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