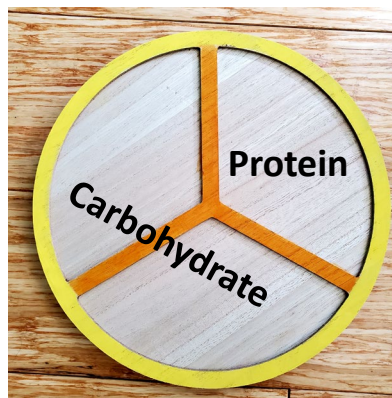


# Power Boosts – ASSEMBLE 2:1

- Divide a plate into thirds
  - Draw the peace sign!
- Assemble 2:1
  - Fill 2 parts with carbohydrates
  - Fill 1 part with protein
- Choose foods you like best!



## Carbohydrate (2)

**Vegetables**

**Fruits**

**100% WHOLE Grains**

## Protein (1)

**Beans + Lentils**

**Nuts + Seeds**

**Dairy, eggs, fish, beef,  
chicken, fish**

- Snack Ideas – Fruit + protein
  - Green apples + unsalted almonds
  - Red apple + beet lemon hummus
  - Grapes + cheddar cheese
  - Strawberries + chocolate hummus
  - Banana + Protein bar (low sugar version – 5 grams)
- Snack Ideas – Veggie + protein
  - Peppers + beet hummus
  - Baby carrots + buffalo ranch hummus
  - Snap peas + cut up chicken
  - Left overs (chili, soup, veggies + protein)
  - Rice cake + hummus + cucumber
  - Avocado mash on toast + egg

