BUILDING YOUR PLATE
Follow the 4-step process to create delicious low carb meals

**STEP 1:** Pick a Protein
Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.

**STEP 2:** Add Non-Starchy Vegetables (Half your plate)
Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.

**STEP 3:** Add Some Fats
Add some fats from oil, sauces, or full-fat dairy like cheese, butter or sour cream.

**STEP 4:** Add 1-2 Servings of Complex Carbs
Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.

10 inch Dinner Plate