

EASY MODERATE HEAVY TRAINING DAYS

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

Carbs (grains & starchy veggies)

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

Fruits & veggies

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

Healthy fats

- Olive oil
- Nuts/seeds
- Avocado

CARBS ARE KEY!

Balance your plate with carbs to fuel your body and mind.

Lean protein

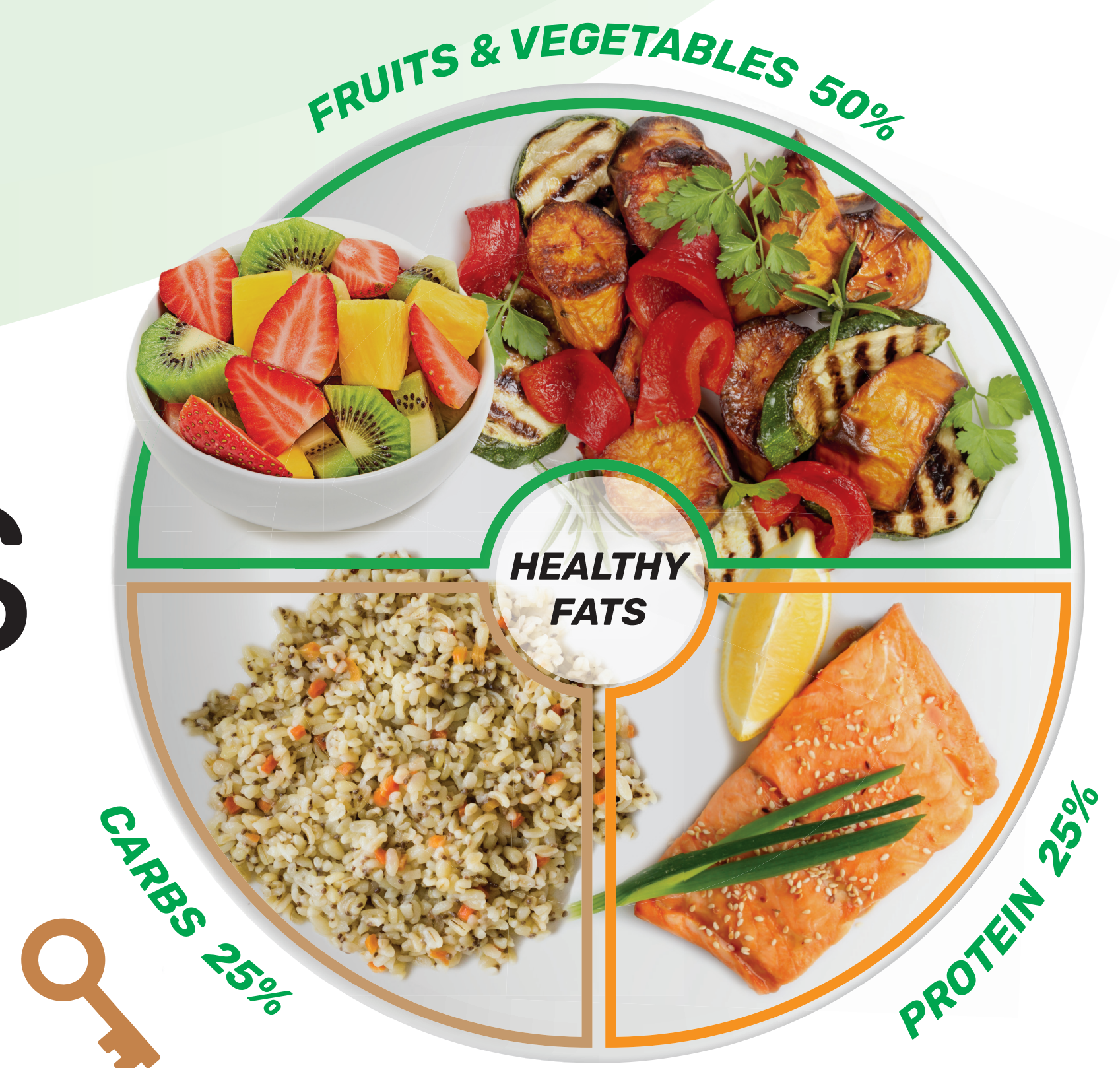
- Beef/pork
- Chicken/turkey
- Fish
- Dairy
- Eggs
- Soy/tofu
- Beans/lentils
- Nuts/seeds

Unsweetened beverages

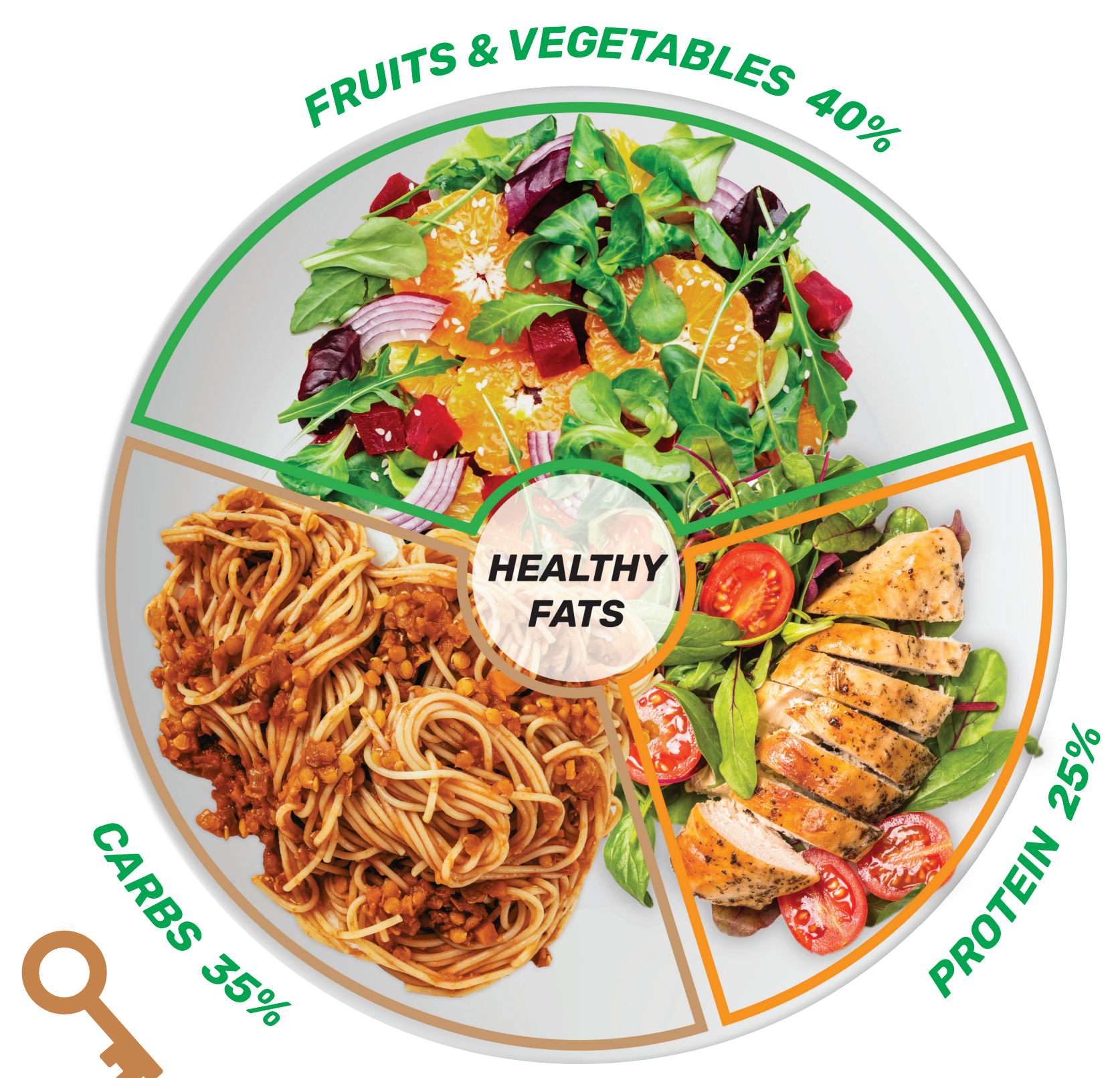
- Water
- Milk/milk alternatives
- Coffee/tea

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.

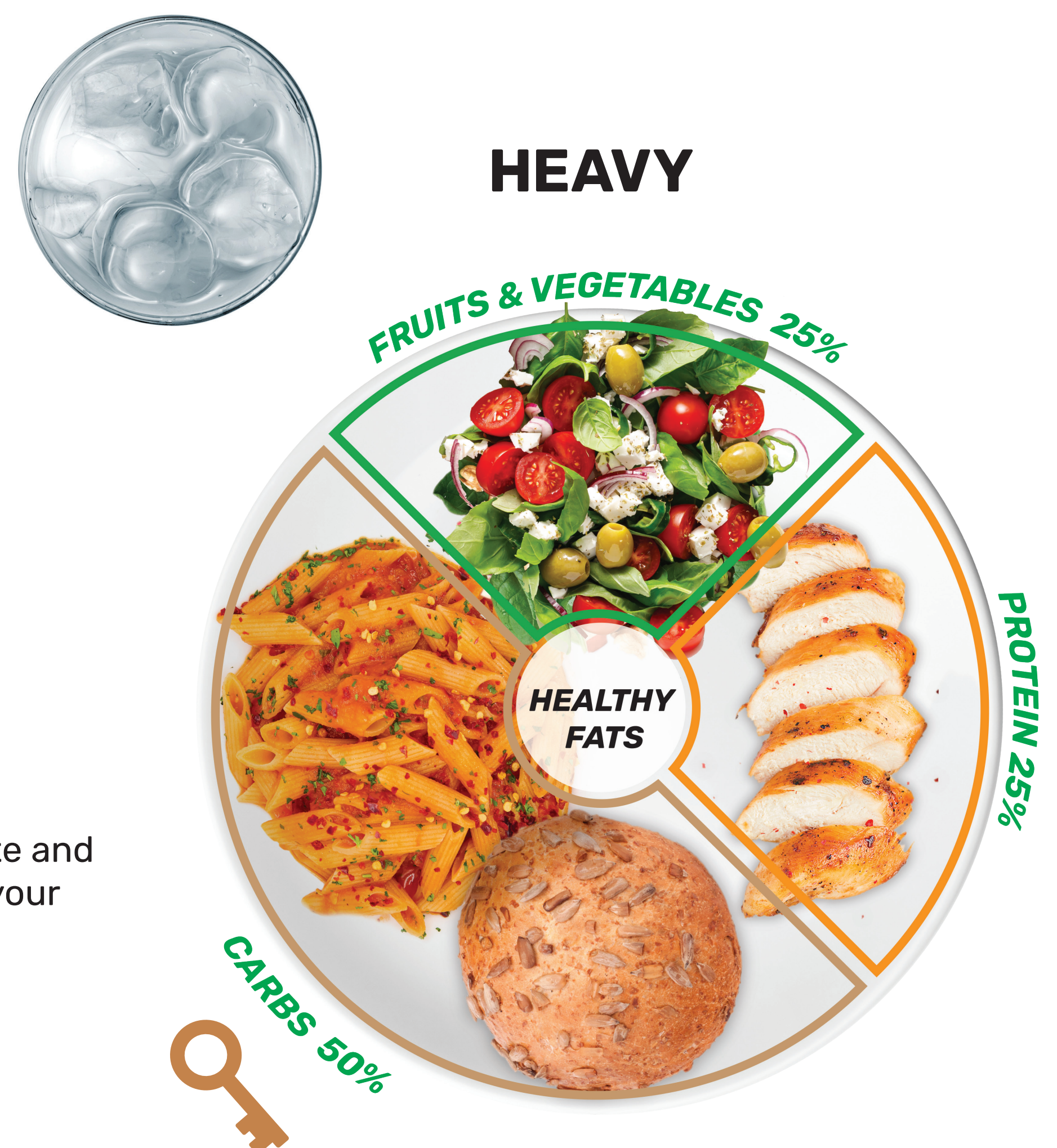
EASY



MODERATE



HEAVY



ARMORR

Advanced Research for Military Optimization, Readiness, and Rehabilitation