

BALANCED PLATE COMPLETION

Date:

Goal:

MEAL	PROTEIN	VEGETABLES	CARBOHYDRATES	“
Breakfast	e.g. Eggs, Greek Yogurt	e.g. Spinach, Tomato	e.g. Oats, Whole Toast	
Lunch	e.g. Chicken, Lentils	e.g. Mixed Greens	e.g. Quinoa, Brown Rice	
Dinner	e.g. Fish, Tofu	e.g. Broccoli, Peppers	e.g. Sweet Potato	
Snack	Healthy fats or fruit pairing			

Target: 50% Vegetables | 25% Lean Protein | 25% Complex Carbs