

SKYTERRA PLATE

Aim to prioritize a balanced Skyterra Plate 2 times daily.

Protein

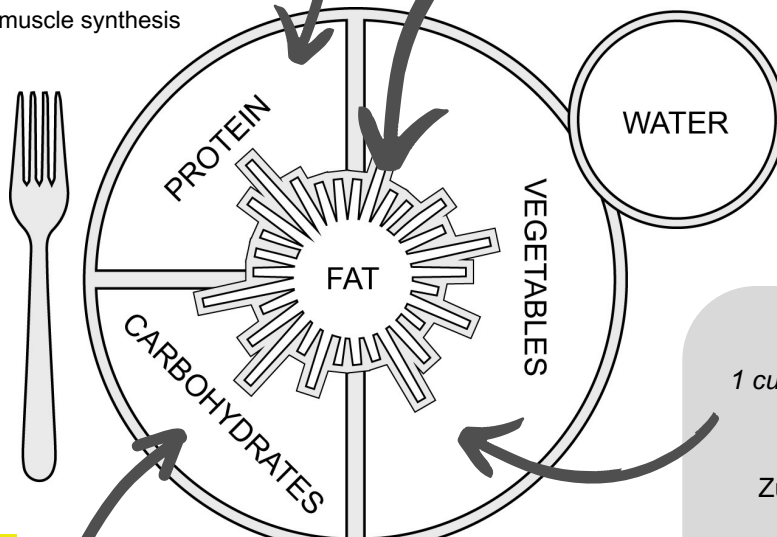
4-8 oz per plate, serving size varies per item
 [1-2 decks of cards, 1/2-1 cup, palm of hand in size]
 Poultry, Beef, Fish, Tempeh | Tofu
 Eggs [2 whole]
 Yogurt | Kefir | Cottage Cheese [1 cup]
 Protein Powders | Supplements
 Beans | Legumes [Protein + Carb]
 Nuts | Seeds [Protein + Fat]
 Cheese [Protein + Fat]

Rebuilds & repairs tissues + balances
 blood sugar + promotes muscle synthesis
 + improves satiety

Fat

2-4 serving per plate, each 1 serving below-
 Olive Oil | Avocado Oil [1/2 T]
 Coconut Oil | Grass Fed Butter [1/2 T]
 Olives [2 T]
 Dressings | Sauces [2 T]
 Avocado [1/4] or Guacamole [2 T]
 Nuts | Seeds [2 T] or Nut or Seed Butter [1 T]
 Cheese [Fat + Protein] [2 T or 1 slice]

Provides energy + hormonal regulation
 + absorption of fat soluble
 vitamins [A,D,E,K]
 + brain function



Vegetables

(non-starchy)
 1 cup cooked or 2 cups raw
 Leafy Greens
 Broccoli, Cauliflower
 Zucchini | Yellow Squash
 Carrots
 Tomatoes
 Brussels Sprouts
 Asparagus
 Green & Wax Beans
 Onion | Celery | Bell Peppers

Adds fiber & micronutrients
 + adds volume
 + improves blood sugar management
 + supports heart & gut health

Carbohydrates

1-3 servings per plate, each 1 serving below-
 Rice, Quinoa, Farro, Couscous [1/3 cup cooked]
 Oats, Potato, Pasta [1/2 cup cooked]
 Winter Squash [1 cup cooked]
 Bread [1]
 Tortilla [1 flour or 2 corn]
 Fruit [1 whole or 1/2 cup]
 Dried Fruit [2 T]
 Corn [1/2 cup]
 Beans | Legumes [Carb + Protein] [1/2 cup]

Provides energy + supports brain & body function +
 supports physical activity & sleep