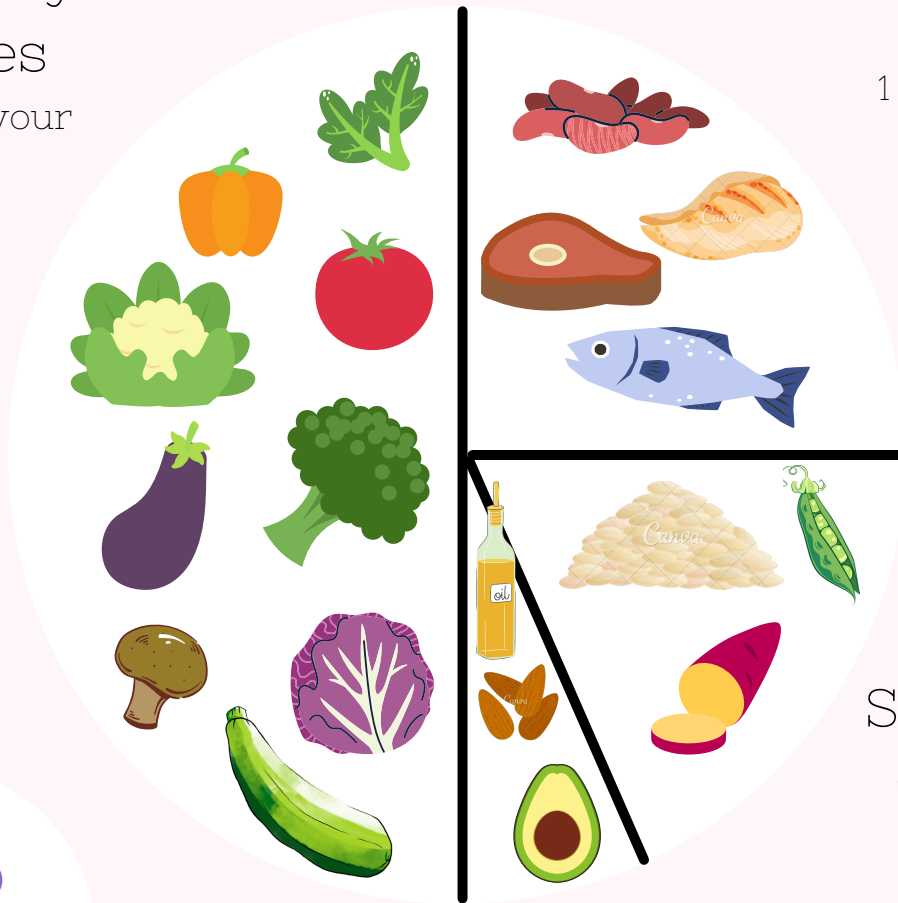


3WHOLE PLATES

VARIETY IS KEY - AIM TO EAT THE RAINBOW DAILY

Non-Starchy
Vegetables
2 cups/half of your
plate



Lean Protein
4-6oz or
1 open palm
25g

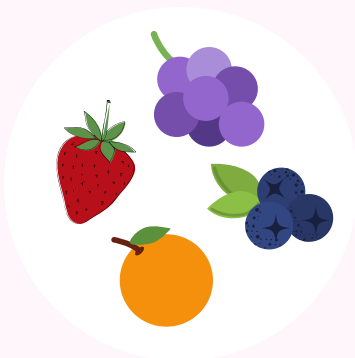
Starchy Veg
GF Grains
1/3 cup

Healthy
Fats

handful nuts
1/4 avocado
1 TBS oil
1 TBS seeds



Water
64oz/day



2-3 Servings
of Fruit/day
1 handful = 1 serving
1/2 banana = 1 serving