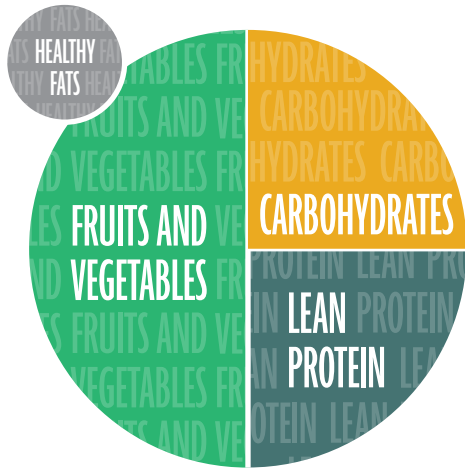




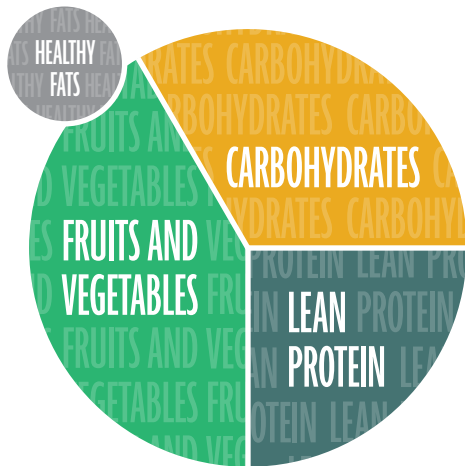


BUILDING HEALTHY PLATES BASED ON WORKOUT INTENSITY







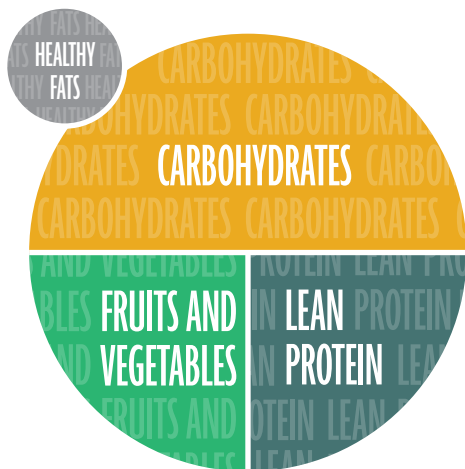
LIGHT TRAINING DAY

-  1/2 plate fruits and vegetables
-  1/4 plate carbohydrates
-  1/4 plate lean protein
-  + healthy fats and oils







MODERATE TRAINING DAY

-  slightly less than 1/2 plate fruits & vegetables
-  1/3 plate carbohydrates
-  1/4 plate lean protein
-  + healthy fats and oils



HARD TRAINING/COMPETITION DAY

-  1/4 plate fruits and vegetables
-  1/2 plate carbohydrates
-  1/4 plate lean protein
-  + healthy fats and oils