



Burlington Pediatrics
Mebane Pediatrics

By your side for a healthy future

PLATE PORTIONS FOR PROTEIN LOVERS

1/2 PLATE PROTEIN

Examples:

- Chicken
- Steak
- Fish
- Beans
- Yogurt



1/4 PLATE VEGGIES

Examples:

- Cucumber
- Broccoli
- Carrots
- Peppers
- Lettuce



1/4 PLATE CARBS

Examples:

- Potatoes
- Rice
- Pasta
- Bread



IF AFTER THE FIRST PLATE,
YOU ARE STILL HUNGRY:

- REFILL protein and veggies ONLY
- You can refill this combo as many times as you wish!