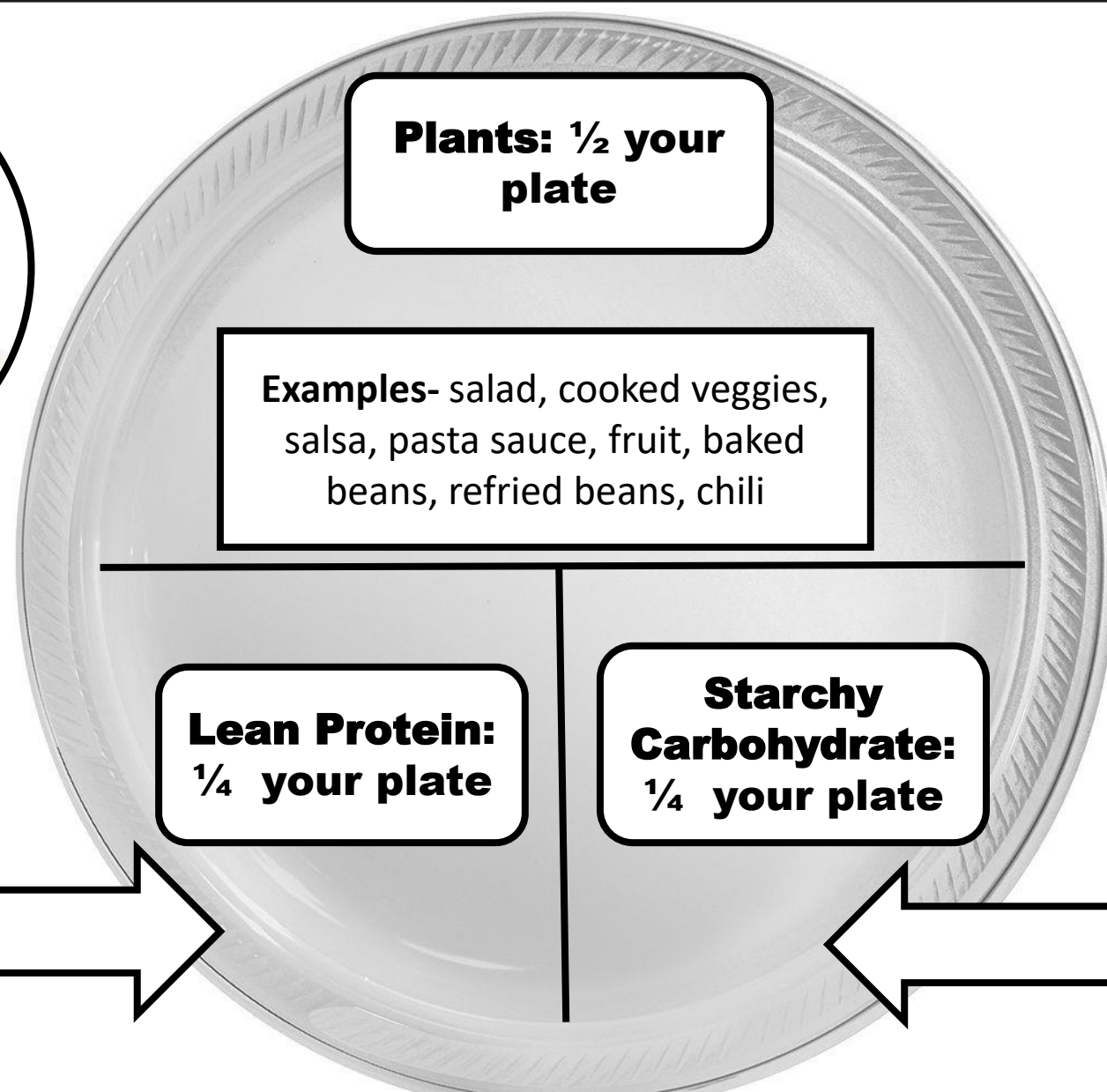


Weight Loss or Easy Training



Plants: 1/2 your plate

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

Lean Protein: 1/4 your plate

Starchy Carbohydrate: 1/4 your plate

Dairy: 1 serving

Low calorie sweets: 0 to 1 servings

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

No need to eliminate, just cut back
Examples- fudge pops, single serving chocolates, 0 calorie soda, smaller portions of anything

Examples- chicken, beef, pork, fish, eggs

Greek yogurt, whey protein, cottage cheese

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