



Visual Plate



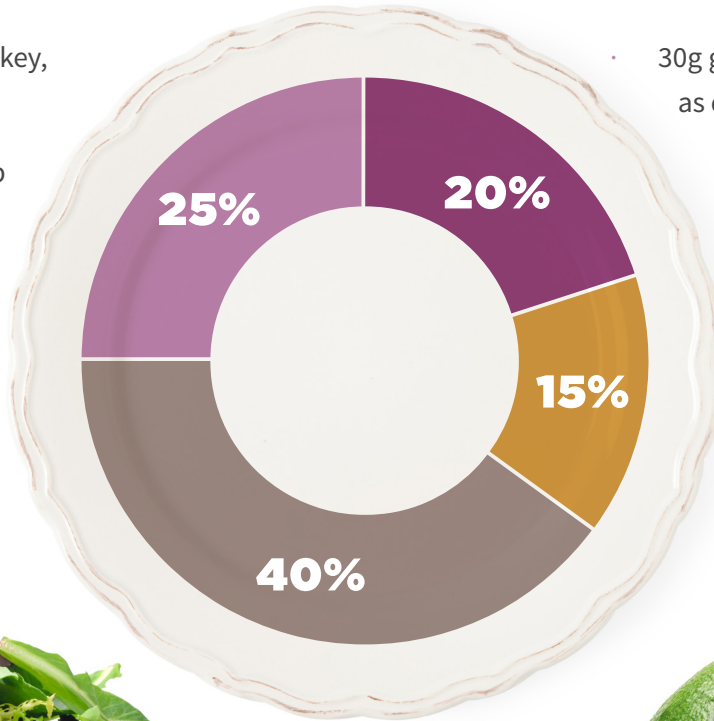
PROTEIN—25% PLATE

- 150g organic chicken/turkey, sustainable fish
- 80g/250ml organic sheep or goats dairy products
- 30g nuts, seeds
- 80g tempeh
- ½ cup legumes



CARBOHYDRATES—20% PLATE

- 30g gluten free carbohydrates such as quinoa, buckwheat, amaranth, sweet potato, millet, wild rice
- 1 piece fresh fruit



VEGETABLES/SALAD—40% PLATE

- 2 cups of any except white potato



ANTI INFLAMMATORY FATS—15% PLATE

- ¼ avocado
- 1tbsp extra virgin olive oil, nut butter, flaxseed oil, hemp seed oil