

BUILDING YOUR PLATE

(<50g carbs/day)

Follow the 3-step process to create delicious very low carb meals

STEP 1: Pick a Protein (3-5oz)

Choose good quality protein sources like poultry, fish and seafood, meat, eggs, or plant-based options like tofu, tempeh, and beans.

STEP 2: Add Non-Starchy Vegetables (Half your plate)

Enjoy them raw or cooked any way you like including colorful salads and grilled summer vegetables!

STEP 3: Jazz it up with fats (Optional)

Add some nuts and seeds, olives, avocado, or a sprinkling of your favorite cheese for flavor and texture.



10 inch Dinner Plate