



# BUILD YOUR OWN Protein Power Plate



## 01 CHOOSE YOUR VEGGIES

|           |             |                  |
|-----------|-------------|------------------|
| Lettuce   | broccoli    | cucumber         |
| kale      | avocado     | shredded carrots |
| spinach   | tomatoes    | soba noodles     |
| mushrooms | cauliflower | sprouts          |
| zucchini  |             |                  |

## 02 CHOOSE YOUR PROTEIN

|         |             |         |
|---------|-------------|---------|
| chicken | tofu        | lentils |
| beef    | black beans | edamame |
| fish    | chickpeas   | eggs    |

## 03 CHOOSE YOUR STARCH

|                |        |               |
|----------------|--------|---------------|
| quinoa         | rice   | corn          |
| sweet potatoes | barley | wheat berries |
| squash         |        |               |

## 04 CHOOSE YOUR TOPPINGS

|              |                |          |
|--------------|----------------|----------|
| Ranch        | teriyaki sauce | hummus   |
| tahini       | sesame seeds   | cilantro |
| nut butter   | chia seeds     | nuts     |
| seed butters | peanut sauce   |          |