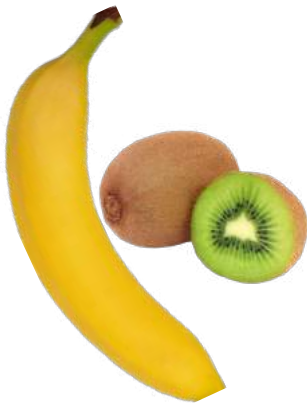


Balanced Meal Plate



Fruit

Fresh Fruit
Frozen Fruit
Dried Fruit



Drinks

Water
Dairy/ Non-dairy
Juice
Tea (Peppermint, Nettle)

Carbohydrates



Starches
Grains
Legumes

Examples:
Oats
Rice
Potatoes
Quinoa
Beans

Poultry
Meat
Nut
Seeds

Fish
Eggs
Dairy
Soy

Examples:
Chicken
Wild Caught
Salmon
Tempeh

Raw,
Cooked, or
Fermented
Veggies

Examples:
Broccoli
Zucchini
Eggplant

Proteins

Vegetables



Fats

Avocado
Oils
Nuts

Seeds
Cheese
Butter



Flavor

Salt
Pepper
Herbs
Lemon

Spices
Vinegar
Salsa
Mustard