

# The 80/20 Pareto Principle

The 80/20 principle, in terms of Nutrition, suggests **eating nutritious foods for at least 80% of the time and understanding that 20% is a personal choice.** This idea is based on The Pareto Principle, an economic rule stating that 80% of consequences come from 20% of causes. **This 80/20 principle is not a diet plan,** but a mindset approach to help keep individuals on track with their Nutrition goals while understanding that no one will make 100% perfect choices all the time.

The 80/20 principle approaches healthy eating with a message of moderation - 80% choices that support your Nutrition goals, and 20% flexibility for options that may not help these goals. This approach is feasible for many clients, allows for various foods, and avoids feeling deprived of certain foods. Learning to plan for and accept indulgences without guilt can help prevent feeling like a diet is too strict.

## Your weekly '20%' meals.

Main meals = 4 meals per week

Snacks = 3 snacks per week

\*The above is based on an individual consuming 3 main meals, and 2 snacks per day.



# Your 80/20 meal plan.

You can use the below meal plan to plan your 20% meals and snacks for the week or use it to keep track of your 20% meals and snacks - or both!

Remember, **it's 4 meals and 3 snacks per week** that make up your 20% personal choices.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					