

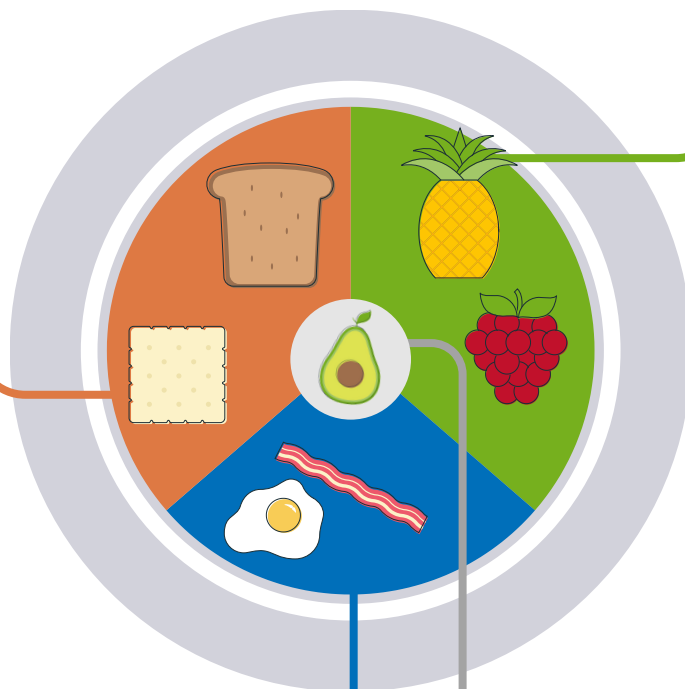
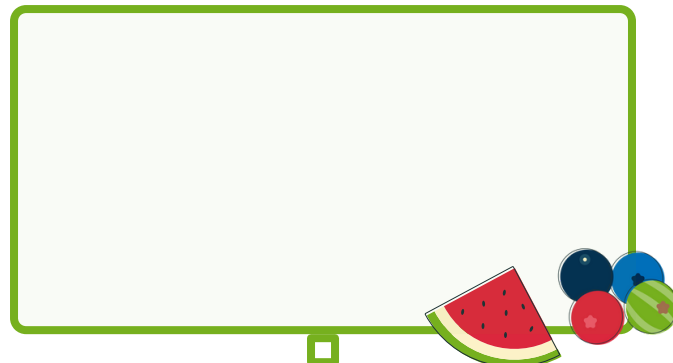
PLATE PLANNER: BREAKFAST

Plan your ideal breakfast plate by balancing grains & starches, fruits & vegetables, protein, and fats for a powerful start to your day.

Choose your grains & starches:



Choose your fruit & vegetables:



Choose your protein:



Choose your healthy fat:



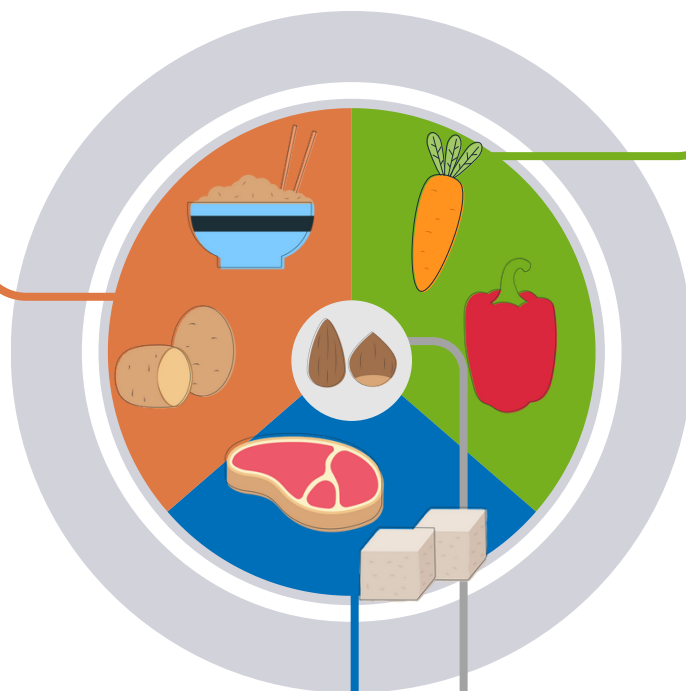
PLATE PLANNER: LUNCH

Craft a nutritious lunch by filling your plate with the right mix of grains & starches, fruit & vegetables, protein, and fats to fuel your afternoon.

Choose your grains & starches:



Choose your fruit & vegetables:



Choose your protein:



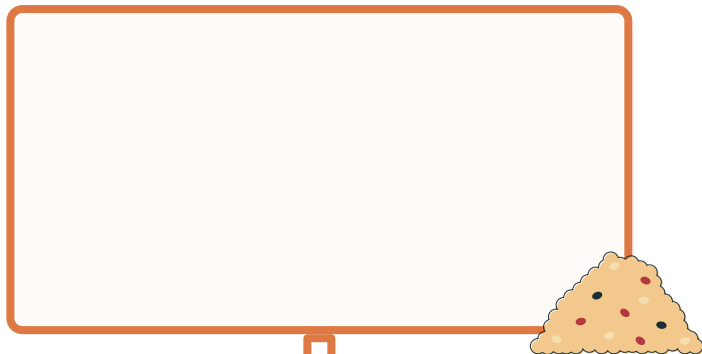
Choose your healthy fat:



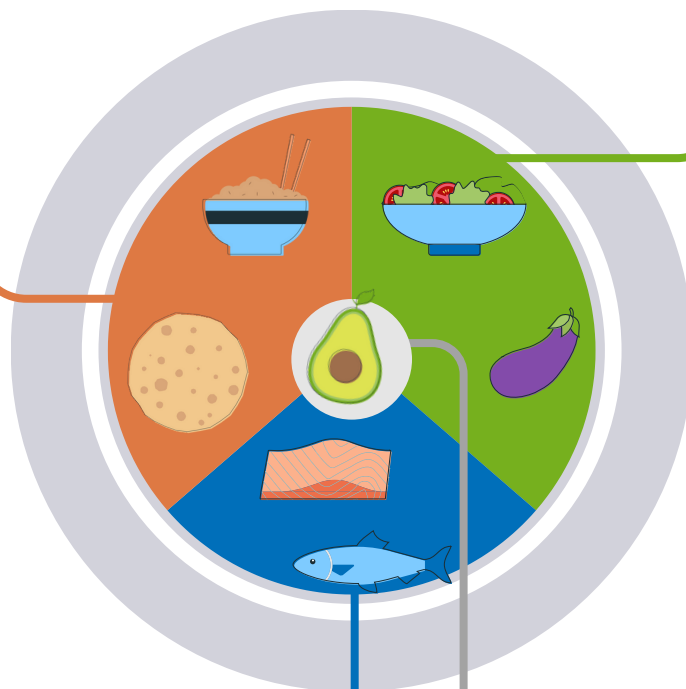
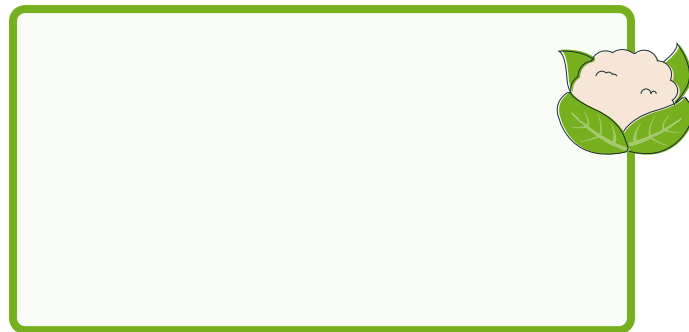
PLATE PLANNER: DINNER

Design your dinner plate with a balanced combination of grains & starches, fruit & vegetables, protein, and fats to support recovery and wellness.

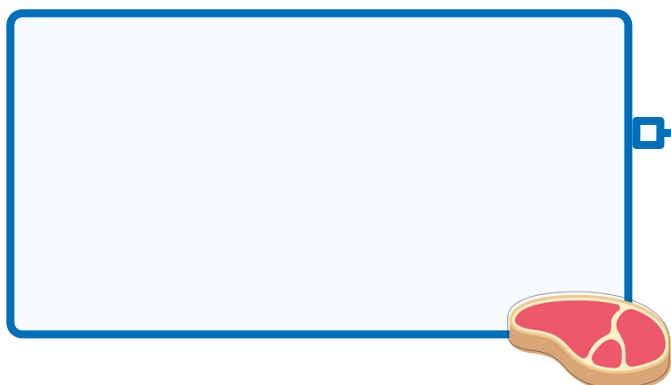
Choose your grains & starches:



Choose your fruit & vegetables:



Choose your protein:



Choose your healthy fat:

