

THE PERFORMANCE PLATE

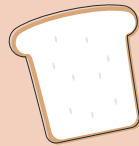
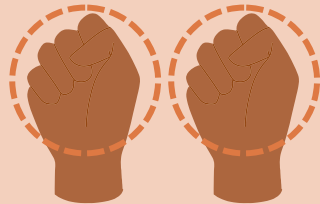
Use this guide to build balanced plates and adjust your portions based on your daily energy needs.

IMG ACADEMY⁺

GRAINS & STARCHES

35%

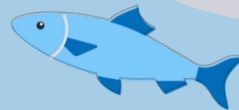
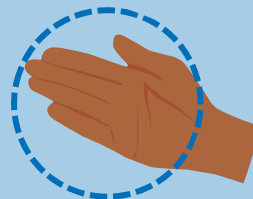
Goal: 2 Fists



PROTEIN

25%

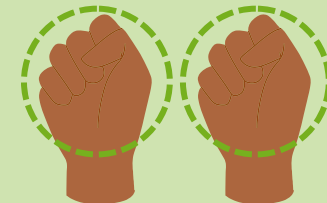
Goal: 1 Palm



35%

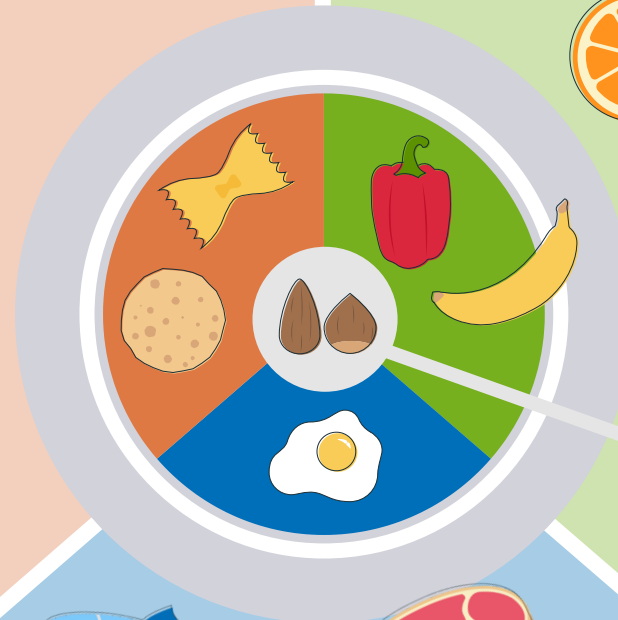
FRUIT & VEGETABLES

Goal: 2 Fists



HEALTHY FATS

5% Goal: 1 Thumb



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Use this portion guide to create a balanced plate. Remember to adjust your portion sizes to match your energy needs for the day.

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