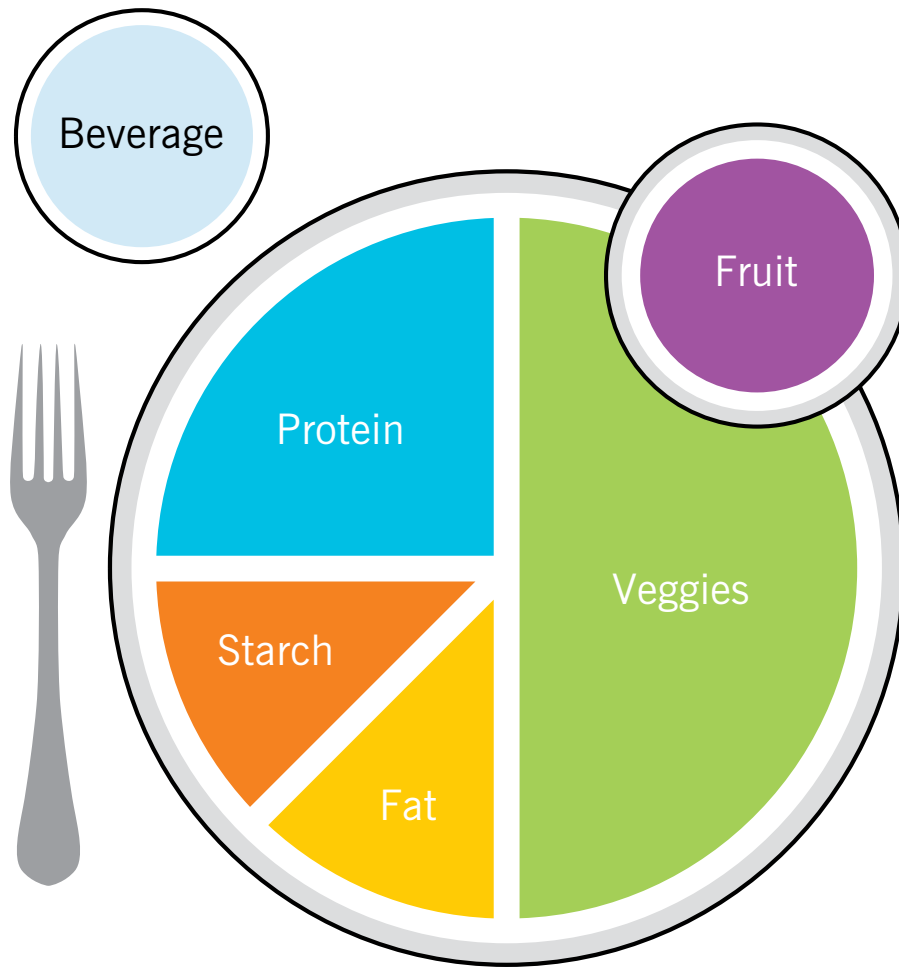


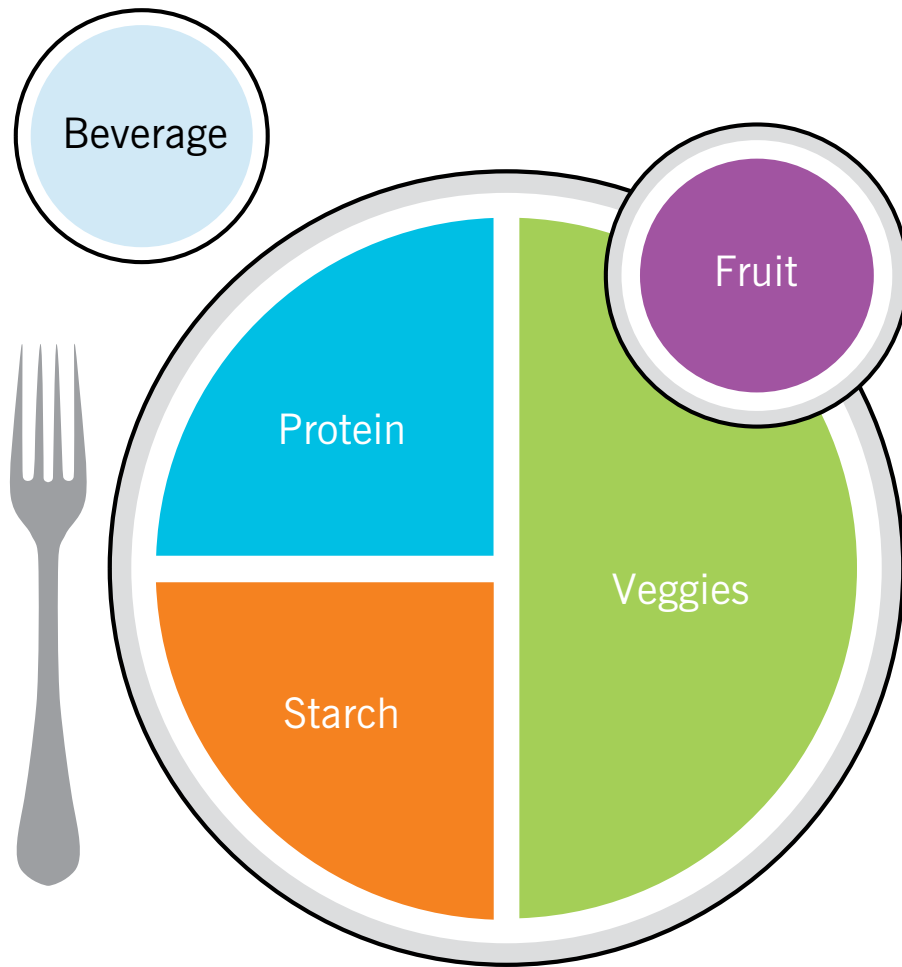
Precision Nutrition's Balanced Plate



Proteins	Starches	Fats	Veggies	Fruits	Beverages
such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan	such as sweet potatoes, potatoes, corn, whole grains, beans, lentils	such as healthy oils, nuts, nut butters, seeds, avocados, cheese	including a wide variety of colorful non-starchy vegetables	including a wide variety of colorful fresh or frozen fruit	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



Proteins

such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

Starches

such as sweet potatoes, potatoes, corn, whole grains, beans, lentils

Fats

such as healthy oils, nuts, nut butters, seeds, avocados, cheese

Veggies

including a wide variety of colorful non-starchy vegetables

Fruits

including a wide variety of colorful fresh or frozen fruit

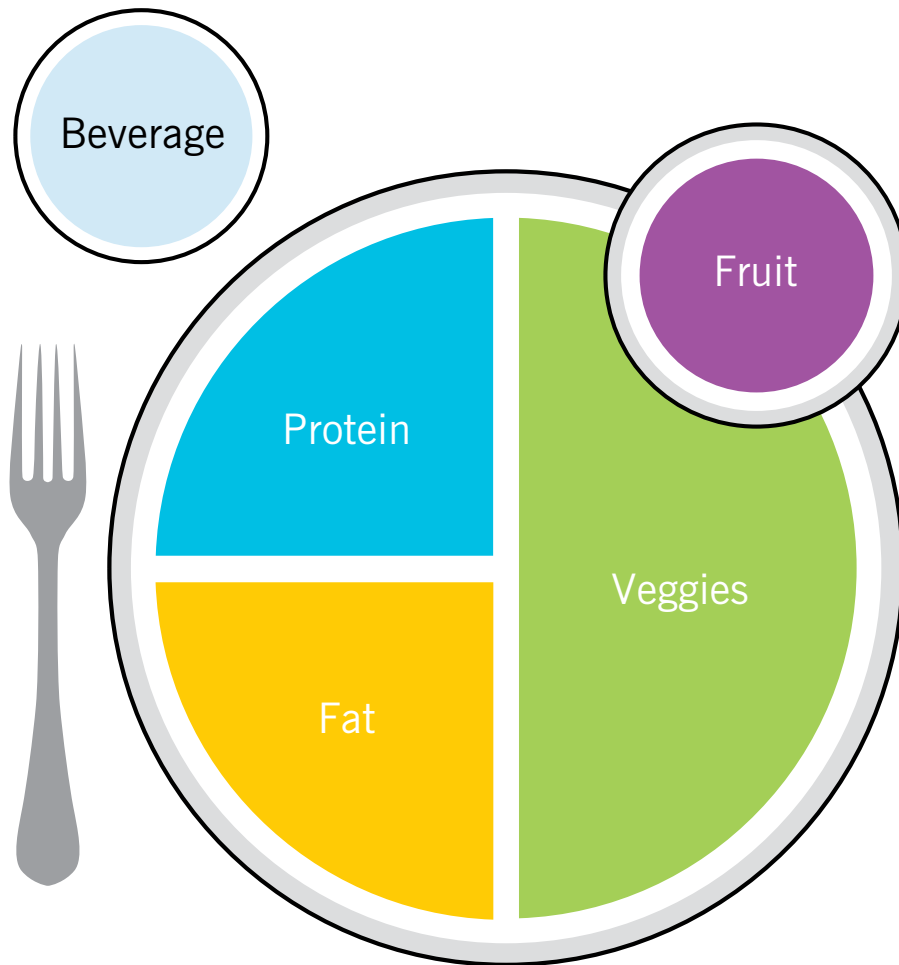
Beverages

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



Proteins

such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

Starches

such as sweet potatoes, potatoes, corn, whole grains, beans, lentils

Fats

such as healthy oils, nuts, nut butters, seeds, avocados, cheese

Veggies

including a wide variety of colorful non-starchy vegetables

Fruits

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Beverages

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

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