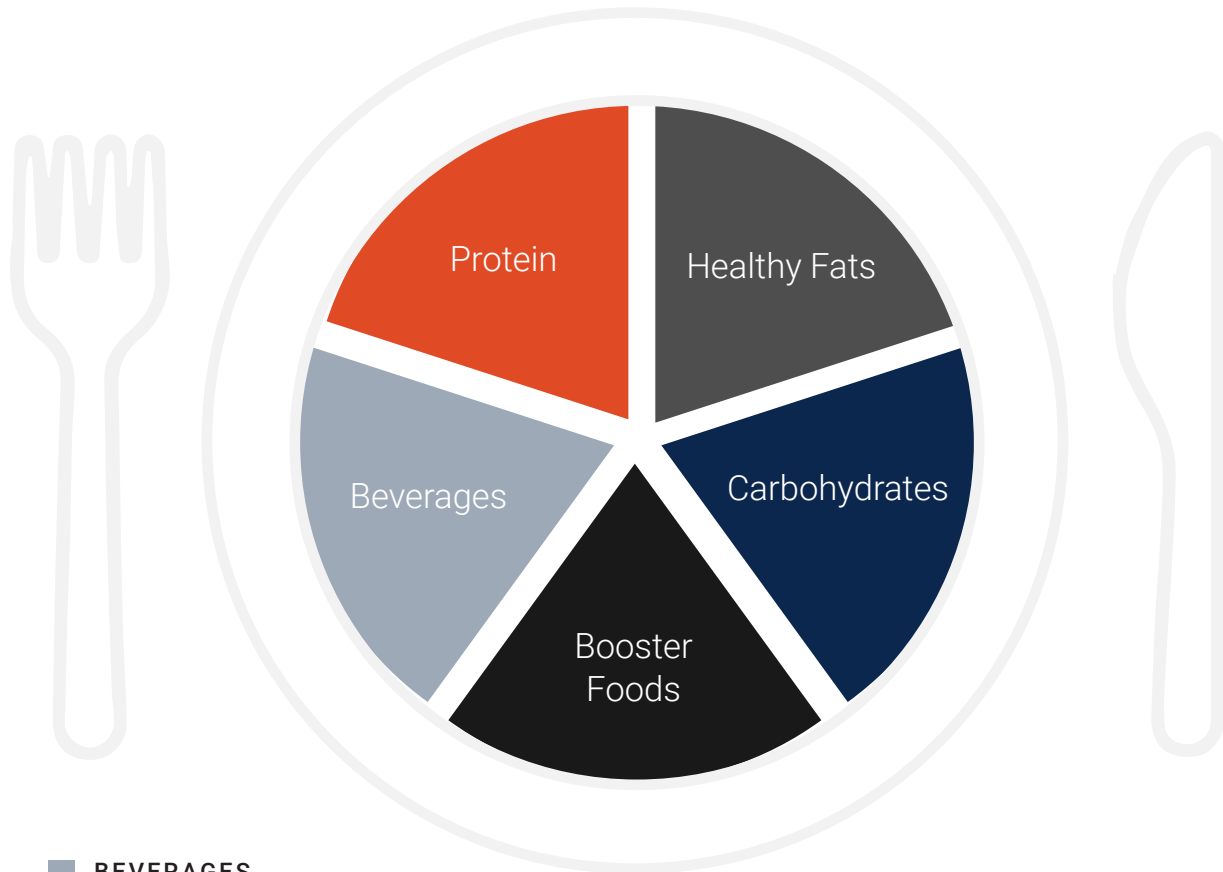


P20 Plate

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