

# BUILDING YOUR PLATE

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

## STEP 1:

Pick a Protein

Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.

## STEP 2:

Add Non-Starchy Vegetables  
(Half your plate)

Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.

## STEP 3:

Add Some Fats

Add some fats from oil, sauces, or full-fat dairy like cheese, butter or sour cream.

## STEP 4:

Add 1-2 Servings of Complex Carbs

Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.



10 inch Dinner Plate