

# The three possible plates for your meal



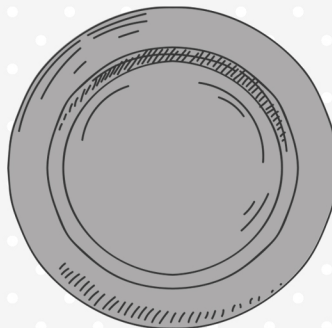
## THE BLACK PLATE

Protein + Fat(s)



## THE WHITE PLATE

Protein + Carbohydrates and starches



## THE GRAY PLATE

Protein + Fat(s) + Carbohydrates/starches  
(4-5 of these per week max)