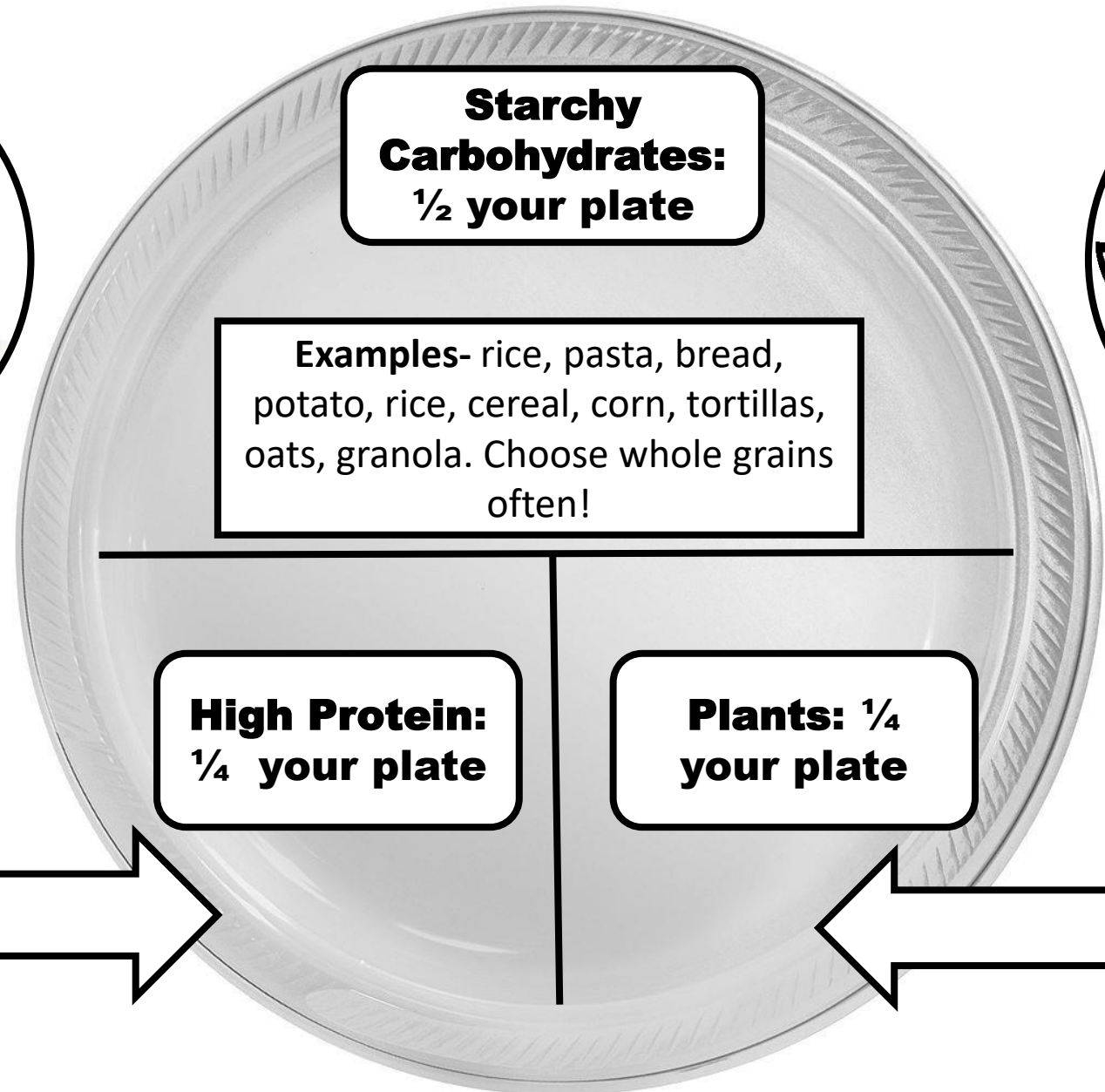
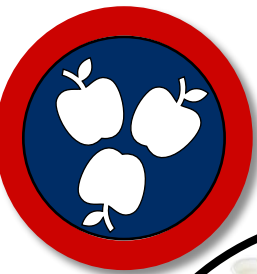


Weight Gain or Hard Training



Starchy Carbohydrates:
 $\frac{1}{2}$ your plate

Examples- rice, pasta, bread, potato, rice, cereal, corn, tortillas, oats, granola. Choose whole grains often!

Sweets: 1-2 servings

Examples- ice cream, cookies, fruit juice, soda, Gatorade

Dairy: 1-2 servings

Examples- milk, yogurt, protein shakes, cheese, cottage cheese

High Protein:
 $\frac{1}{4}$ your plate

Examples- chicken, beef, pork, fish, eggs
Greek yogurt, whey protein, cottage cheese

Plants: $\frac{1}{4}$ your plate

Examples- salad, cooked veggies, salsa, pasta sauce, fruit, baked beans, refried beans, chili