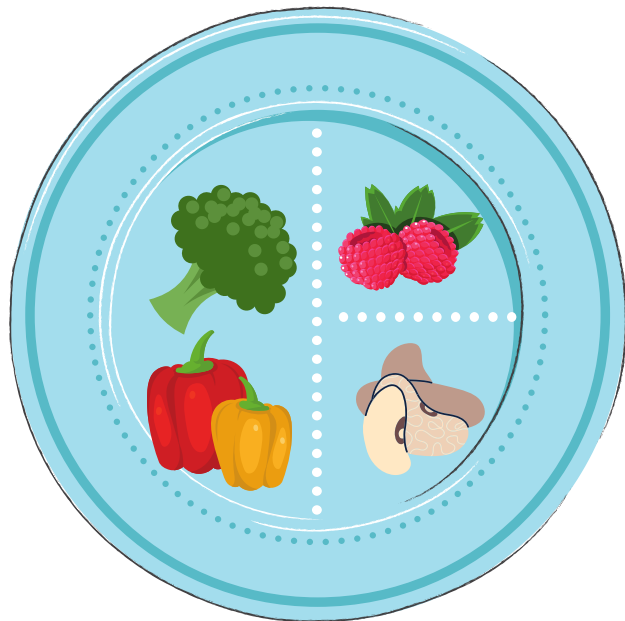
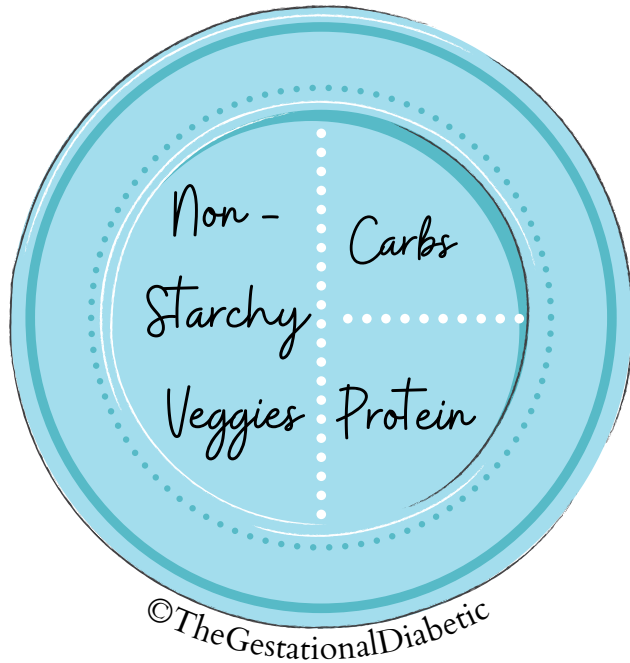


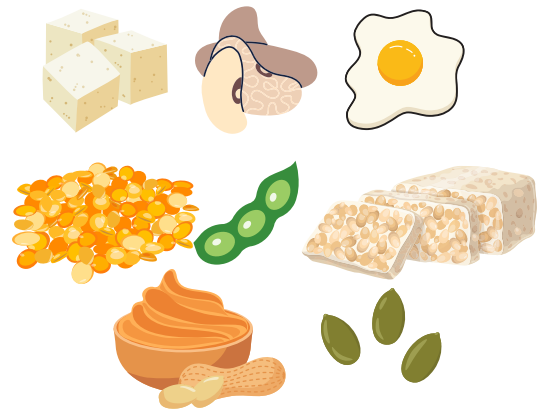
Vegetarian

BUILD YOUR PLATE

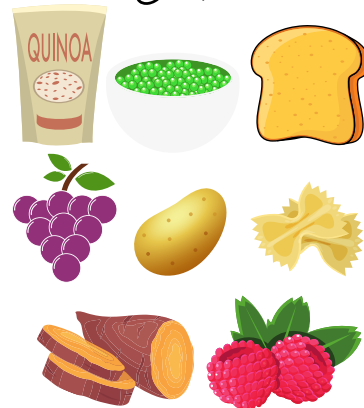
Perhaps the easiest way to portion foods is to use this visual plate method.



Proteins



Carbs



Non - Starchy Veggies

