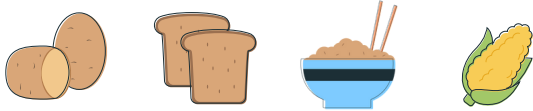


# Your Macronutrients Toolkit

## Carbohydrates

Carbohydrates are your body's most important source of energy.

### Complex Carbohydrates



Potato    Brown Bread    Brown Rice    Corn

Choose complex carbs for **sustained energy**.

### Simple Carbohydrates



White Bread    Fruits    White Rice    Pretzels

Choose simple carbs for a quick **energy boost**.

## Protein

Protein builds muscle, is essential for recovery, and reduces prolonged muscle soreness.

### Plant Protein



Tofu    Quinoa    Beans    Peas

Eat a **variety** of plant proteins for all 9 essential amino acids.

### Animal Protein



Egg    Chicken    Cheese    Fish

Animal proteins contain all 9 essential amino acids.

## Fat

Healthy fat supports brain health and is essential for immune health and cell repair.

### Unsaturated Fat



Peanut Butter    Avocado    Salmon

Unsaturated fats should be **included** in your nutrition plan.

### Saturated Fat



Bacon    Sausages    Steak

Saturated fat should be consumed in **moderation**.

### Trans Fat



Cake    Fried Chicken    Pizza

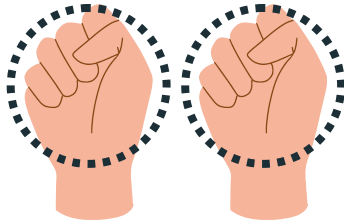
Trans fats should be **limited**.

# THE PERFORMANCE PLATE

## Carbohydrates

### GRAINS & STARCHES

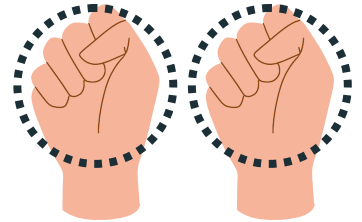
**35%**



**Goal: 2 Fists**

### FRUIT & VEGETABLES

**35%**



**Goal: 2 Fists**



### PROTEIN

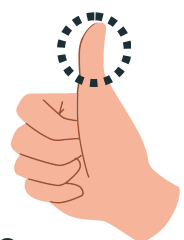
**25%**



**Goal: 1 palm**

### HEALTHY FATS

**5%**



**Goal: 1 thumb**