Building a Balanced Plate





Not interested in veggies in your breakfast or first meal?

That's ok!
Focus on protein and carbohydrate portions!

COLOR

NON-STARCHY VEGGIES

leafy greens
broccoli
carrots
cabbage
cauliflower
tomatoes
peppers
onions
zucchini
mushrooms

green beans
asparagus
cucumbers
spaghetti squash
snap peas
radish
okra

etc...

CARBOHYDRATES

fruit quinoa beans oats rice (all varieties) muesli pasta (all varieties) peas bread (all varieties) corn cereal etc...

FATS

1 tbsp oils, olives, nuts, seeds, dressings, avocado, etc...

PROTEIN

beef
poultry
pork
fish
eggs
dairy
protein powder
tofu
seitan
etc...

Building a snack?

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

