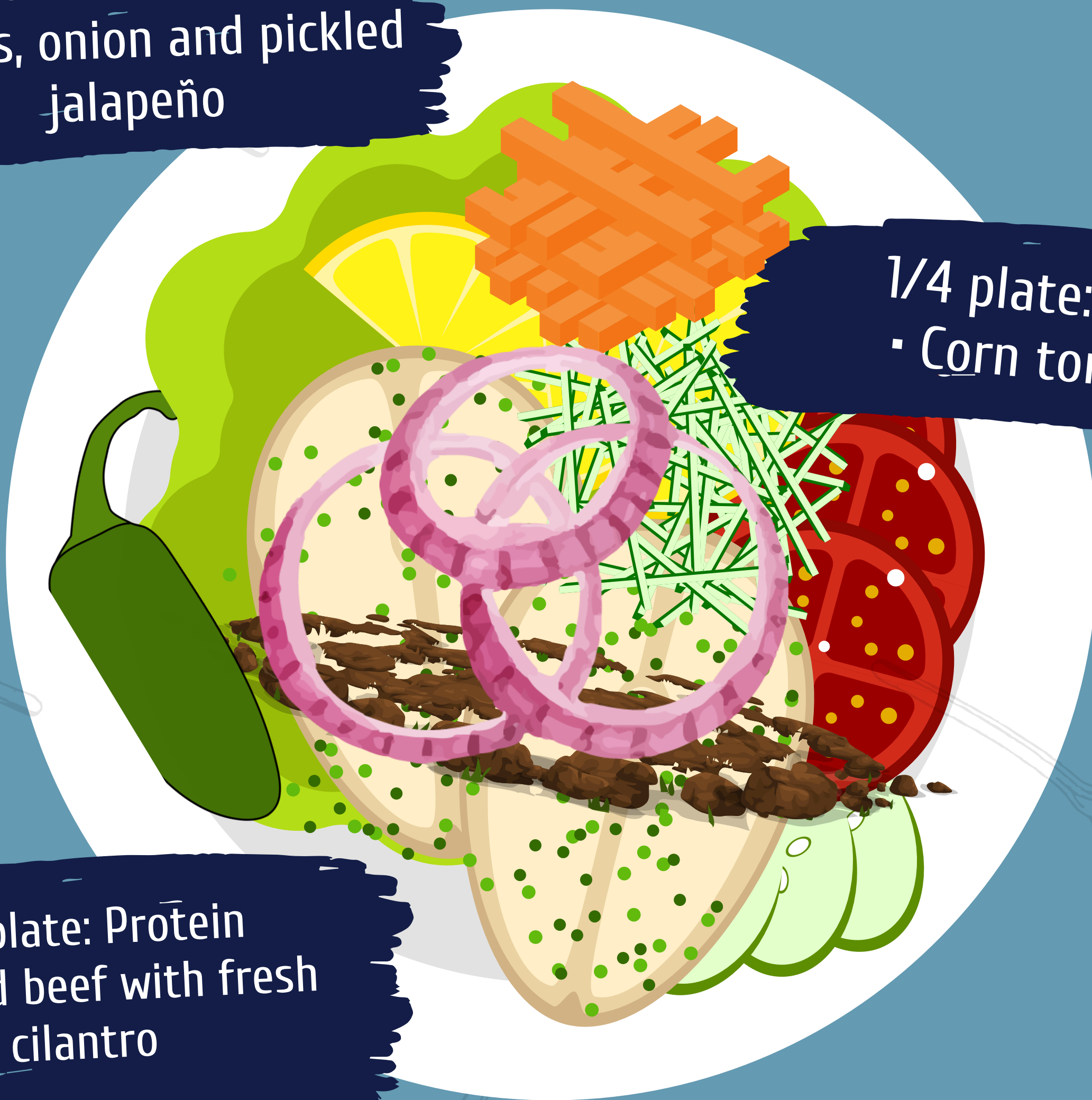


# Meal Plate Ideas

1/2 plate: vegetables  
• Simple taco salad with romaine lettuce, tomatoes, carrots, onion and pickled jalapeño

1/4 plate: Carbs  
• Corn tortillas

1/4 plate: Protein  
• Ground beef with fresh cilantro

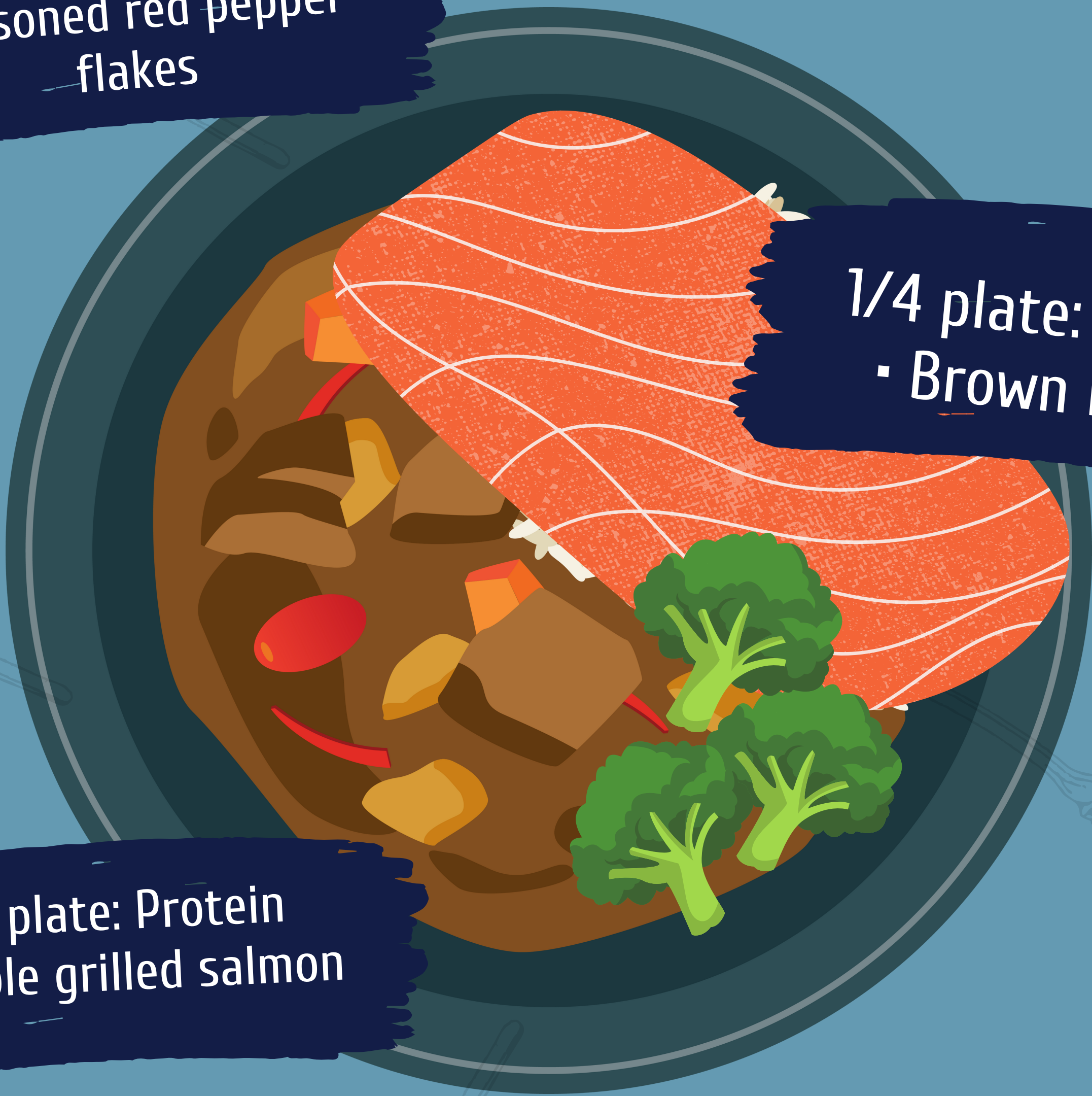


# Grilled Salmon with Broccoli and Rice

1/2 plate: vegetables  
▪ Steamed broccolini  
seasoned red pepper  
flakes

1/4 plate: Carbs  
▪ Brown rice

1/4 plate: Protein  
▪ Simple grilled salmon



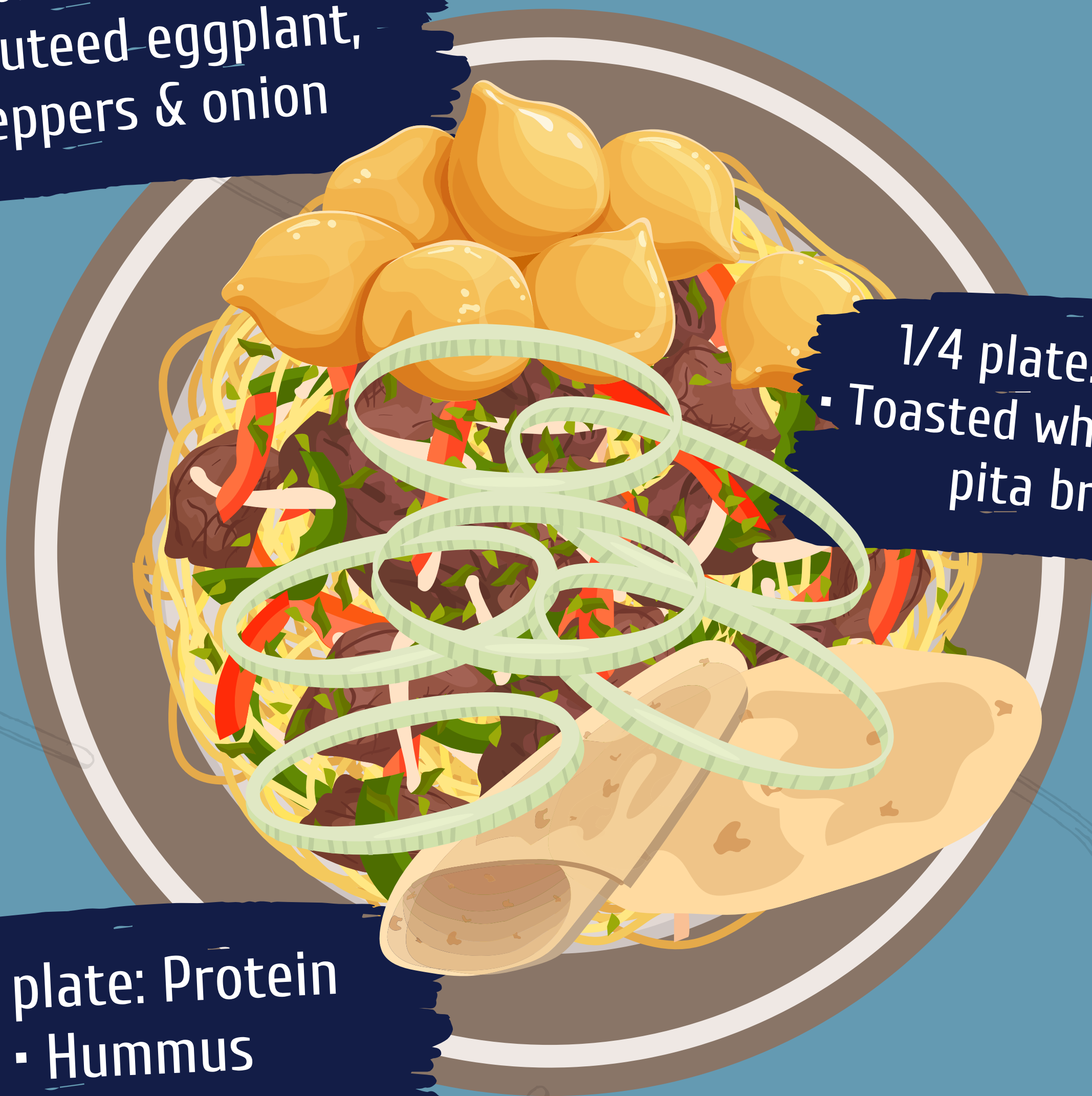


# Pita and Hummus with veggies

1/2 plate: vegetable  
▪ Sauteed eggplant,  
peppers & onion

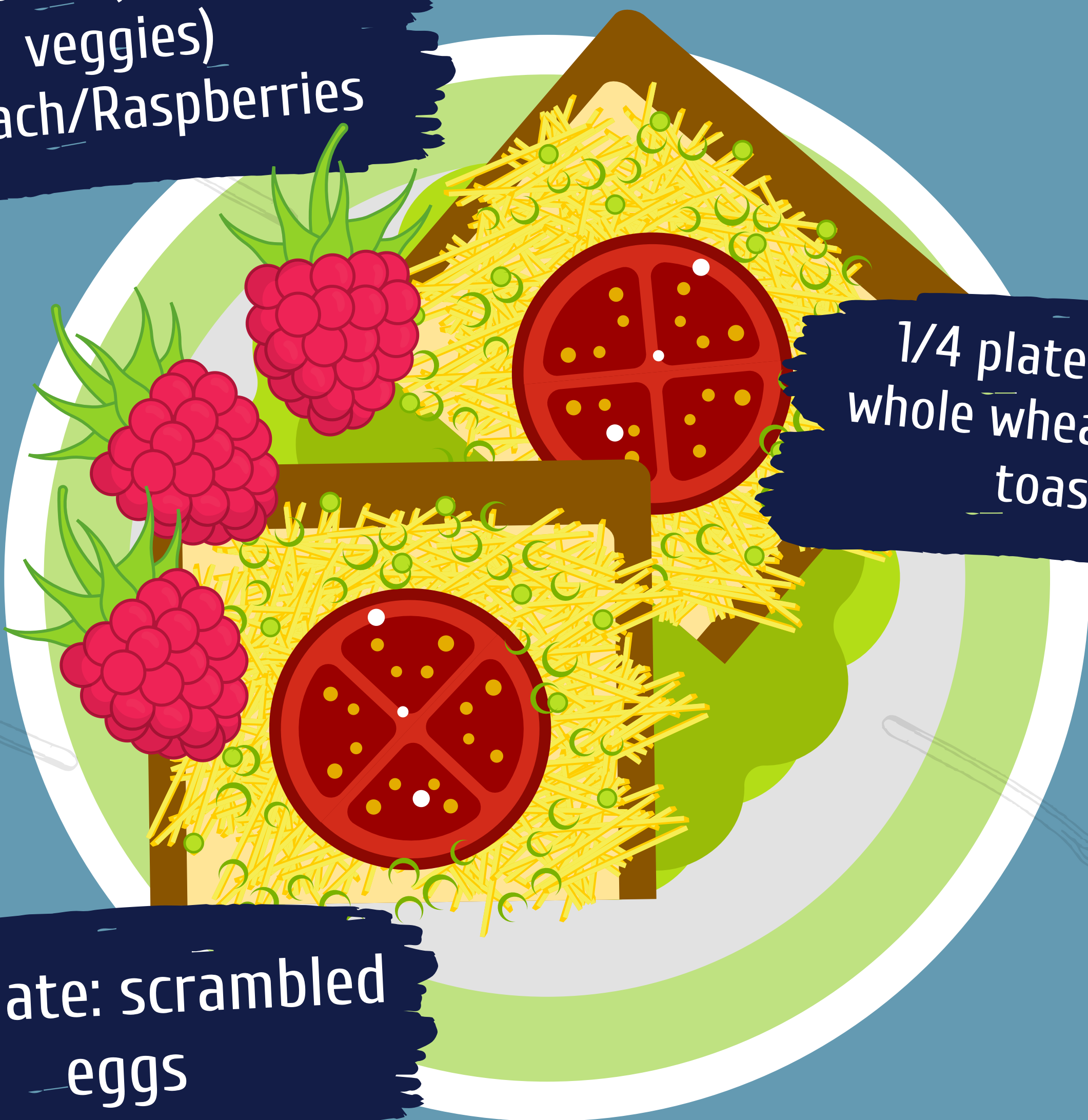
1/4 plate: Carbs  
▪ Toasted whole-wheat  
pita bread

1/4 plate: Protein  
▪ Hummus



# Spinach and Egg Scramble with Raspberries

1/2 plate : ( fruits and  
veggies)  
Spinach/Raspberries



1/4 plate: Carbs  
whole wheat bread-  
toast

1/4 plate: scrambled  
eggs