



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

Strawberries

Melons

*Build your plates and tag me on Instagram:
@empoweredwithemily_*