

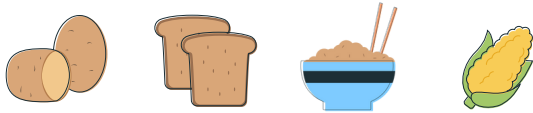
# YOUR MACRONUTRIENTS TOOLKIT

Explore the nutrients your body needs in large quantities.

## Carbohydrates

Carbohydrates are your body's most important source of energy.

### Complex Carbohydrates



Potato    Brown Bread    Brown Rice    Corn

Choose complex carbs for **sustained energy**.

### Simple Carbohydrates



White Bread    Fruit    White Rice    Pretzels

Choose simple carbs for a quick **energy boost**.

## Protein

Protein builds muscle, supports recovery, and reduces prolonged muscle soreness.

### Plant Protein



Tofu    Quinoa    Beans    Peas

Eat a **variety** of plant proteins for all 9 essential amino acids.

### Animal Protein



Egg    Chicken    Cheese    Fish

Animal proteins contain all 9 essential amino acids.

## Fat

Healthy fat supports brain health and is essential for immune health and cell repair.

### Unsaturated Fat



Peanut Butter    Avocado    Salmon

**Include** unsaturated fats in your nutrition plan.

### Saturated Fat



Bacon    Sausages    Steak

Saturated fat should be consumed in **moderation**.

### Trans Fat



Cake    Fried Chicken    Pizza

Trans fats should be **limited**.

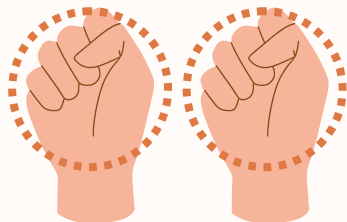
# THE PERFORMANCE PLATE

Use the performance plate formula to build balanced meals.

## GRAINS & STARCHES

**35%**

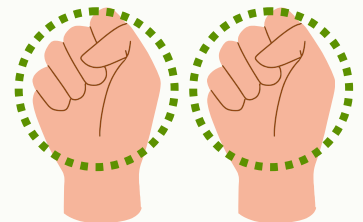
Goal: 2 Fists



## FRUIT & VEGETABLES

**35%**

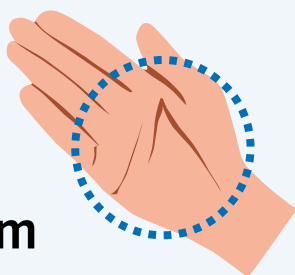
Goal: 2 Fists



## PROTEIN

**25%**

Goal: 1 Palm



## HEALTHY FATS

**5%**

Goal: 1 Thumb

