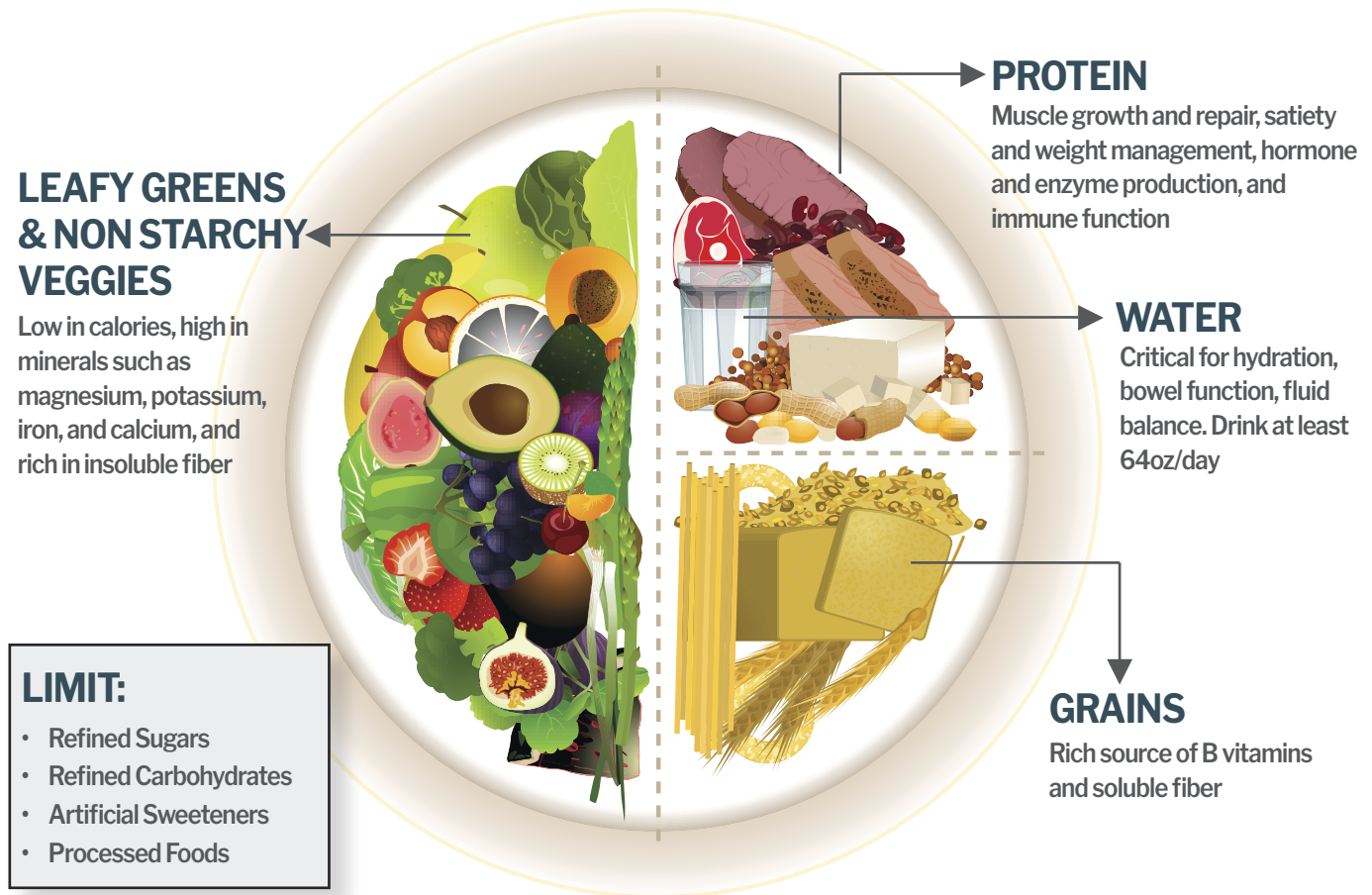


The Healthy Plate Project™



Fill **50%** of your plate with leafy greens & non starchy veggies

Options:

- Broccoli
- Brussels Sprouts
- Bok Choy
- Arugula
- Kale/Collards
- Swiss Chard/Spinach

Fill **25%** of your plate with whole grains, legumes, or high fiber tubers

Options:

- Buckwheat
- Bulgur
- Quinoa
- Brown Rice
- 100% Whole wheat bread
- Black Beans/Lentils/Navy Beans

Fill **25%** of your plate with lean, grass fed, or wild caught proteins.

Options:

- Beef/Bison
- Uncured lean pork
- Poultry
- Eggs
- Cold water fatty fish
- Tofu or Tempeh

Incorporate healthy fats such as olive oil and avocado and rich sources of trace minerals such as nuts and seeds. Add herbs and spices such as **ginger and turmeric**. The highest nutrient density can be found in organic foods **without bio-engineering or genetic modifications**.

