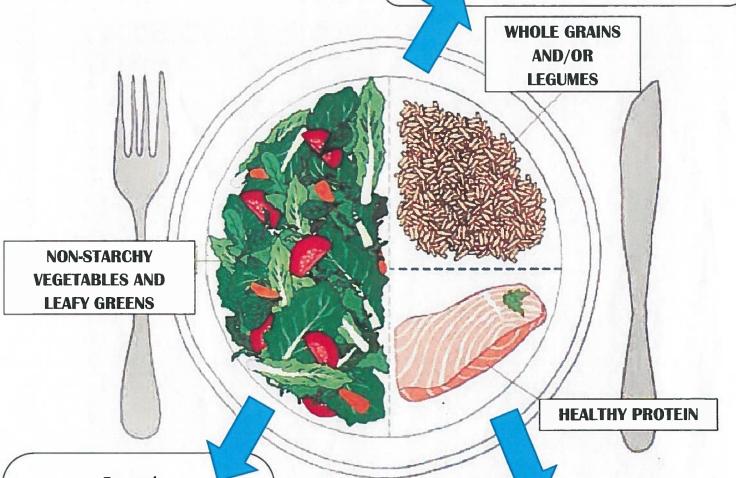
THIS IS HOW YOUR DINNER PLATE SHOULD LOOK

Serving Size: only 1/2 cup

Examples:

Lima Beans, Quinoa, Field Peas, Sweet Potato



Examples:

Garden Salad, Broccoli, Spinach, Kale, Green Beans, Tomatoes, Brussel Sprouts, Carrots, Asparagus, Squash, Eggplant, Cabbage, Okra, Cauliflower, Turnip Greens, Mustard Greens, Cole Slaw

Serving Size: about the size of a deck of cards (3 ounces)

Examples:

Chicken or Fish (Not fried!)