yourself more simple, sustainable, and stress-free.



The WellFit Plate



Vegetable Diversity



Smart Carbs



Plant Protein



Healthy Fats



Functional Sauces



Fermented Foods (Gut Boost)

If you understand these elements, you can walk into any kitchen, or any supermarket and build a nourishing meal without stress.



Vegetable Diversity: Eat the Rainbow

The more colors on your plate, the more nutrients in your body. Each color represents different phytonutrients, vitamins, and minerals your body needs to thrive.

Why Vegetable Diversity Matters:

Greens (Spinach, Kale, Callaloo, Pak Choy)
Key Nutrients: Rich in iron, calcium, folate, vitamin K, magnesium
Benefits: Supports blood health and energy production, strengthens bones, aids in blood clotting, reduces inflammation, supports detoxification
Why it matters: Leafy greens are the most nutrient-dense foods per calorie. They alkalize the body and provide chlorophyll which supports cellular health.

Orange/Yellow (Pumpkin, Carrots, Peppers, Sweet Potato)
Key Nutrients: Beta-carotene, vitamin C, potassium, fiber
Benefits: Eye health and vision protection, immune function boost, glowing skin, anti-aging properties, supports healthy mucous membranes
Why it matters: Orange vegetables are your body's natural sunscreen from the inside out. They protect cells from oxidative damage.

Red/Purple (Beets, Cabbage, Eggplant, Berries)
Key Nutrients: Anthocyanins, antioxidants, nitrates, resveratrol
Benefits: Fights inflammation, supports heart health, improves blood flow, protects brain function, may reduce cancer risk
Why it matters: The deeper the color, the more powerful the antioxidants. These vegetables protect your DNA from damage.

White/Tan (Cauliflower, Onions, Garlic, Mushrooms)
Key Nutrients: Allicin, quercetin, selenium, sulfur compounds
Benefits: Immune-boosting, anti-inflammatory, gut health support, natural antibiotic properties, supports liver detox
Why it matters: Often overlooked, but white vegetables contain powerful compounds that fight infections and support your body's natural defense systems.

The Goal: Fill half your plate with colorful vegetables at every meal

Variety of veggies are the foundation of health. Different vegetables feed different beneficial gut bacteria.



Why Vegetables Are Non-Negotiable

Vegetables are the most nutrient-dense foods on the planet. They provide fiber, vitamins, minerals, antioxidants, and phytonutrients that you simply cannot get from supplements or other foods.

When you prioritize vegetables, everything else falls into place: better digestion, clearer skin, stable energy, stronger immunity, and reduced inflammation.

Your Daily Vegetable Essentials:

Leafy Greens (Eat Daily) Spinach, kale, callaloo, lettuce (romaine, butter, red leaf), arugula, bok choy, collard greens, Swiss chard, mustard greens, watercress, dandelion greens, turnip greens, beet greens Why: Iron, calcium, folate, vitamin K	Cruciferous Vegetables (3-4x per week) Broccoli, cauliflower, cabbage (green, red, savoy), Brussels sprouts, kale, bok choy, arugula, radishes, turnips, kohlrabi, watercress Why: Cancer-fighting compounds, liver detox support	Colorful Vegetables (Daily variety) Bell peppers (red, yellow, orange, green), tomatoes, carrots, beets, squash (butternut, acorn, spaghetti), pumpkin, eggplant, zucchini, sweet potatoes, purple cabbage, red onions Why: Antioxidants, eye health, skin health, heart health
Alliums (Daily) Onions (yellow, red, white), garlic, scallions, leeks, shallots, chives Why: Immune support, anti-inflammatory, gut health		

The Simple Rule: Aim for 5-7 servings of vegetables per day. A serving is about 1 cup raw or ½ cup cooked.

If you do nothing else, eat more vegetables. This one change will transform your health.

Smart Carbs

Carbs are not the problem. Bad carbs are the problem.

Your body actually needs carbohydrates for energy, mood, and brain function. But the difference between pumpkin and white bread... is the difference between stable energy and constant crashes.

What Makes a Carb "Smart"?

Smart carbs are whole, unprocessed carbohydrates that contain fiber, vitamins, minerals, and phytonutrients. They digest slowly, providing steady energy without blood sugar spikes. They keep you full longer and nourish your body, not just fill it.

Your Smart Carb Options:

Root Vegetables & Squashes:

- Sweet potato
- Pumpkin
- Butternut squash
- Yam
- Cassava
- Taro
- Parsnips
- Beets

Whole Grains:

- Brown rice
- Oats (steel-cut or rolled)
- Barley
- Farro
- Millet
- Bulgur
- Wild rice

Caribbean Staples:

- Breadfruit
- Green banana
- Plantain (green or ripe)
- Dasheen

Legumes (Double as protein!):

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Split peas

Pseudo-Grains:

- Quinoa
- Buckwheat
- Amaranth

Smart carbs = sustainable energy.





The Smart Carb Swap Guide

	
White rice	Brown rice or quinoa
	
White bread	Sprouted grain bread
	
Regular pasta	Whole grain or chickpea pasta
	
Instant oatmeal (sugary)	Steel-cut/Old Fashion oats
	
French fries	Roasted sweet potato wedges
	
Sugary cereal	Overnight oats with fruit

Small swaps = big impact on your energy and blood sugar.

Plant Protein

Protein is what keeps you full, focused, and emotionally stable. But protein doesn't only have to come only from meat.

Beans, lentils, chickpeas, walnuts — these are all powerful, affordable, and deeply nourishing.

Have you ever eaten a meal and felt heavy instead of energised? Often it's because the protein was too dense, and not balanced.

Plant Protein Sources:

Legumes (Protein Powerhouses):

- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Cannellini beans
- Chickpeas (garbanzo beans)
- Lentils (red, green, brown, black)
- Split peas (yellow, green)
- Edamame
- Black-eyed peas
- Pigeon peas (gungo peas)
- Lima beans
- Adzuki beans

Soy-Based Proteins:

- Tofu (firm, soft, silken)
- Tempeh
- Edamame
- Soy milk
- Natto
- TVP (textured vegetable protein)

Nuts & Seeds:

- Almonds
- Walnuts
- Cashews
- Pecans
- Pistachios
- Brazil nuts
- Hemp seeds
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

Nut & Seed Butters:

- Almond butter
- Peanut butter
- Cashew butter
- Tahini (sesame seed butter)
- Sunflower seed butter

Whole Grains (Bonus Protein):

- Quinoa
- Amaranth
- Buckwheat
- Oats
- Farro
- Spelt
- Teff
- Wild rice

Vegetables with Protein:

- Broccoli
- Spinach
- Kale
- Brussels sprouts
- Peas
- Asparagus
- Artichokes
- Mushrooms

Protein Content Examples:

- 1 cup cooked lentils = 18g protein
- 1 cup chickpeas = 15g protein
- 1 cup black beans = 15g protein
- 1/4 cup almonds = 8g protein
- 1 cup quinoa = 8g protein
- 3 oz tempeh = 16g protein

Combine different plant proteins throughout the day to get all essential amino acids. Your body is smart and knows how to build complete proteins from varied sources.





Plant Protein Power Combos

Why Combine Plant Proteins?

Plant proteins are called 'incomplete' proteins because most contain some, but not all, of the 9 essential amino acids your body needs. Your body can't make these amino acids and you must get them from food.

The good news? You don't need all amino acids in every single meal. When you eat a variety of plant proteins throughout the day, your body pools the amino acids and builds complete proteins.

The Science:

- Legumes (beans, lentils) are high in lysine but low in methionine
- Grains are high in methionine but low in lysine
- When combined, they create a complete amino acid profile

The Benefits of Combining:

- Complete protein = better muscle building and repair
- Improved satiety and blood sugar stability
- Enhanced nutrient absorption
- More diverse gut bacteria (different proteins feed different beneficial bacteria)
- Better overall nutrition from varied food sources

Rice + Beans

Complete protein, Jamaican classic, budget-friendly

Hummus + Whole Grain Pita

Quick snack, satisfying, portable

Oatmeal + Nut Butter + Seeds

Breakfast champion, keeps you full for hours

Lentil Soup + Whole Grain Bread

Comfort food that nourishes

Tofu Stir-Fry + Quinoa

Protein-packed, endlessly customizable

Chickpea Salad + Tahini Dressing

Light but filling, perfect for lunch

You don't need to combine in the same meal, just aim for variety throughout the day

- Eating a rainbow of plant proteins ensures you get all amino acids naturally
- Ours food cultures around the world figured this out: rice + peas (Jamaica), dal + rice (India), hummus + pita (Middle East)

Combining plant proteins creates complete amino acid profiles. Your body gets everything it needs.

Healthy Fats

For decades, we were told fat makes you fat. The truth? Healthy fats are essential for life. Your brain is 60% fat. Your hormones are made from fat. Every cell membrane needs fat to function.

Why Healthy Fats Are Essential

Healthy fats are non-negotiable for human health, playing critical roles in numerous bodily functions. Understanding their importance moves beyond simply avoiding sugar and delves into the foundational needs of your physiology.

What Healthy Fats Do For You:



Brain Function

Essential for memory, focus, mood regulation, and cognitive performance. Your brain is ~60% fat.



Hormone Production

Building blocks for vital hormones like sex hormones, stress hormones, and hunger regulators.



Nutrient Absorption

You need fat to absorb fat-soluble vitamins A, D, E, and K effectively.



Satiety & Blood Sugar

Keeps you feeling full longer and stabilizes blood sugar, reducing cravings.



Inflammation Control

Omega-3 fatty acids reduce systemic inflammation, linked to chronic diseases.



Skin & Hair

Crucial for maintaining supple skin, shiny hair, and strong nails.

Your Healthy Fat Sources:

Oils & Liquid Fats:

Extra virgin olive oil
Avocado oil
Coconut oil
Flaxseed oil
Hemp seed oil
Sesame oil

Whole Food Fats:

Avocados
Olives
Coconuts (fresh, dried, milk, cream)

Nuts:

Almonds
Walnuts
Cashews
Pecans
Pistachios
Macadamia nuts
Brazil nuts
Hazelnuts

Seeds:

Chia seeds
Flax seeds
Hemp seeds
Pumpkin seeds
Sunflower seeds
Sesame seeds

Nut & Seed Butters:

Almond butter
Cashew butter
Tahini
Sunflower seed butter
Peanut butter (natural)

How Much Do You Need?

Aim for healthy fats at every meal:
1-2 tablespoons of oil or nut butter
¼ avocado
Small handful of nuts or seeds (about ¼ cup)
2 tablespoons of ground flax or chia seeds

Signs You're Not Getting Enough Healthy Fats:

- Constant hunger, even after eating
- Dry skin, brittle hair and nails
- Difficulty concentrating or brain fog
- Hormonal imbalances (irregular periods, mood swings)
- Always feeling cold
- Craving sugar constantly

Healthy fats = hormonal balance + emotional stability.



Functional Sauces

This is my favourite part. Because most people think healthy food is boring. But the magic is in the sauces.

What Are Functional Sauces?

Functional sauces go beyond flavor. They're made with ingredients that have specific health benefits - anti-inflammatory compounds, digestive enzymes, probiotics, antioxidants, and healing herbs. Every ingredient serves a purpose for your body, not just your taste buds.

Why Functional Sauces Are Important:



Make Healthy Food Delicious

The #1 reason people quit healthy eating? Boredom. Sauces transform simple ingredients into exciting meals.



Deliver Concentrated Nutrients

Herbs, spices, and fermented ingredients pack powerful healing compounds in small doses.



Support Gut Health

Fermented sauces (miso, hot sauce) add probiotics. Herbs and spices feed beneficial bacteria.



Boost Nutrient Absorption

Healthy fats in sauces help you absorb fat-soluble vitamins from vegetables.



Reduce Inflammation

Turmeric, ginger, garlic - these ingredients actively fight inflammation in your body.



Increase Vegetable Intake

When food tastes amazing, you naturally eat more of it. Great sauces = more veggies consumed.

Examples:

- Ginger-turmeric dressing
- Tahini-lime sauce
- Miso glaze
- Herb chimichurri
- Fermented hot sauce

The Power of Daily Healing:

A tablespoon of functional sauce at every meal means you're getting anti-inflammatory, gut-supporting, immune-boosting compounds multiple times per day. This is how small habits create big health transformations.



5 Functional Jamaican Healing Sauces

Scotch Bonnet-Ginger Fire Sauce

Blend: fermented scotch bonnet peppers, fresh ginger, garlic, lime juice, apple cider vinegar, turmeric, sea salt

Benefits:

Metabolism boost, anti-inflammatory, immune support, gut health from fermentation, pain relief

Pimento (Allspice) Jerk Marinade

Blend: fresh pimento leaves, allspice berries, scotch bonnet, thyme, scallions, garlic, ginger, coconut oil, lime, soy sauce

Benefits: Powerful antioxidants, anti-inflammatory, digestive support, circulation boost, antimicrobial

Moringa-Lime Green Goddess

Blend: fresh moringa leaves (or powder), cilantro, scallions, garlic, lime juice, olive oil, apple cider vinegar, sea salt

Benefits: 90+ nutrients, iron-rich, anti-inflammatory, blood sugar regulation, energy boost, detoxifying

Tamarind-Ginger Sweet Heat

Mix: tamarind paste, fresh ginger, scotch bonnet, garlic, coconut sugar, apple cider vinegar, allspice

Benefits: Digestive enzymes, anti-inflammatory, liver support, rich in antioxidants, aids nutrient absorption

Coconut-Turmeric Golden Drizzle

Whisk: coconut milk, fresh turmeric root, ginger, garlic, lime juice, black pepper (for absorption), sea salt, touch of honey

Benefits: Anti-inflammatory powerhouse, brain health, joint support, immune boost, healthy fats for absorption

- **Scotch Bonnet Peppers:** Capsaicin boosts metabolism, reduces pain, supports heart health
- **Pimento (Allspice):** Unique to Jamaica, powerful antioxidant and digestive aid
- **Moringa:** Called "miracle tree" - 90+ nutrients, more iron than spinach, more vitamin C than oranges
- **Ginger:** Anti-nausea, anti-inflammatory, digestive support
- **Turmeric:** Curcumin fights inflammation, supports brain and joint health
- **Tamarind:** Rich in digestive enzymes, supports liver function

Make just one batch on Sunday and use that sauce throughout the week in all of your meals.



Fermented Foods

This is your secret weapon for gut health. Fermented foods are packed with probiotics that support digestion, immunity, and even mental clarity.

Adding just a small portion to your meals can transform how you feel.

What Are Fermented Foods?

Fermented foods are created through a natural process where beneficial bacteria, yeast, or fungi break down sugars and starches. This process creates probiotics—live beneficial bacteria that colonize your gut and support your entire body.

Why Fermented Foods Are Your Secret Weapon:



Restore Gut Microbiome Balance

Probiotics repopulate your gut with beneficial bacteria, crowding out harmful bacteria and restoring balance.



Strengthen Immune System

70% of your immune system lives in your gut. Healthy gut bacteria = strong immunity.



Improve Mental Health

Your gut produces 90% of serotonin. Probiotics support mood, reduce anxiety, and improve mental clarity.



Reduce Inflammation

Beneficial bacteria produce anti-inflammatory compounds that calm systemic inflammation.



Enhance Nutrient Absorption

Fermentation pre-digests food and creates enzymes that help you absorb more nutrients from everything you eat.



Improve Digestion

Probiotics help break down food, reduce bloating, gas, and support regular bowel movements.

Your Fermented Food Options:

Fermented Vegetables:

- Kimchi
- Sauerkraut
- Fermented Scotch Bonnett Peppers
- Fermented pickles
- Fermented carrots
- Fermented beets

Fermented Soy:

- Miso
- Tempeh
- Natto

Fermented Dairy (if tolerated):

- Kefir
- Yogurt with live cultures
- Aged cheese

Fermented Drinks:

- Kombucha
- Water kefir
- Kvass

Fermented Condiments:

- Fermented hot sauce
- Fermented salsa
- Apple cider vinegar (with the mother)

How Much Do You Need?

Start with 1 tablespoon per day and gradually increase to 2-4 tablespoons. Consistency matters more than quantity!

Signs Your Gut Needs Fermented Foods:

- Frequent bloating or gas
- Irregular bowel movements
- Frequent colds or infections
- Skin issues (acne, eczema, rashes)
- Brain fog or mood swings
- Food sensitivities
- Took antibiotics recently

Fermented foods = gut health + immunity.

This is the most powerful food category for transforming your health from the inside out.



Starting Your Fermented Foods Journey

01

Week 1: Start Small

Add 1 tablespoon of sauerkraut or kimchi to one meal per day

02

Week 2: Build Tolerance

Increase to 2 tablespoons, try different fermented foods

03

Week 3: Diversify

Experiment with miso soup, kefir, or kombucha

04

Week 4: Make It Habit

Include fermented foods in your daily routine

📌 Start slow! Your gut needs time to adjust. Too much too fast can cause bloating.

Within a month, most people notice: better digestion, clearer skin, more stable moods.

The WellFit Plate Formula:



Vegetable Diversity



Smart Carbs



Plant Protein



Healthy Fats



Functional Sauces



Fermented Foods

Try to master this formula. I promise it will change your life and your health. Looking forward to building these habits with you.

Building Your WellFit Plate:

A Lunch Bowl:

- **Greens and veggies:** Massaged kale with lime
- **Smart Carb:** Roasted sweet potato cubes
- **Plant Protein:** Spiced chickpeas
- **Healthy Fat:** Tahini drizzle + avocado
- **Functional Sauce:** Ginger-turmeric dressing
- **Gut Boost:** Side of kimchi

See? No recipe needed. Just the formula :)

Share in the group when you've made your first WellFit Plate. Can't wait to see!

