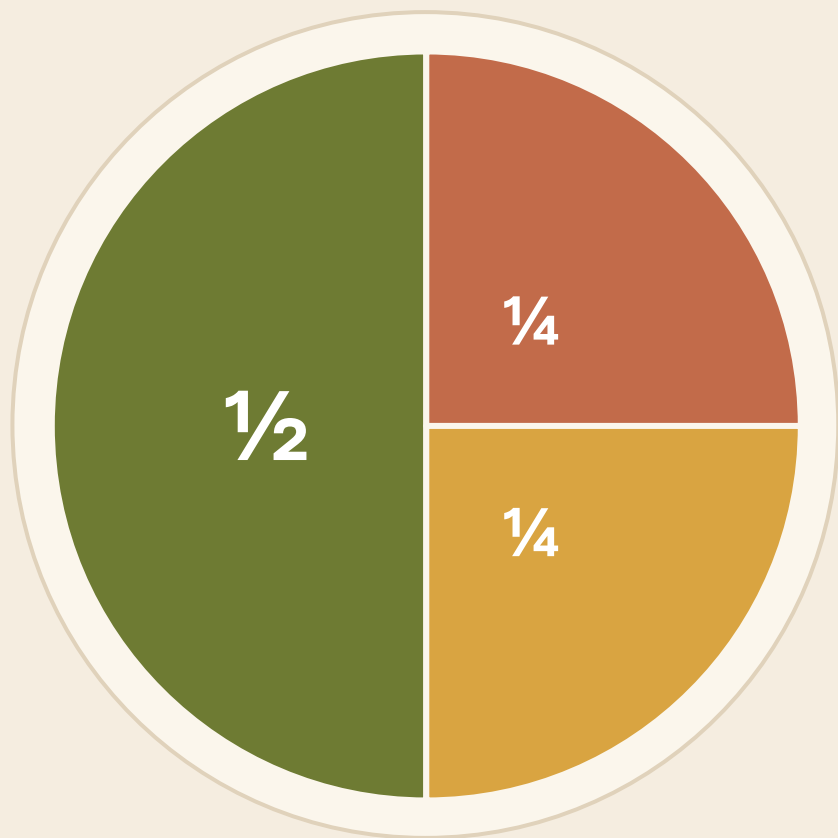


The Healthy Plate Method

Build every meal around three simple proportions



Half vegetables · quarter protein · quarter high-fiber carbohydrate

$\frac{1}{2}$ Non-Starchy Vegetables

Examples — Broccoli, leafy greens, bell peppers, tomatoes, zucchini

Why — High fiber and volume for fullness with few calories; rich in vitamins, minerals, and antioxidants.

$\frac{1}{4}$ High-Quality Protein

Examples — Salmon, skinless chicken breast, turkey breast, eggs, legumes

Why — Supports muscle maintenance and satiety; favor lean, minimally processed sources.

$\frac{1}{4}$ High-Fiber Carbohydrate

Examples — Quinoa, sweet potato, whole-grain bread, brown rice, oats

Why — Slow-digesting, fiber-rich fuel that steadies blood sugar; choose whole over refined.