

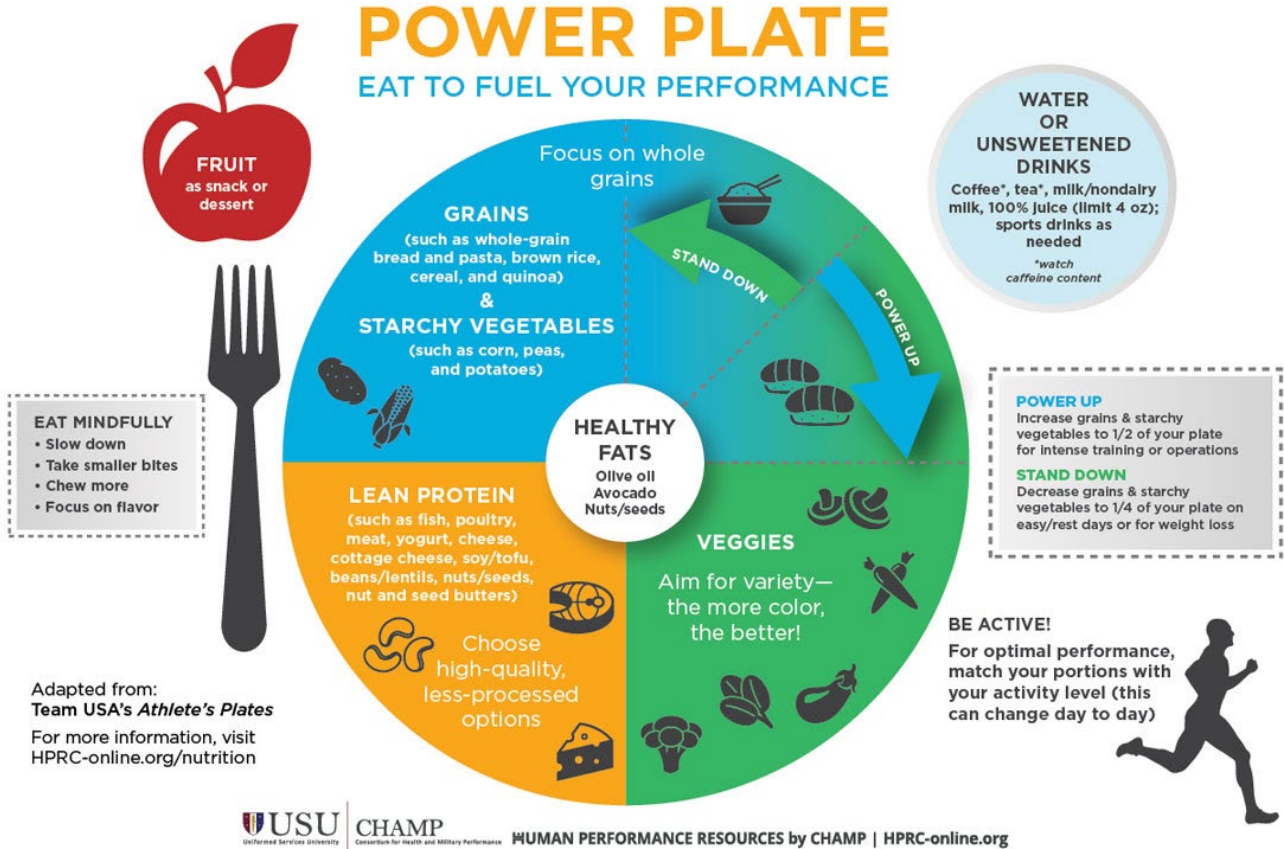
Name: _____ Phone: _____ Email: _____

Build a Balanced Plate

Whatever you eat, pick high quality food 80% of the time.

This will guarantee you will be getting essential nutrients to *thrive* not just *survive*.

Don't stress, there is still the other 20% of the time you can eat what's available or something you love that might not be the *best* choice.



Meals	Whole Grain/Carbohydrate	Protein	Vegetable	Fruit	Healthy Fat
Breakfast					
Lunch					
Supper					
Breakfast					
Lunch					
Supper					
Breakfast					
Lunch					
Supper					
Snack					
Snack					
Snack					
Snack					

