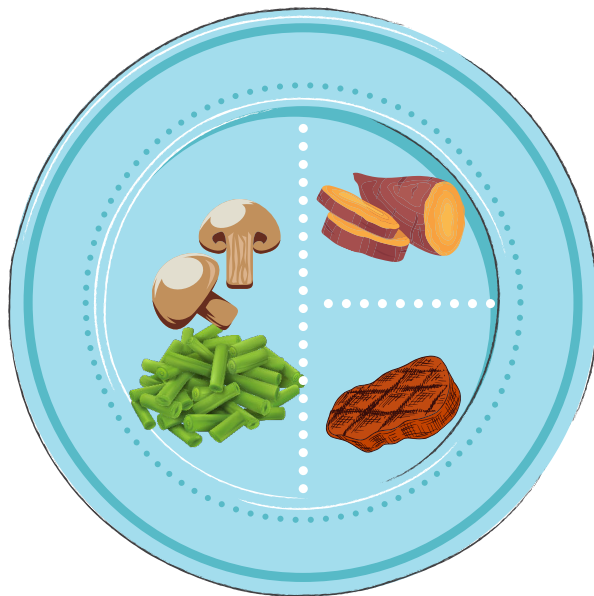
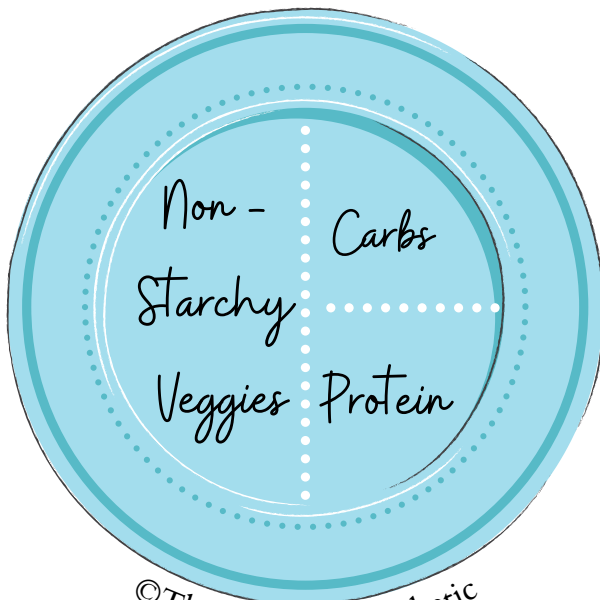


BUILD YOUR PLATE

The plate method ensures you're eating carbs strategically to manage blood sugar.

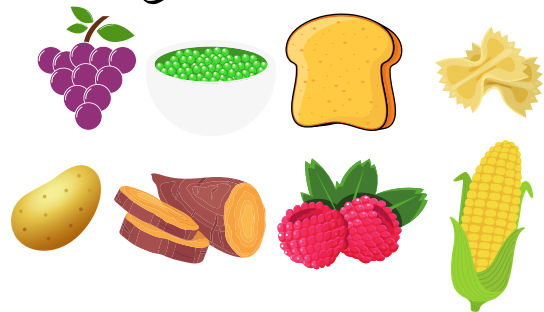
It's the easiest way to choose what to eat, and it comes in handy when eating out.



Proteins



Carbs



Non - Starchy Veggies

