

# Building a Balanced Plate

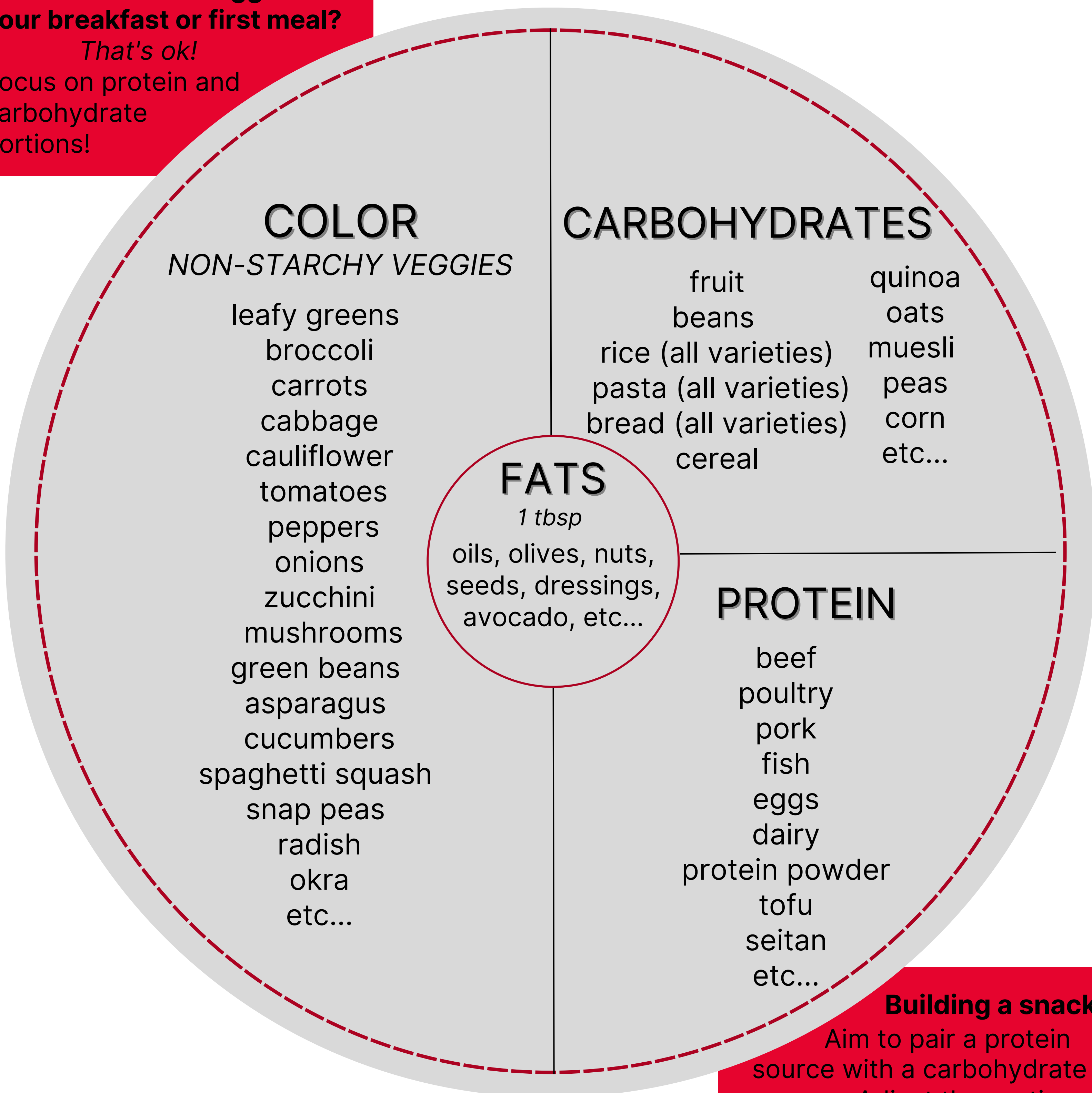
## Weight Management + Heart Health



**Not interested in veggies in your breakfast or first meal?**

*That's ok!*

Focus on protein and carbohydrate portions!



**Building a snack?**

Aim to pair a protein source with a carbohydrate source. Adjust the portions to be a bit smaller!

