



Healthy For Everyone Food Choices

For a Fresh & Full Plate: 75% non-starchy veggies + 25% protein + healthy fat + Flavor Boosters

For a Power Plate: 50% non-starchy veggies + 25% protein + 25% starchy veg, legumes, or whole grains + healthy fat + Flavor Boosters

Fruits & Veggies

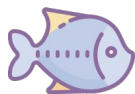
- Artichoke
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Eggplant
- Green beans
- Mushrooms
- Okra
- Onion
- Peppers (all varieties)
- Snap peas
- Tomatoes
- Summer & Spaghetti Squash
- Hearty greens (kale, collards, chard)
- Salad greens (spinach, arugula, lettuce)
- Apples
- Berries (all)
- Cherries
- Citrus (all)
- Grapes
- Kiwi
- Melon
- Pears
- Peaches

Other Carbs

For The Power Plate, these additional carbs are healthy options:

- Sweet potato
- Winter squash (butternut, pumpkin, acorn, etc.)
- Legumes (beans & lentils)
- Peas (green, black-eyed, split)
- Whole grains (whole wheat, oats, brown rice, quinoa, etc.)

Great Proteins



Protein is a crucial nutrient both for building your muscles and providing a feeling of fullness, which is why it should make up about **25% of your plate**.

Some great options in this category include:

- Chicken (skinless breast and thighs, sausage, ground)
- Turkey (skinless breast, ground)
- Beef (90% lean ground, top round, tri-tip)
- Pork (tenderloin, top loin)
- Fish (all)
- Shellfish (shrimp, crab)

Some good vegetarian proteins include:

- Eggs
- Tofu
- Plain Greek or Icelandic yogurt
- Cottage cheese

Smart Fats



Fats are a crucial component for roasting and sautéing food and play a part in many Flavor Boosters, like vinaigrettes and sauces. **Each meal should include some healthy fats.**

Here's a list of some healthy fats, plus their serving size:

- Olive oil (1 TBSP)
- Avocado oil (1 TBSP)
- Coconut oil (1 TBSP)
- Butter (1 TBSP)
- Nut butters (1 TBSP)
- Nuts (2 TBSP)
- Cream, organic, sour and whipping (2 TBSP)
- Cheese, full-fat (1 ounce)
- Avocado (½ cup, cubed)