Build Your High Performance Plate

1. CHOOSE A LEAN CARBOHYDRATE
   - Brown Rice
   - Baked Sweet Potato or Baked Potato
   - Whole Wheat Pasta
   - Whole Wheat Toast

2. CHOOSE A LEAN PROTEIN
   - Fish - Salmon, Shrimp, Tuna (NO FRIED OPTIONS)
   - Chicken Breast or Turkey Breast
   - Flank Steak or Sirloin Steak

3. CHOOSE A VARIETY OF VEGETABLES
   - Add cooked vegetables like green beans, beets, broccoli, asparagus, cauliflower, collard greens
   - Add fresh vegetables like spinach, mixed greens, celery, carrots

4. CHOOSE A FRUIT OPTION
   - Banana, Apple, Orange, Grapes, Pear, Berries, Peaches, Pineapple, Watermelon, Mango
   - WE WANT A COLORFUL PLATE!

5. LIMIT:
   - No sugary beverages like Soda, Juice, High C Punch, etc.
   - No sugary desserts like candy and baked goods. Try using fresh fruit as a dessert to satisfy sweet tooth.
High Performance Supermarket Foods

FRUITS
- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Blueberries
- Pineapples
- Peaches
- Cherries
- Plums

VEGETABLES
- Spinach
- Carrots
- Green Beans
- Broccoli
- Green Peas
- Potatoes
- Asparagus
- Celery
- Lentils
- Beans

PROTIEN
- Lean Meats
- Beef & ham
- Poultry
- Chicken & duck
- Eggs
- Dry Beans and Peas
- Black beans
- Nuts and Seeds
- Fish

CARBOHYDRATES
- Carrots
- Potatoes
- Wild rice
- Oatmeal
- Multi-grain bread
- Cucumbers
- Eggplant
- Skim milk
- Yogurt, low fat
- Oat bran cereal

SNACKS ON THE GO
- Fruit and string cheese
- Apple with Peanut Butter
- Greek Yogurt
- Beef Jerky and Grapes
- Hummus and carrot sticks or celery sticks