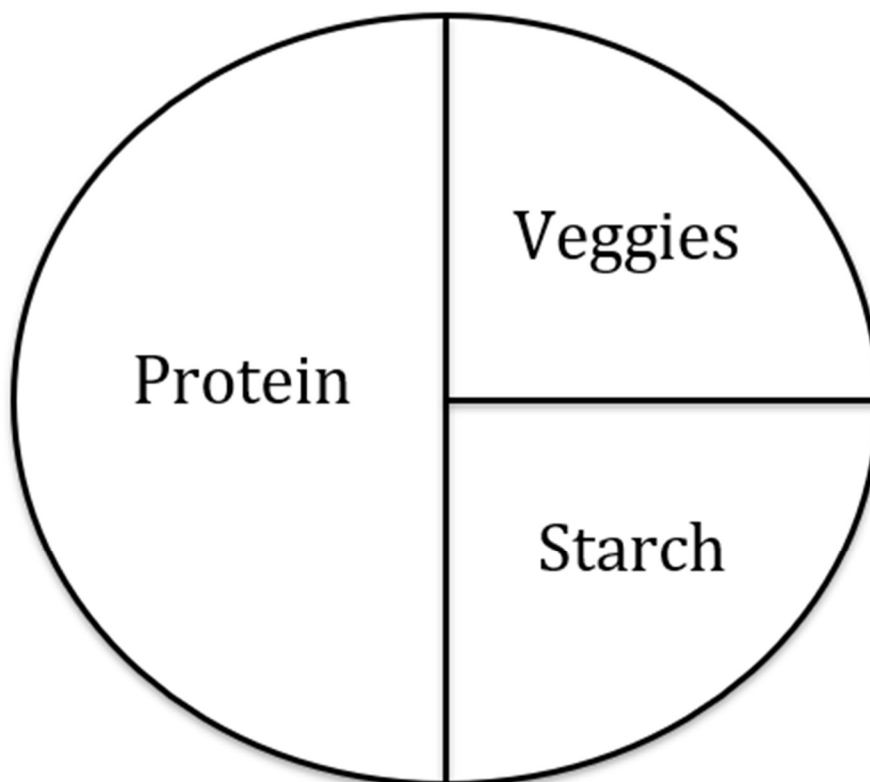


Plate Portions for PROTEIN Lovers



$\frac{1}{2}$ plate of protein ; $\frac{1}{4}$ plate veggies ; $\frac{1}{4}$ plate starch (carbs)

Examples of protein:

- Chicken
- Steak
- Fish

Examples of veggies:

- Cucumber
- Broccoli
- Carrot

Examples of carbs:

- Potatoes
- Rice
- Pasta

- If after the first plate, you are still hungry:
 - **REFILL** protein and veggies **ONLY**
 - You can refill this combination as many times as you wish!