

HEAVY TRAINING DAY

Build your plate with 1-2-3

- 1 Choose your activity level.
- 2 Balance your food groups.
- 3 Check your performance impact with Go for Green®.

Fruits & veggies

- Eat a variety of colors
- Choose fresh or frozen
- Enjoy raw and cooked

Carbs (grains & starchy veggies)

- Whole-grain bread and pasta
- Oats
- Brown rice
- Beans/lentils
- Potatoes
- Corn

Lean protein

- Beef/pork
- Chicken/turkey
- Fish
- Dairy
- Eggs
- Soy/tofu
- Beans/lentils
- Nuts/seeds

Healthy fats

- Olive oil
- Nuts/seeds
- Avocado

CARBS 50%

FRUITS & VEGETABLES 25%

PROTEIN 25%

HEALTHY FATS



Unsweetened beverages

- Water
- Milk/milk alternatives
- Coffee/tea



This is a guide on how to balance your plate and fuel your performance. Always tune in to your body's cues for hunger and fullness.

