





PLATE METHOD

The plate strategy focuses on learning how to eat when a food scale isn't a part of your nutrition plan or simply isn't accessible (restaurant, dinner at your family's house, etc).

Selecting the plate that's right for you will largely depend on what you and your coach deem appropriate based on your activity, preference, and goal. This might change depending on the training type you do each day.

			
COLOR vegetables	CARBS fruits rice potatoes	PROTEIN meat/tofu greek yogurt protein powder eggs	FAT cooking oils spreads condiments some cuts or types of protein sources

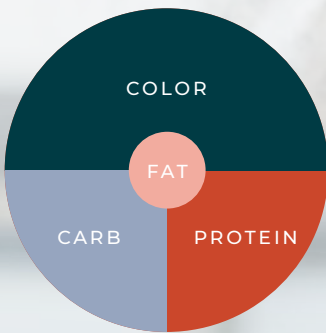


PLATE A

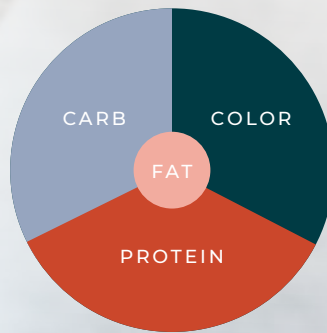


PLATE B

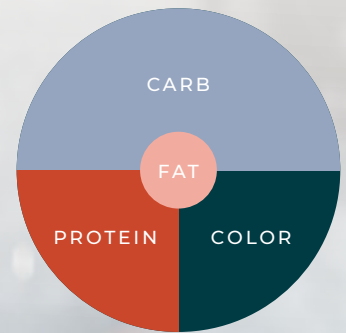


PLATE C

USE THE HAND GUIDE TO BUILD A MEAL

PROTEIN



1 SERVING = 1 PALM

Conventional measurement:

- 3-4 oz. cooked meat
- 2 whole eggs
- 1 cup greek yogurt

1 PALM

PLATE A

1-2 PALMS

PLATE B

PLATE C

CARBS



1 SERVING = 1 CUPPED HANDFUL

Conventional measurement:

- 1/2 - 2/3 cup cooked grains
or legumes

1 CUPPED HANDFUL

PLATE A

1.5 CUPPED HANDFULS

PLATE B

2 CUPPED HANDFULS

PLATE C

COLOR



1 SERVING = 1 FIST

Conventional measurement:

- 1/2 - 2/3 cup non-starchy
vegetables (raw or cooked)
- 1 medium fruit

2 FISTS

PLATE A

1.5 FISTS

PLATE B

1 FISTS

PLATE C

HEALTHY FATS



1 SERVING = 1 THUMB

Conventional
measurement:

- 1 TBSP healthy fat

1 THUMB

PLATE A

1-1.5 THUMBS

PLATE B

1.5-2 THUMBS

PLATE C

**Amounts may be altered depending on dietary preferences and goals.*