

DIVIDE & CONQUER YOUR PLATE

1 Protein

- Chicken Breast
- Turkey Breast
- Ground Chicken
- Ground Turkey
- Salmon
- Tilapia
- Sole
- Shrimp
- Legumes
- Tofu
- Tempeh
- Sirloin Steak
- Tuna
- Ham
- Eggs
- Whey

Dividing your plate into 3 is an easy and sustainable healthy eating habit that doesn't require any tracking or math!

3

Vegetables

- Leafy Greens
- Tomatoes
- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Green Beans
- Peppers
- Mushrooms
- Radish
- Cucumber
- Onions
- Green Peas

2

Starch

- Basmati Rice
- Quinoa
- Sweet Potato
- Pasta
- Bread
- Oats
- Corn
- Amaranth
- Bulgur
- Millet
- Cereal
- Barley
- Soba
- Buckwheat
- Farro
- Freekeh

1

Choose a lean protein about the size of your fist

2

Choose a cooked palm size amount of starch

3

Fill half your plate with non-starchy vegetables

4

Choose 1 serving of fat. 1 Tbsp. for oils/butters.
1/8 - 1/4 Cup for nuts, seeds, cheese and olives.

4

Fat

- Olive Oil
- Avocado
- Nuts
- Seeds
- Butter
- Nut Butter
- Cheese
- Olives
- Greek Yogurt