

Build Your Protein-Powered Plate

STEP 1: CHOOSE A PROTEIN

- Chicken breast
- Eggs (2-3)
- Greek yogurt
- Ground turkey
- Salmon or tuna
- Ground beef or bison



STEP 2: ADD A CARB

Pick 1-2 for fuel + fiber:

- Quinoa
- Sweet potato
- Oats
- Brown rice
- Fruit
- Whole wheat toast



STEP 3: ADD COLOR (VEGGIES)

Bonus fiber, vitamins, and fullness:

- Spinach
- Tomatoes
- Peppers
- Zucchini
- Broccoli



STEP 4: ADD HEALTHY FAT (Optional)

- Avocado
- Chia seeds or flax
- Olive, avocado or coconut oil