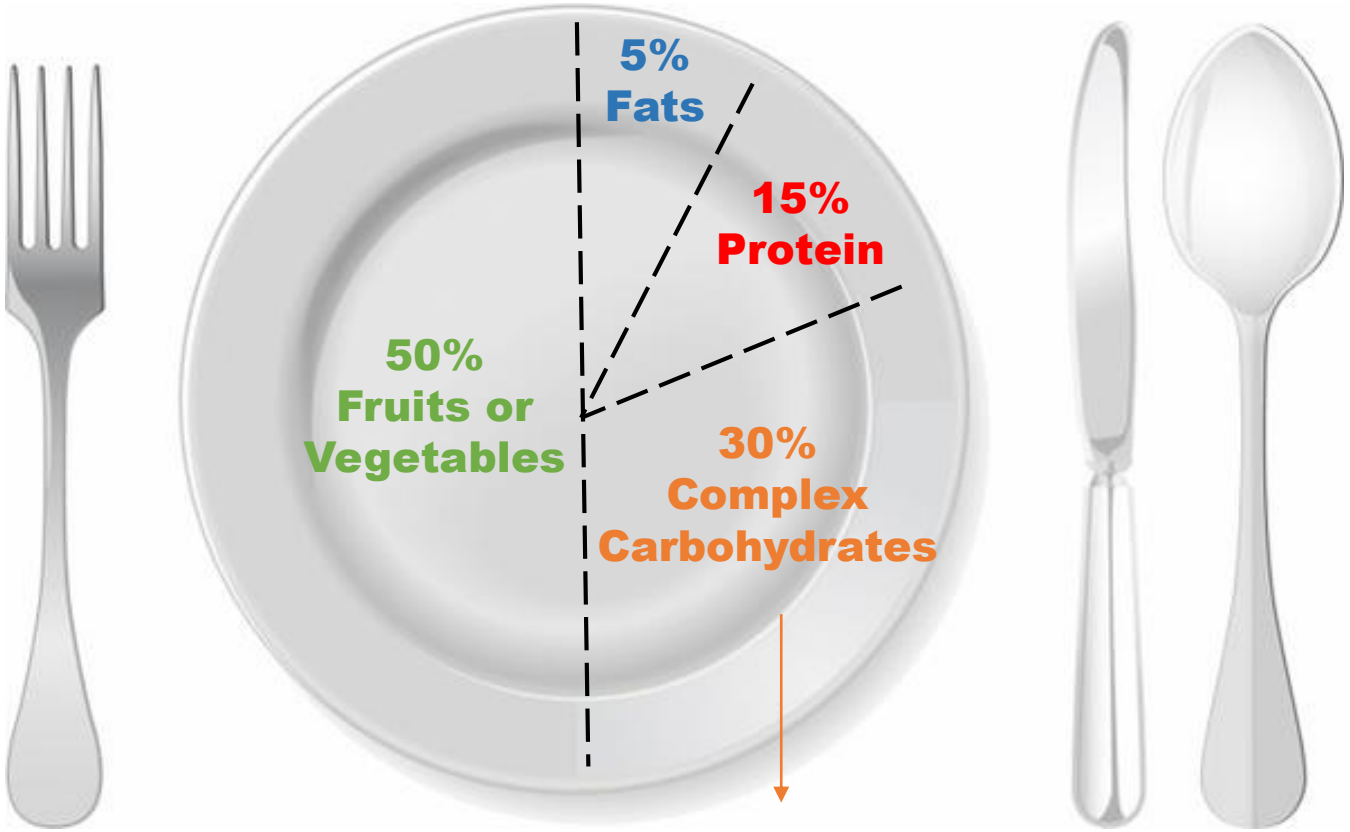
A Balanced Plate



- Sweet potatoes
- Quinoa
- Lentils & legumes
- Squash
- Whole fruits
- Oats
- Brown rice
- Leafy greens
- Colorful veggies (peppers, eggplant, beets, etc.)

50% vegetables or fruits

30% high carbohydrates (unrefined)

15% high protein foods

5% high fat foods (non-saturated)

Include 1-2 tablespoons of grinded flaxseeds or chia seeds a day