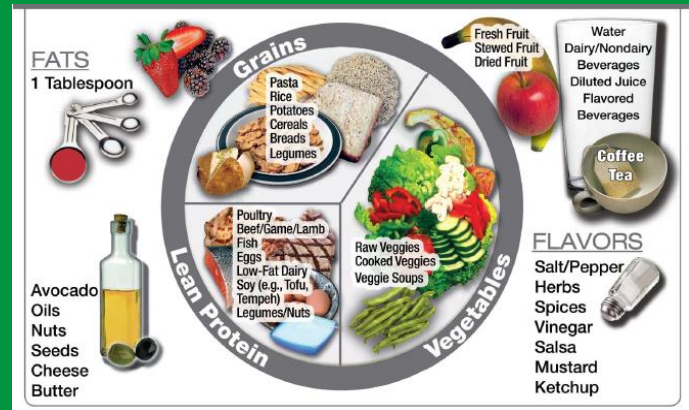




Building a Healthy Plate

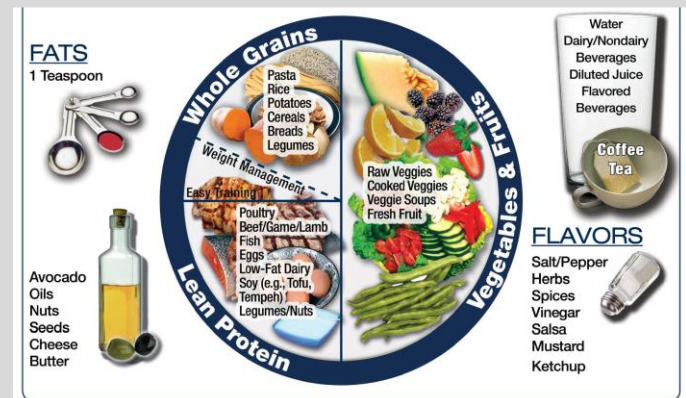
BASELINE PLATE

- ✓ For normal day-to-day
- ✓ For moderate activity (1 workout/day)
- ✓ For weight maintenance
- ✓ For injury recovery



ACTIVE RECOVERY PLATE

- ✓ For strengthening your immune system
- ✓ For low activity level
- ✓ For decreasing body fat



INCREASED ENERGY PLATE

- ✓ For heavy activity
- ✓ For gaining lean mass
- ✓ For increased hunger throughout the day

