The Simple Plate Rule



MEAL 1/4 LEAN PROTEIN 1/2 NON-STARCHY VEGETABLE 1/4 HEALTHY CARB = 1 healthy plate

Day 1

BREAKFAST

LUNCH

DINNER

Day 2

BREAKFAST

LUNCH

DINNER

Day 3

BREAKFAST

LUNCH

DINNER

1 Portion Protein (Satiety & blood sugar balance)	**1-2 Portions Non-Starchy Vegetables** (Fill up on color & fiber)	**1 Small Portion Complex/Healthy Carb** (Energy without the spike)
Eggs, chicken, pork, beef, turkey, fish, cottage cheese, Greek yogurt.	Green beans, broccoli, salad greens, cabbage, cucumbers, peppers, zucchini.	Sweet potatoes, berries, oats, brown rice, beans, whole grain bread.