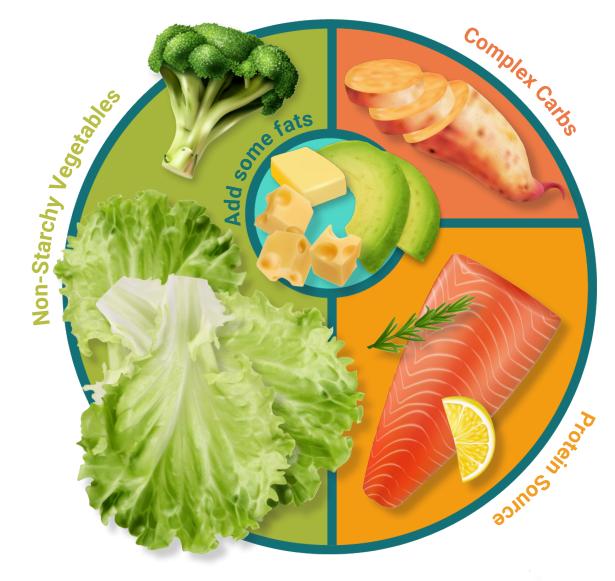
BUILDING YOUR PLATE



Follow the 4-step process to create delicious low carb meals

STEP 1: Pick a Protein	STEP 2: Add Non-Starchy Vegetables (Half your plate)	STEP 3: Add Some Fats	STEP 4: Add 1-2 Servings of Complex Carbs	
Choose a high- quality protein source like chicken, fish, seafood, beef, eggs, or soy.	Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.	Add some fats from oil, sauces, or full- fat dairy like cheese, butter or sour cream.	Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.	



10 inch Dinner Plate