

HOW TO BUILD A PLATE

1)Determine Goal

What is your goal? Be advised that any of these goals are best paired with strength + cardio exercise!

A. Fat loss

B. Weight Gain

C. Maintain Weight and Prioritize Health

2) Choose Plate Size

If you chose...

A. Choose a child-sized plate up to 8" in diameter.

B. Choose a restaurant-sized dinner plate or bowl. This should be visibly larger than a standard household plate.

C. Choose a standard-sized household plate.



Proteins

Chicken Tuna Salmon

Tilapia

Lean Beef

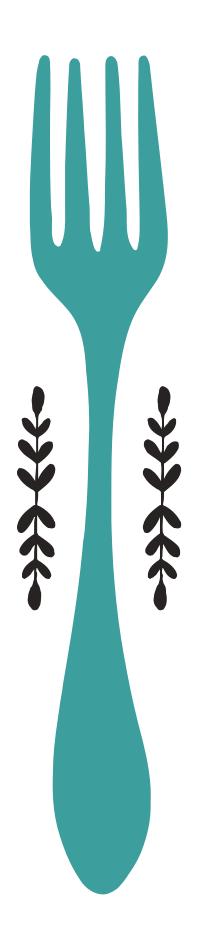
Greek Yogurt Eggs + extra whites, example, 1 whole egg & 3 whites Tofu Ground Turkey Deli Turkey or Chicken

*avoid frying these

Pick your protein! A. 4-5 ounces per plate; visually a deck of cards

B. 6-8 ounces per plate; visually 2 decks of cards or 2 palms

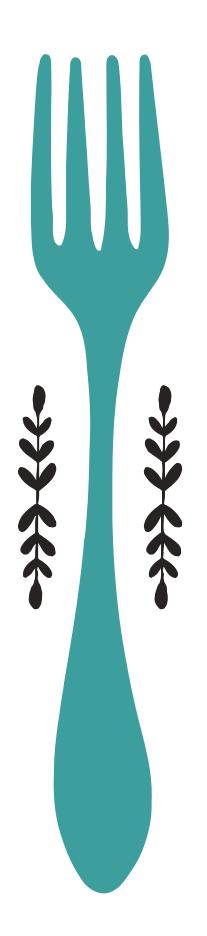
C. 4-5 ounces per plate; visually a deck of cards



Carbs (Starches/Starchy Veggies & Fruits)

White Rice Brown Rice Sweet Potato Brussel Sprouts Bananas Broccoli Red Potatoes Black Beans Peas

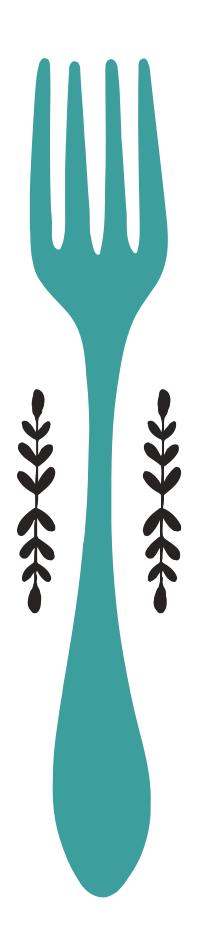
Pick your carbs! A. palm-sized portion B. 3-4 palm-sized portion C. 2-3 palm-sized portion



Fats

Avocado Olive Oil Avocado Oil Coconut Oil Egg Nut butters (peanut, almond, cashew) Butter

Pick your fats! A. thumb-sized portion, minus one knuckle length B. 2 thumb-sized portions C. 1 thumb-sized portion



Carbs (Non-starchy Veggies & Fruits)

For all plates, choose cupped hands size for these. Green Beans Lettuce Spinach Kale Peppers Squash Cucumber Mushrooms Raspberries Blueberries

Build your plates and tag me on Instagram: @empoweredwithemily_

Melons