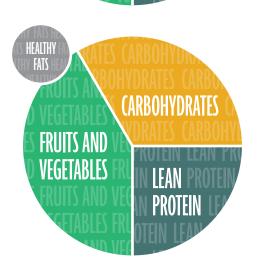


## **BUILDING HEALTHY PLATES BASED ON WORKOUT INTENSITY**



- ➡ ½ plate fruits and vegetables
- 📥 ¼ plate carbohydrates
- 📥 ¼ plate lean protein
- ➡ + healthy fats and oils



CARROHVDRA

HEALTHY

**FRUITS AND** 

**VEGETABLES** 

## **MODERATE TRAINING DAY**

- slightly less than 1⁄2 plate fruits & vegetables
- 📥 1⁄3 plate carbohydrates
- 📥 ¼ plate lean protein
- + healthy fats and oils

## HEALTHY FATS CARBOHYDRATES CARBOHYDRATES FRUITS AND VEGETABLES NEAR PROTEIN

## HARD TRAINING/COMPETITION DAY

- 📥 ¼ plate fruits and vegetables
- ➡ ½ plate carbohydrates
- 📥 ¼ plate lean protein
- ➡ + healthy fats and oils