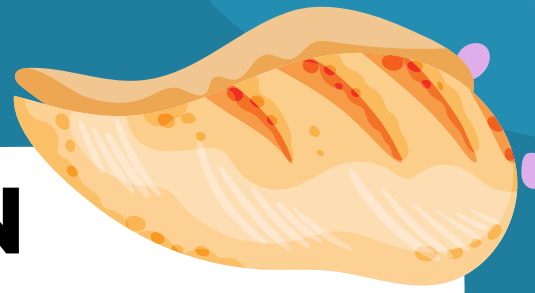


HOW TO BUILD BALANCED MEALS IN FIVE STEPS

1

LEAN PROTEIN



Chicken breast	Pork loin	Tempeh
Turkey breast	Shrimp	Egg whites
Tuna	Tofu	Greek yogurt



VEGGIE OR FRUIT

2

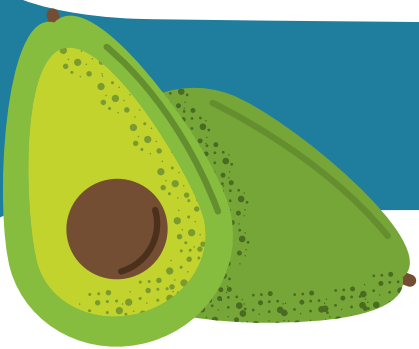
Broccoli	Peas	Apples
Brussels	Carrots	Pears
Zucchini	Spinach	Raspberries

3

STARCH / CARB



Rice	Pasta	Honey
Potatoes	Corn	Cereal
Bread	Quinoa	Oats



FAT

4

Avocado	Nuts	Chocolate
Cheese	Creamy dressing	Nut butter
Whole eggs	Olive oil	Chia seeds

5

SAUCE / SEASONING



Teriyaki sauce	Marinara	Taco seasoning
Soy sauce	BBQ sauce	Garlic powder
Salsa	Hot sauce	Salt & pepper