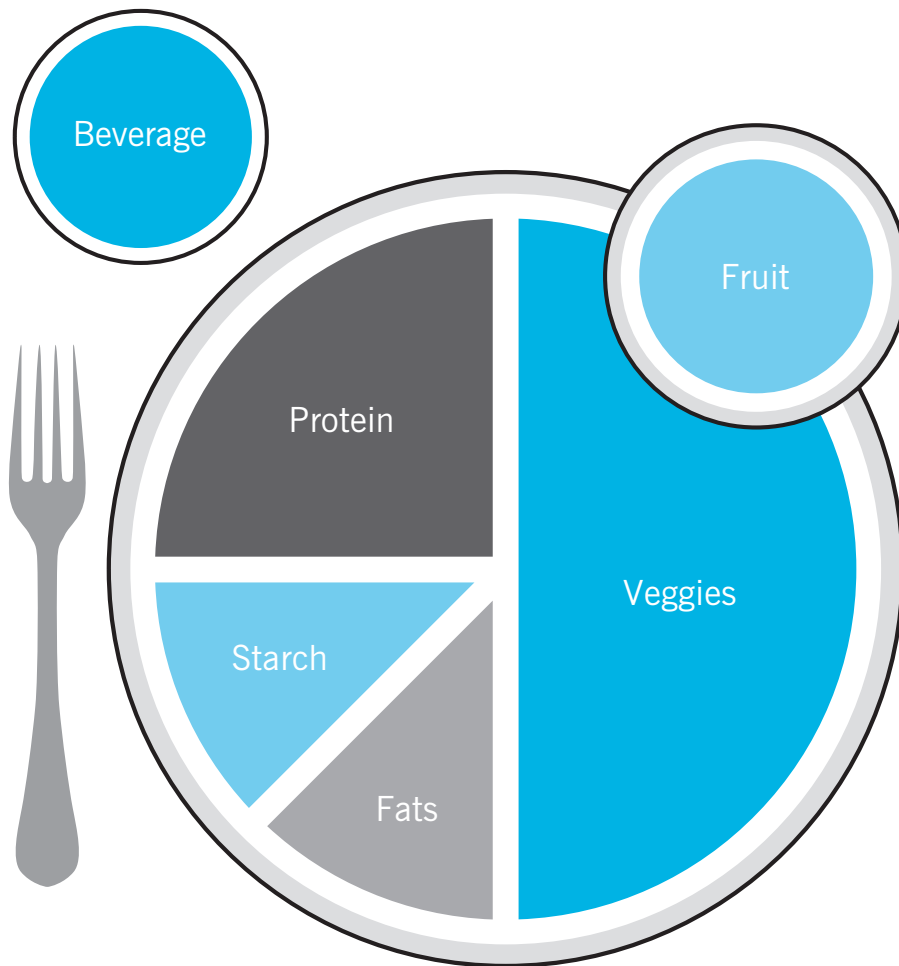


# Precision Nutrition's Balanced Plate

NAME .....

DATE .....



## Protein

including seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

## Starches

including sweet potatoes, potatoes, corn, whole grains, beans, lentils

## Fats

including healthy oils, nuts, nut butters, seeds, avocados, cheese

## Veggies

including a wide variety of colorful non-starchy vegetables

## Fruit

including a wide variety of colorful fresh or frozen fruit

## Beverages

including water, tea, coffee and other low-calorie drinks

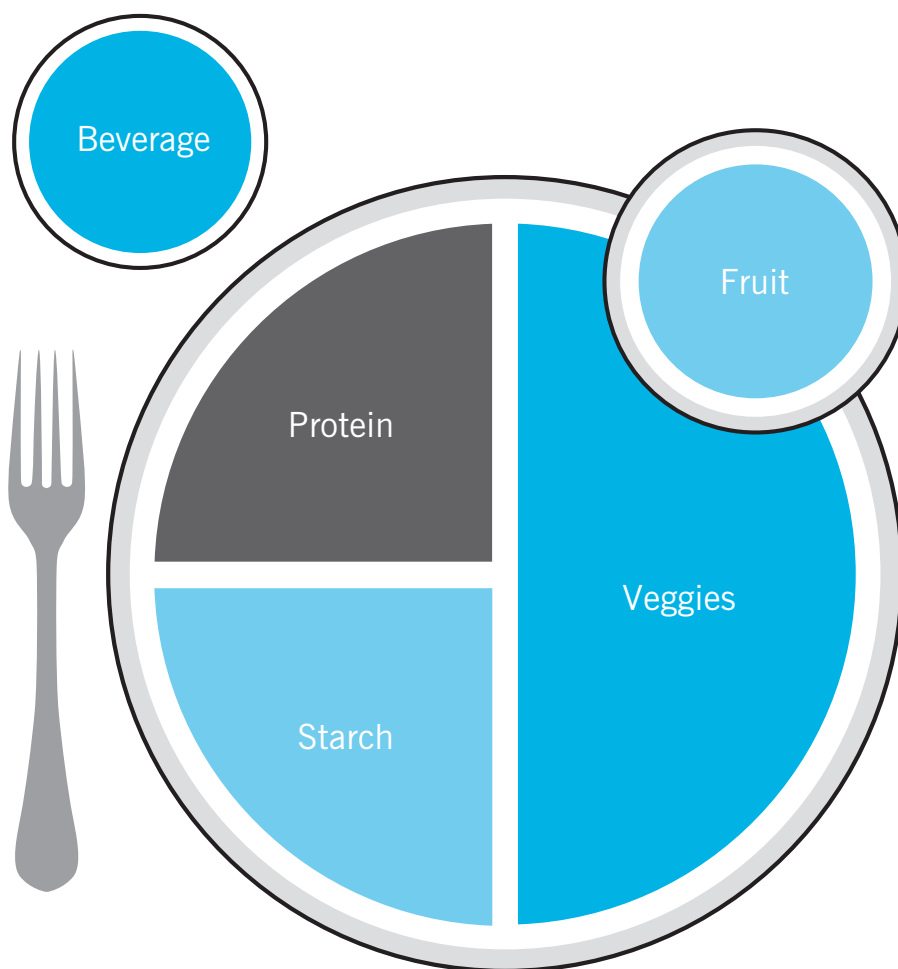
- Eat slowly and stop eating when you're appropriately full.
- Choose mostly whole foods with minimal processing.

- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Precision Nutrition's Low-Fat High-Carb Plate

NAME .....

DATE .....



## Protein

including seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

## Starches

including sweet potatoes, potatoes, corn, whole grains, beans, lentils

## Fats

including healthy oils, nuts, nut butters, seeds, avocados, cheese

## Veggies

including a wide variety of colorful non-starchy vegetables

## Fruit

including a wide variety of colorful fresh or frozen fruit

## Beverages

including water, tea, coffee and other low-calorie drinks

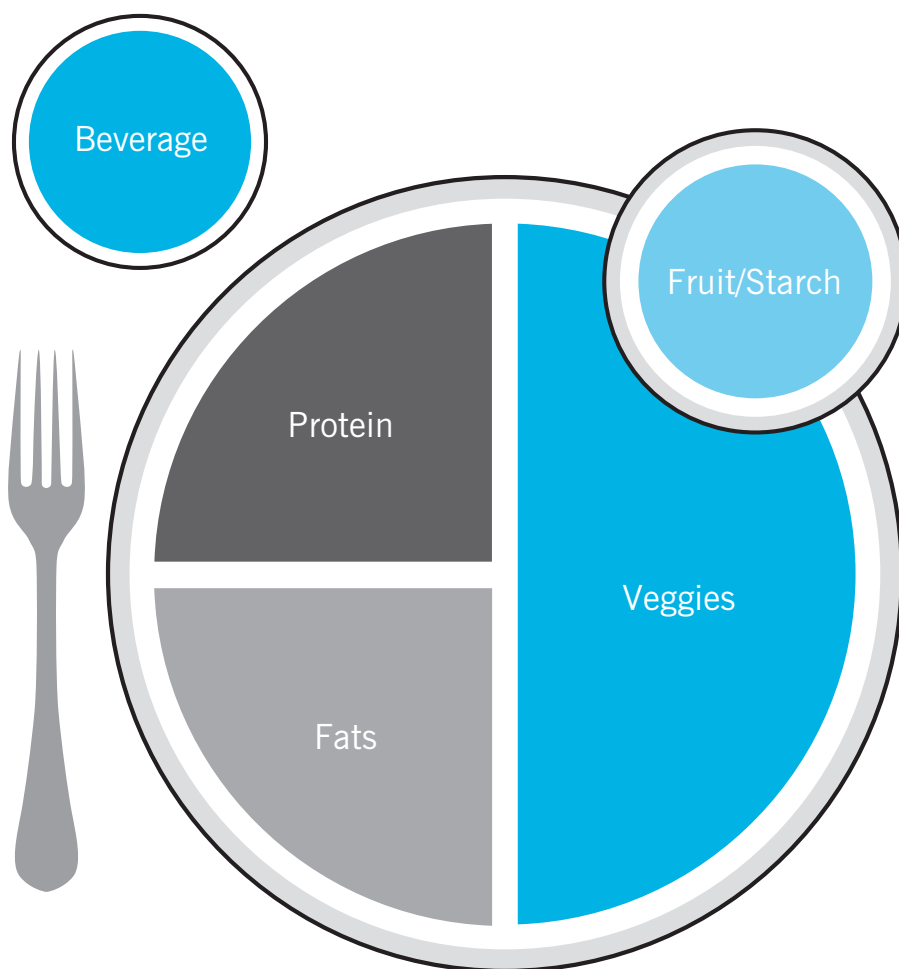
- Eat slowly and stop eating when you're appropriately full.
- Choose mostly whole foods with minimal processing.

- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Precision Nutrition's Low-Carb High-Fat Plate

NAME .....

DATE .....



## Protein

including seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

## Starches

including sweet potatoes, potatoes, corn, whole grains, beans, lentils

## Fats

including healthy oils, nuts, nut butters, seeds, avocados, cheese

## Veggies

including a wide variety of colorful non-starchy vegetables

## Fruit

including a wide variety of colorful fresh or frozen fruit

## Beverages

including water, tea, coffee and other low-calorie drinks

- Eat slowly and stop eating when you're appropriately full.
- Choose mostly whole foods with minimal processing.

- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.