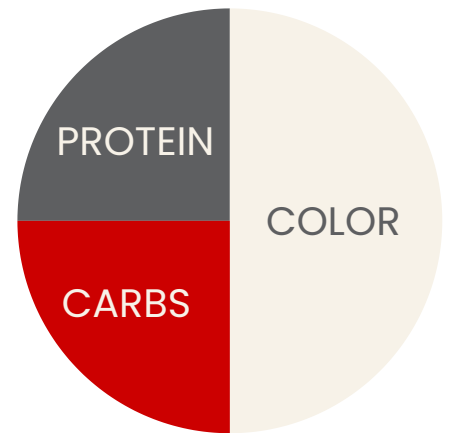


PERFORMANCE PLATES

EASY ACTIVITY OR REST DAY

- 1/2 color
- 1/4 grains/starches
- 1/4 protein

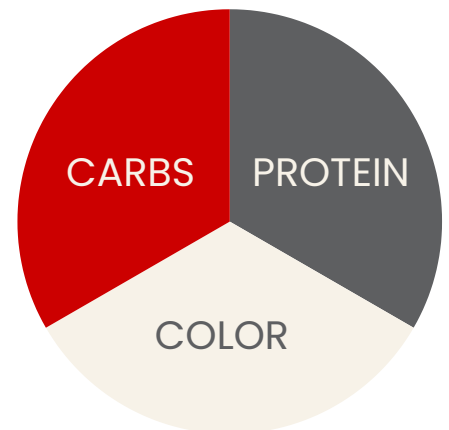
Use this plate on days when you go on a casual walk, perform bodyweight exercises, go on an easy jog less than 3 miles, or are trying to lose weight.



MODERATE ACTIVITY DAY

- 1/3 color
- 1/3 grains/starches
- 1/3 protein

Use this plate when you exercise for 45-75 minutes or for weight maintenance.



HARD ACTIVITY DAY

- 1/3 color
- 1/3 grains/starches
- 1/3 protein

Use this plate when you've exercised >75 minutes, are exercising twice a day, or are trying to gain weight.

