

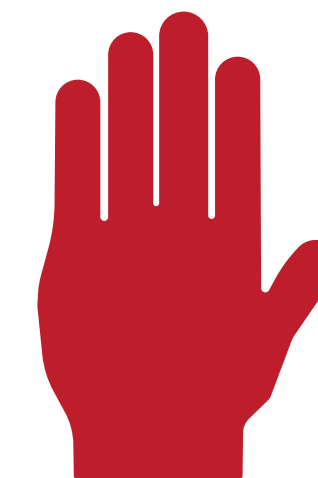
LEAN PROTEIN

BODY'S "BUILDING BLOCKS" THAT BUILD & REPAIR MUSCLE AND MAINTAIN IMMUNE SYSTEM

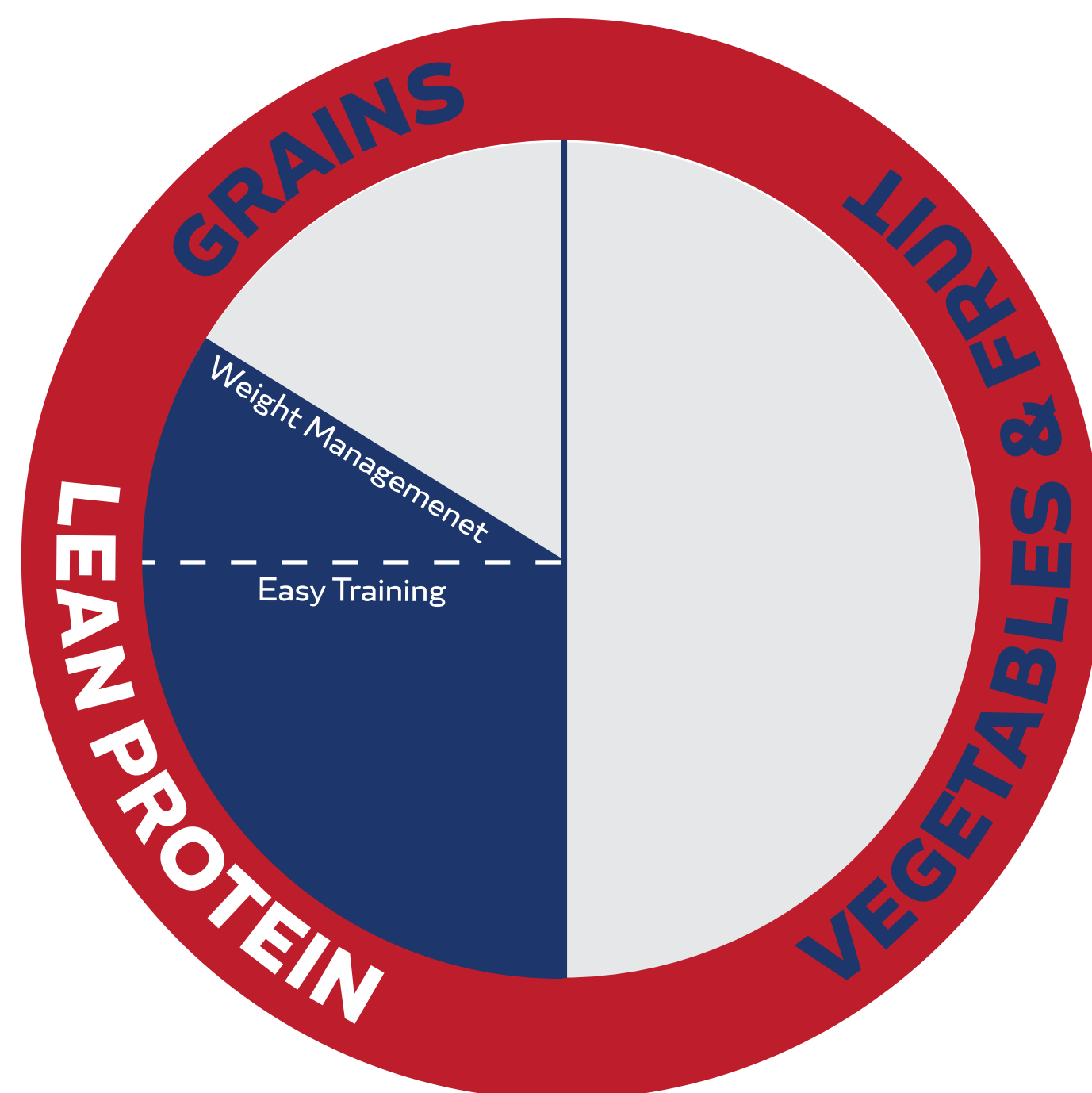
Go for lean cuts of meat & poultry, fish, eggs, vegetable proteins, and low-fat dairy products such as milk and yogurt.

1
SERVING

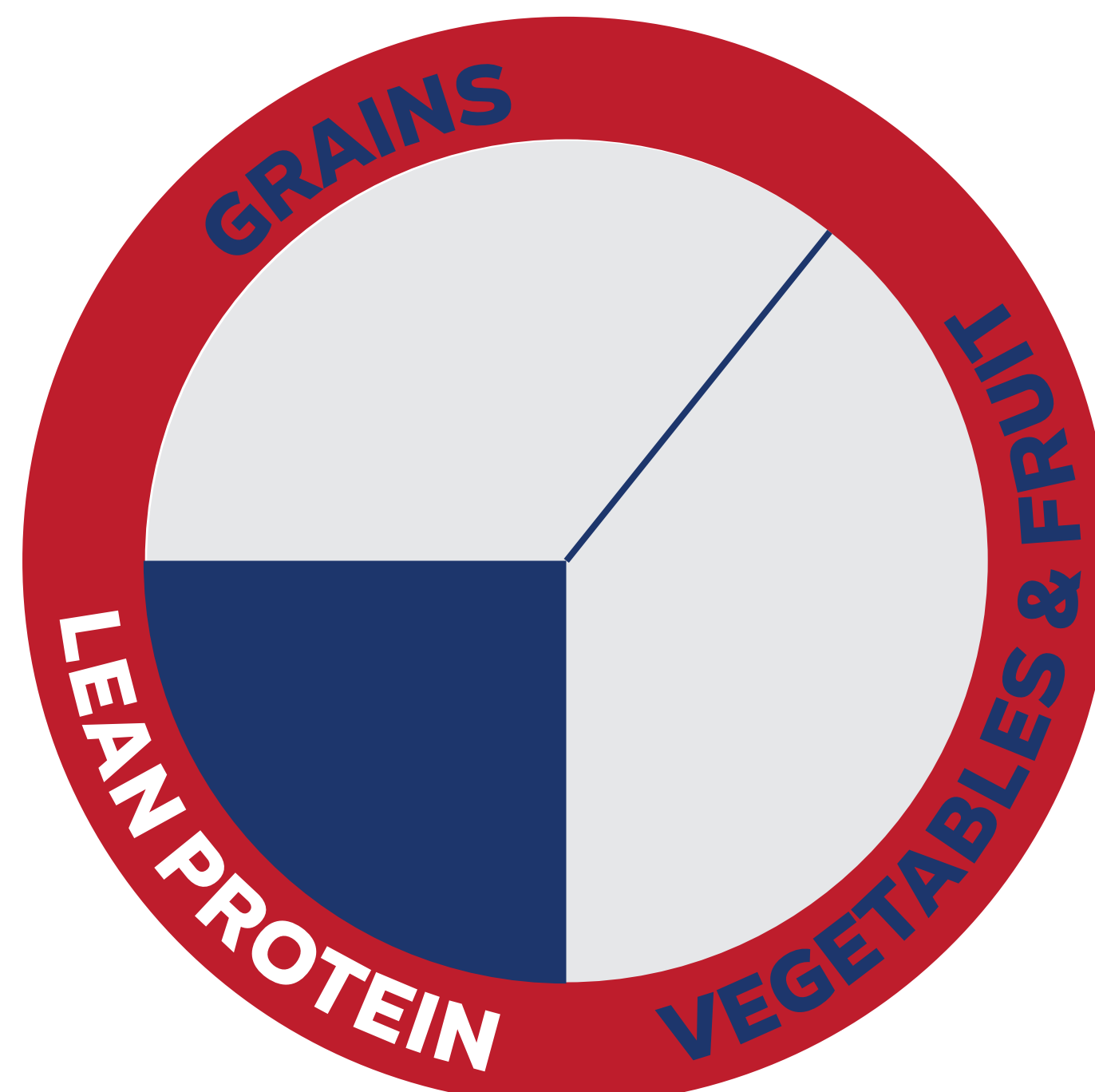
The size of the palm of your hand
(~3 oz)



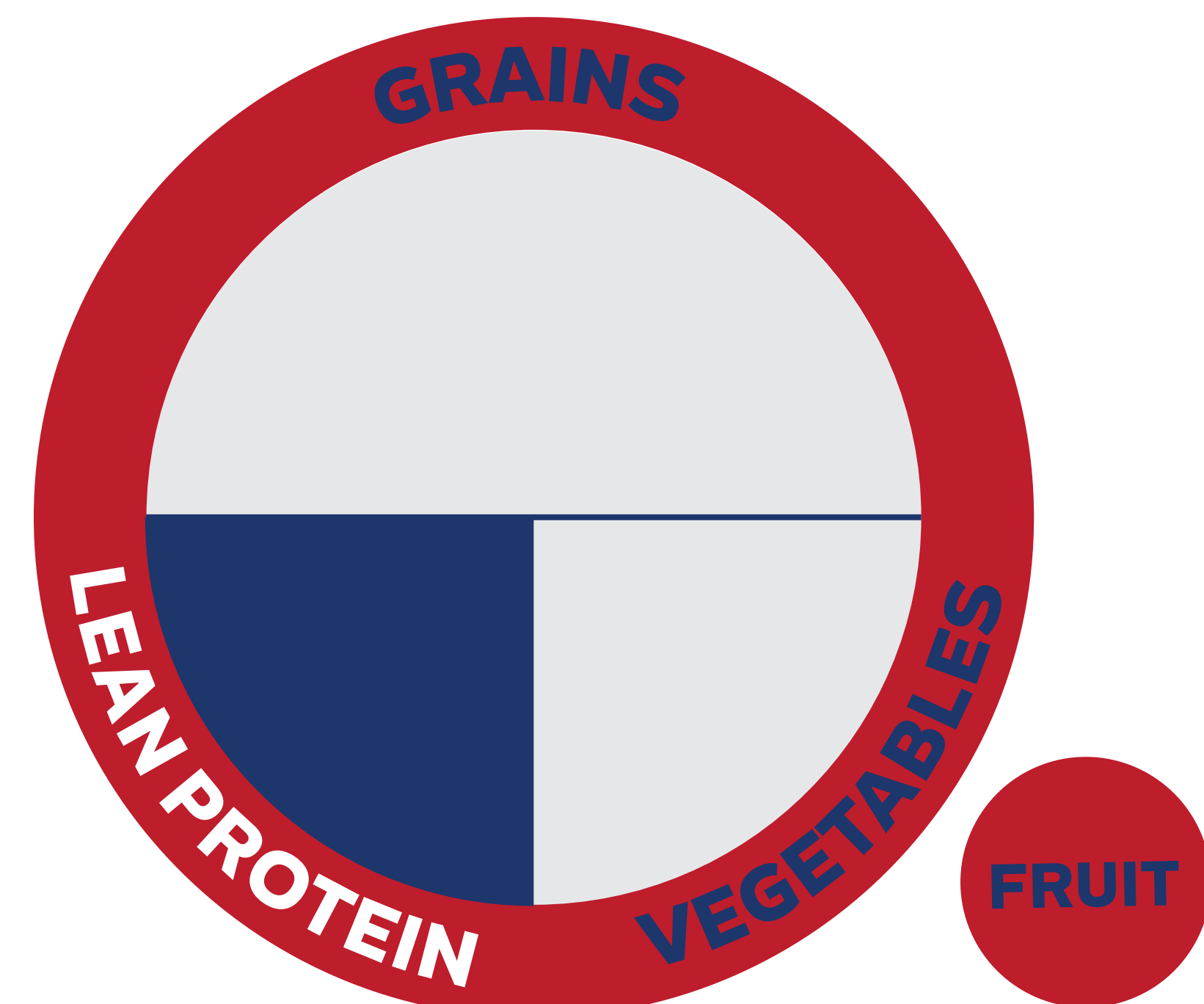
EASY/WEIGHT MANAGEMENT



MODERATE TRAINING



HARD TRAINING



VEGETABLES AND FRUIT

CONTAINS VITAMINS, MINERALS, AND PHYTOCHEMICALS IMPORTANT FOR OVERALL RECOVERY AND REDUCING SORENESS AND RISK OF INJURY AND ILLNESS

Choose a variety of different colored fruits & vegetables.

1 SERVING

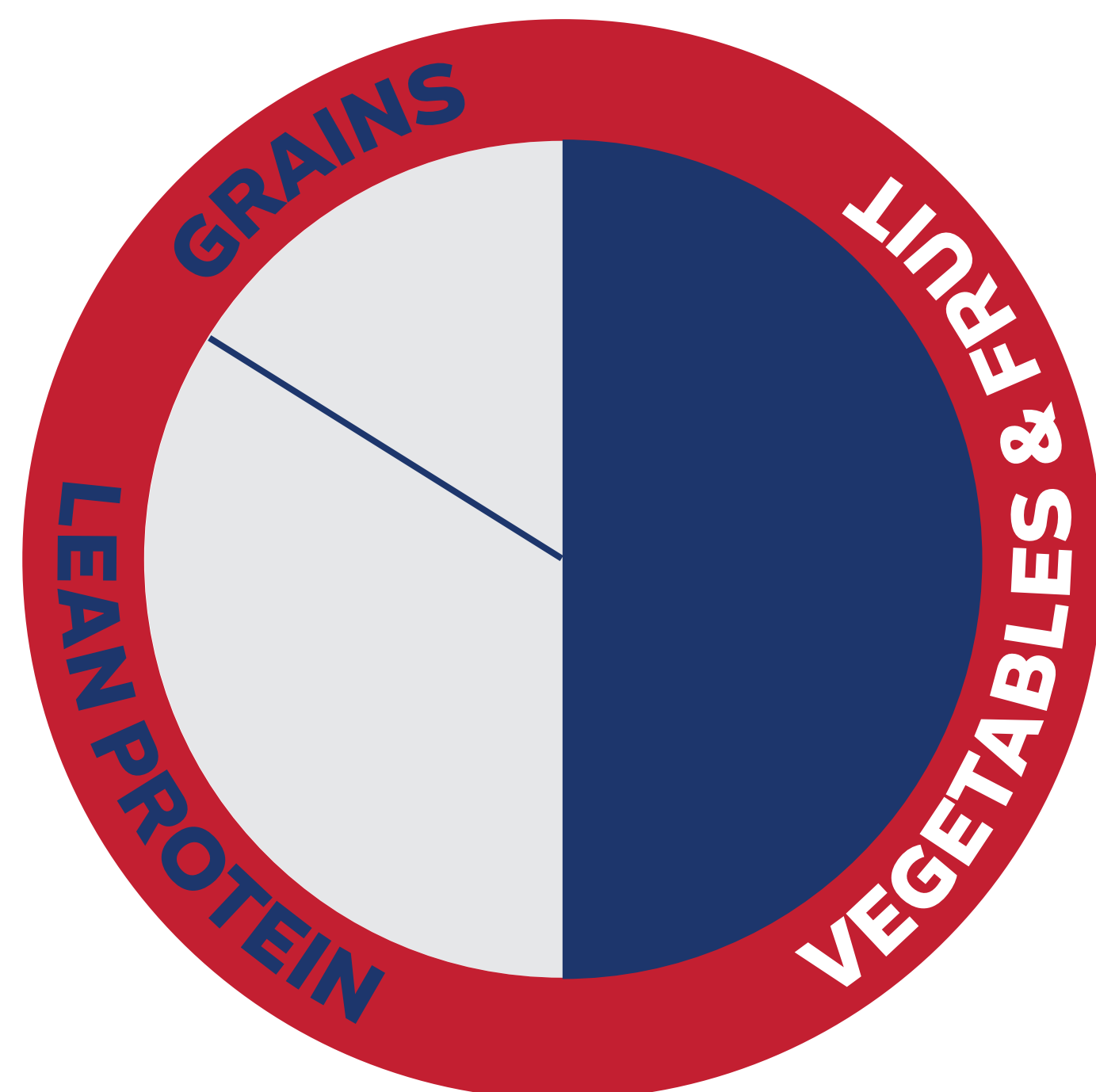


1 CUP IS APPROXIMATELY THE SIZE OF A BASEBALL.

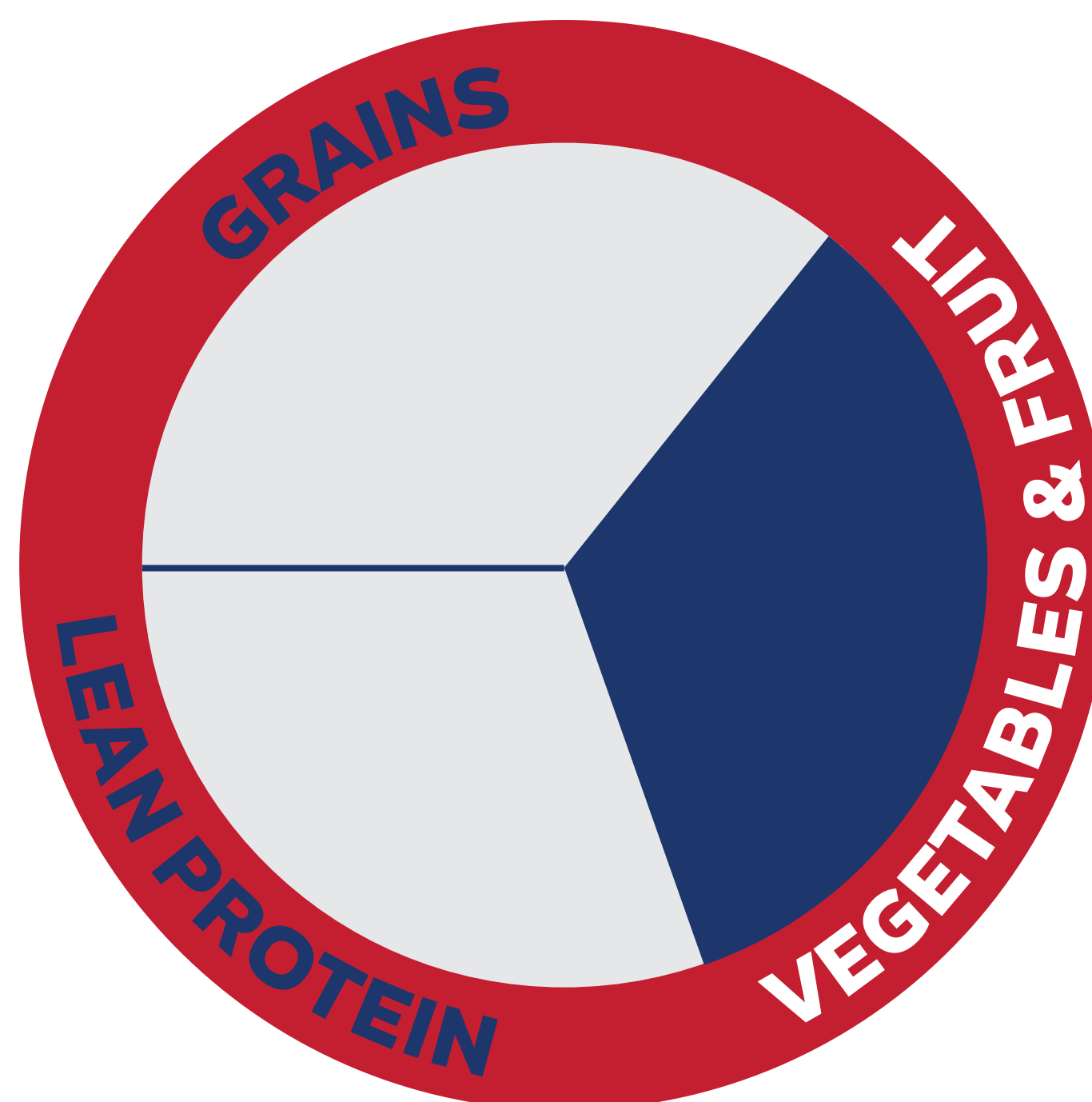
- 1 cup of diced fruit
- 1 medium piece of fruit
- 2 tablespoons of dried fruit

- 1/2 cup of fruit juice
- 1 cup of raw vegetables
- 1/2 cup of cooked vegetables

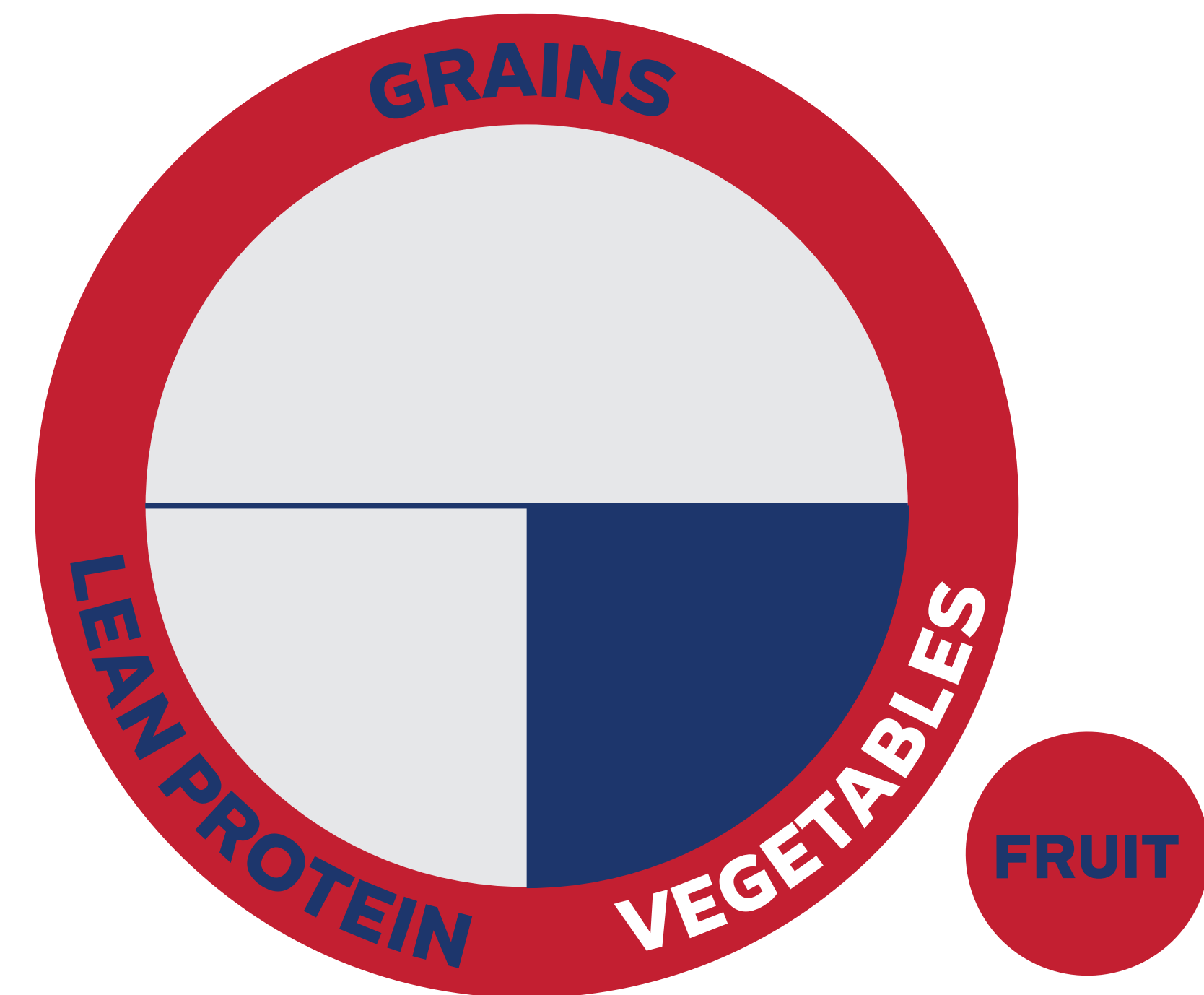
EASY/WEIGHT MANAGEMENT



MODERATE TRAINING



HARD TRAINING



WHOLE GRAINS

CONTAINS PRIMARILY CARBOHYDRATES THAT FUEL YOUR BRAIN AND MUSCLES, ESPECIALLY DURING HIGH INTENSITY ACTIVITIES

Choose slow digesting, fiber-rich starches and whole grains, and adjust amount based on your training for the day.

1
SERVING

1 slice of bread

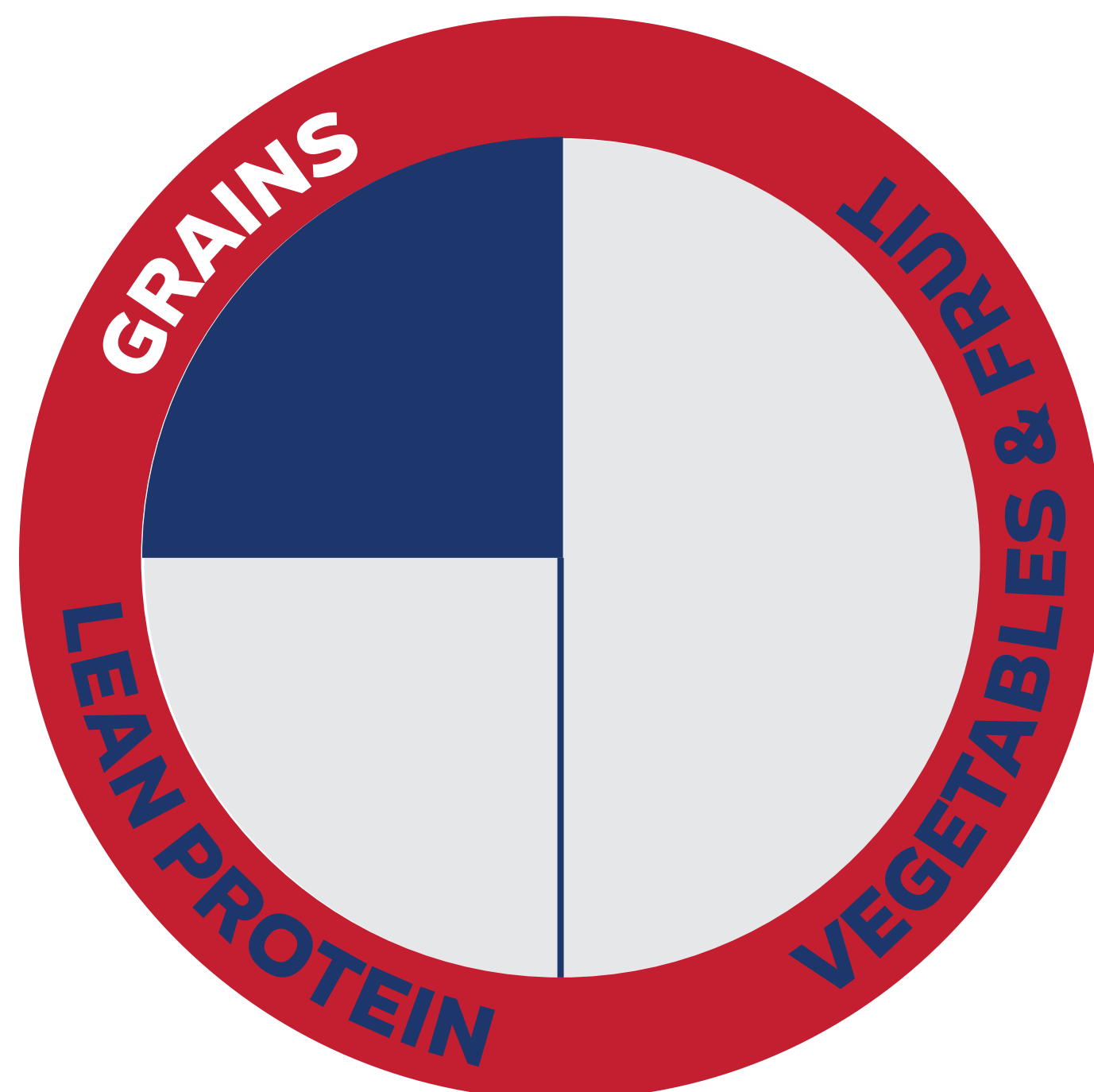
½ cup cooked rice, pasta, or oatmeal

1 medium potato or sweet potato

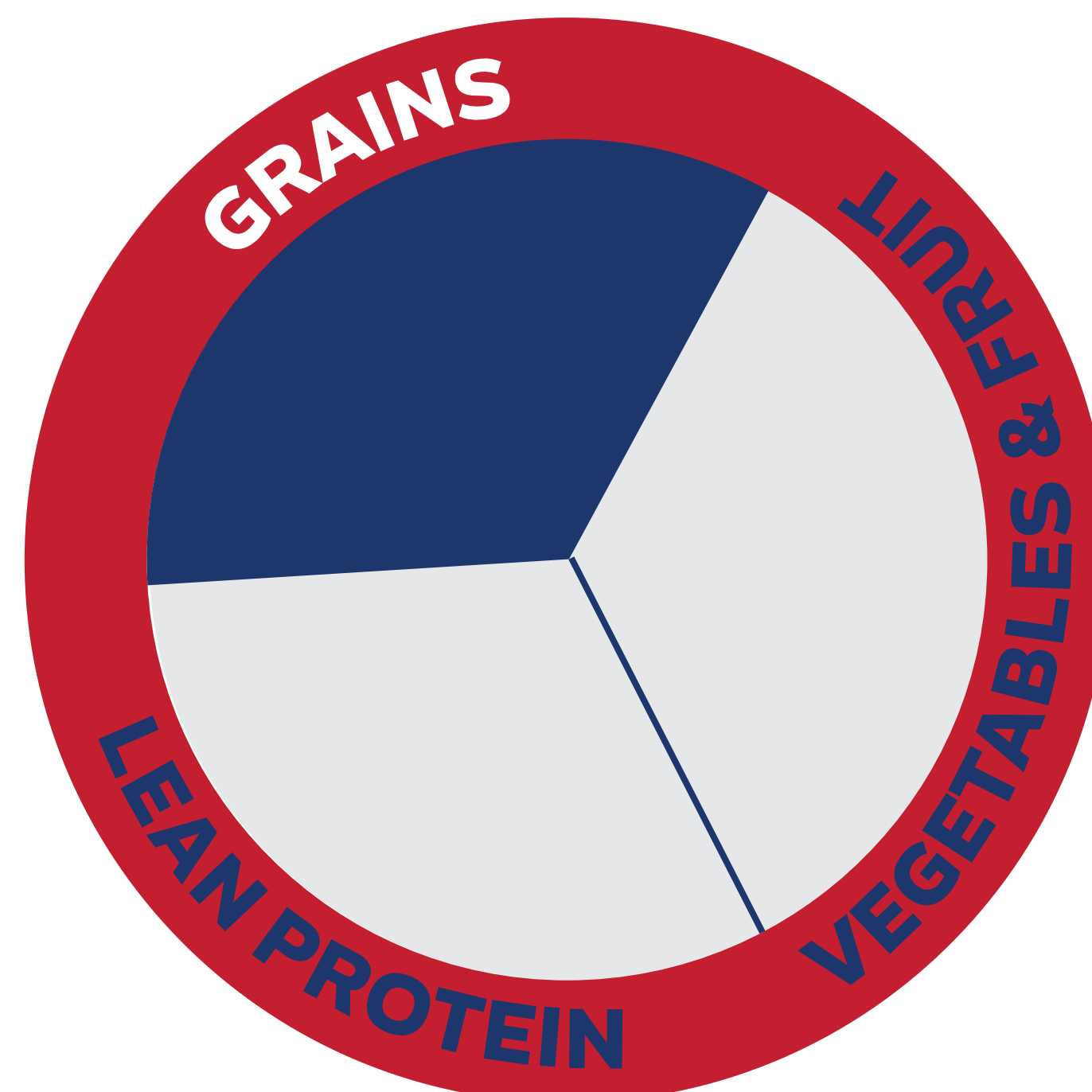


1 CUP IS APPROXIMATELY THE SIZE OF A BASEBALL.

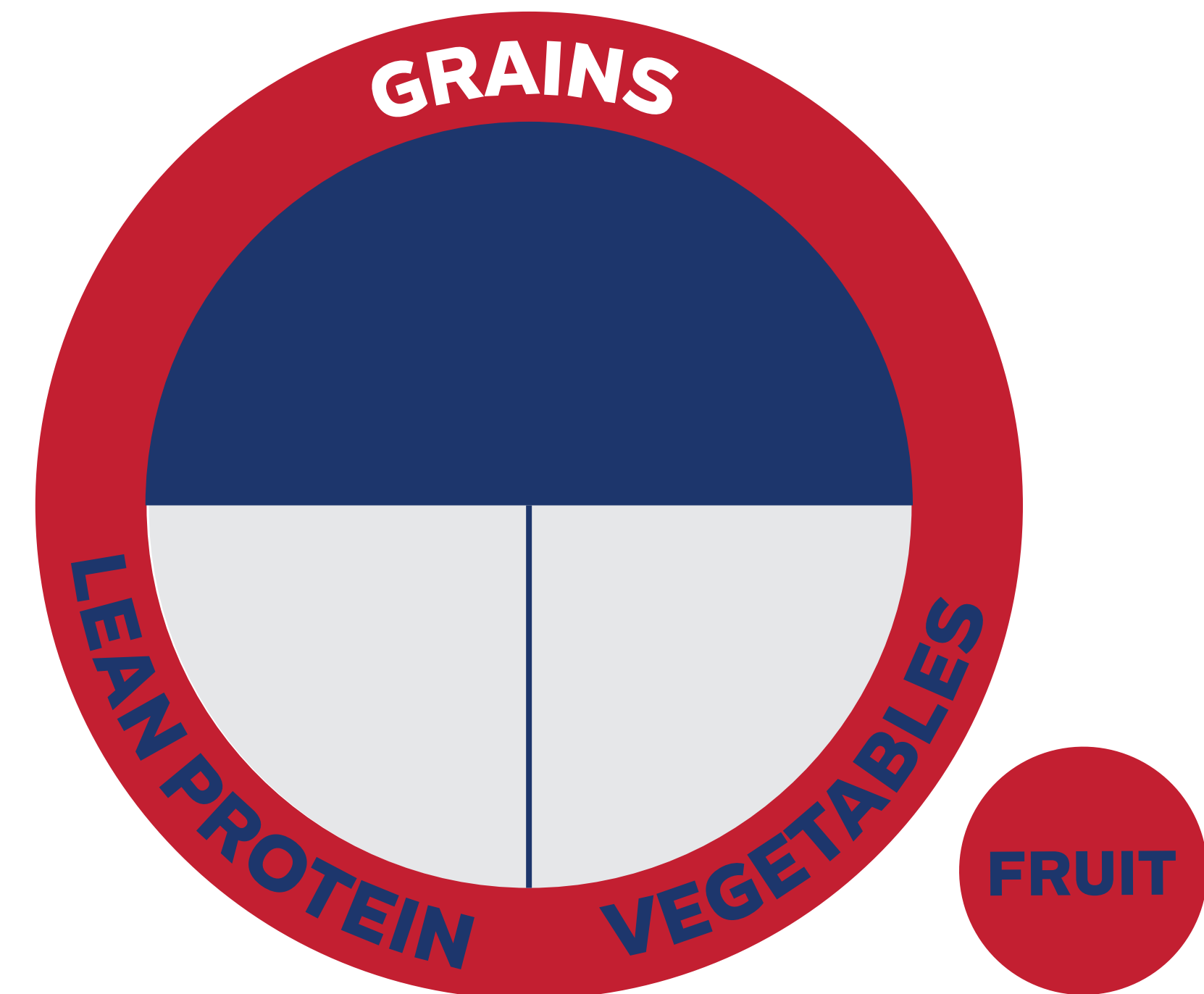
EASY/WEIGHT MANAGEMENT



MODERATE TRAINING



HARD TRAINING



HEALTHY FATS

SLOWLY RELEASED ENERGY THAT PROVIDES NUTRIENTS IMPORTANT FOR BRAIN FUNCTION, HORMONE PRODUCTION AND REDUCING INFLAMMATION

Foods are typically prepared with fats that can meet your needs or you can add:

nuts & seeds

butter

avocado

salad dressing

cheese

plant-based oils

1 SERVING

1.5 teaspoon of oil
1 tablespoon of nut butter

$\frac{1}{4}$ of an avocado

10-16 raw nuts
2 tablespoons of seeds



OIL AND NUT BUTTERS
ARE THE SIZE OF 1 THUMB FOR 1 TABLESPOON.



BUTTER IS THE TIP OF YOUR INDEX FINGER
(SO THE FIRST "JOINT").



NUTS AND SEEDS
ARE 1 CUPPED PALM.