HOW TO BUILD YOUR PLATE

PROTEIN, BEANS & GREENS



Use a plate that measures roughly 9.5 inches wide x 2 inches deep. Select any of the foods listed below to build your meals to be a **⅓ protein, ⅓ beans & ⅓ greens.**

GREENS
1/3 of your plate

Spinach
Broccoli
Green beans
Asparagus
Courgette *(zucchini)*
Kale
Cauliflower
Cucumber
Pak choi / bok choy
Celery
Salad greens
Peas
Brussels sprouts
Edamame
Collard greens
Onion
Peppers
Tomatoes
Cabbage *(any colour)*
Leeks
Pickles
Kimchi / Sauerkraut
Mushrooms

PROTEIN
1/3 of your plate

Seitan
Tempeh
Sunflower haché / Soy curls
Protein powder
Lean faux meat
(Look for more than 10g protein and less than 2g fat and 3g carbs per 100g)
Tofu
Non vegan protein



BEANS
1/3 of your plate

Lentils
(red/black/green/brown)
Black beans
Pinto beans
Kidney beans
Lima beans
Cannellini beans
Borlotti beans
Adzuki beans

