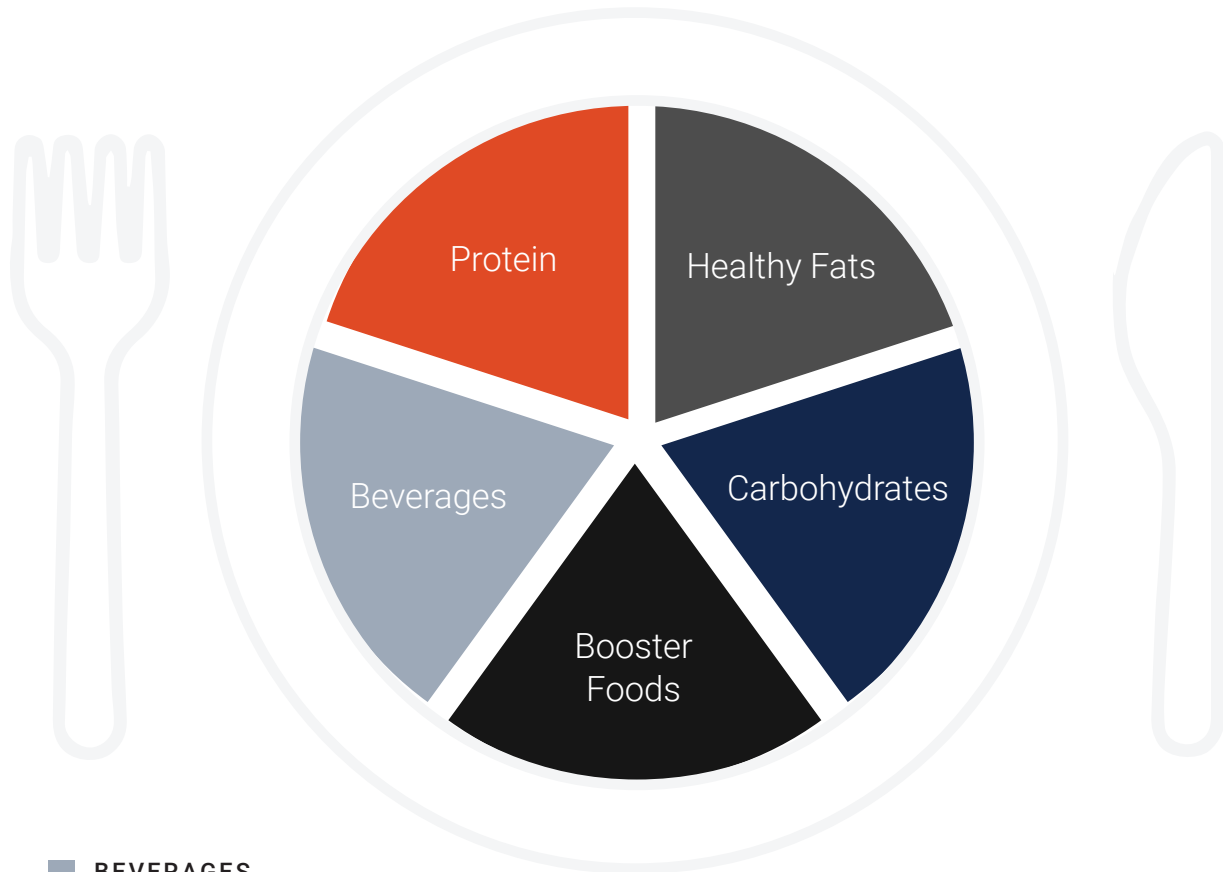


# P20 Plate

Try to get a mix of healthy fats, protein, and fiber-rich carbohydrates at every meal. This will keep you satisfied and balance your blood sugar for lasting energy! Add booster foods for additional health benefits and extra flavor and stay hydrated by drinking at least half your body weight in ounces of water (broth and herbal tea count, too).



## BEVERAGES

Water: 1 cup  
Herbal tea: 1 cup  
Broth: 1 cup

## HEALTHY FATS

Seeds: 2 Tbsp  
Nuts: 2 Tbsp or ¼ cup  
Nut butter: 2 Tbsp  
Olive oil, avocado oil, or ghee: 1 Tbsp  
Avocado: ¼ each

## BOOSTER FOODS

Nutritional Yeast: 1 Tbsp  
Algae (spirulina, chlorella) or seaweed: 1 tsp  
Spices or herbs: ½ tsp

## PROTEIN

Free range poultry: 3 oz.  
Wild caught fish: 3 oz.  
Grass-fed meat: 3 oz.  
Organic egg: 1 each  
Organic yogurt: 1 cup  
Beans or lentils: ½ cup cooked

## CARBOHYDRATES

Fruit: 1 piece or ½ cup  
Crunchy vegetables: ½ cup  
Leafy vegetables: 1 cup  
Root vegetables: ½ cup or 1 medium root vegetable  
Whole grains (GF): ½ cup  
Bread or tortilla (GF): 1 slice or 1 tortilla