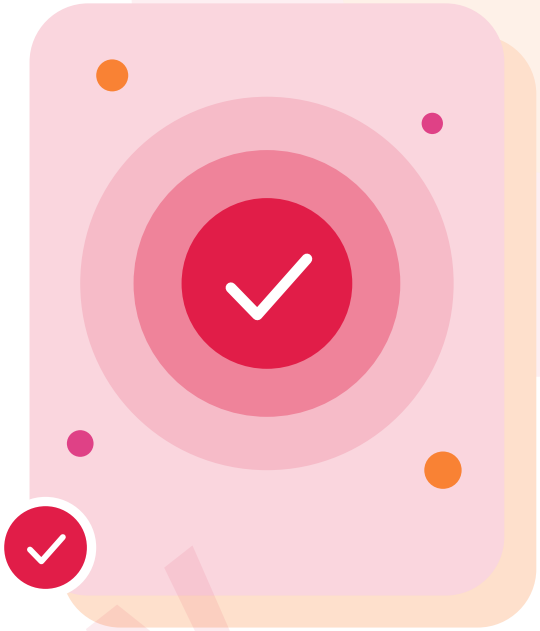
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Creating a Balanced Plate

A balanced plate ensures you get essential nutrients for energy, health, and well-being. Use this checklist to create a nutritious and well-rounded meal.



10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Start with Vegetables**

Fill half your plate with a variety of colorful vegetables.

EXAMPLE *Include spinach, carrots, and bell peppers for diverse nutrients.*

2 **Add a Lean Protein**

Dedicate a quarter of your plate to protein.

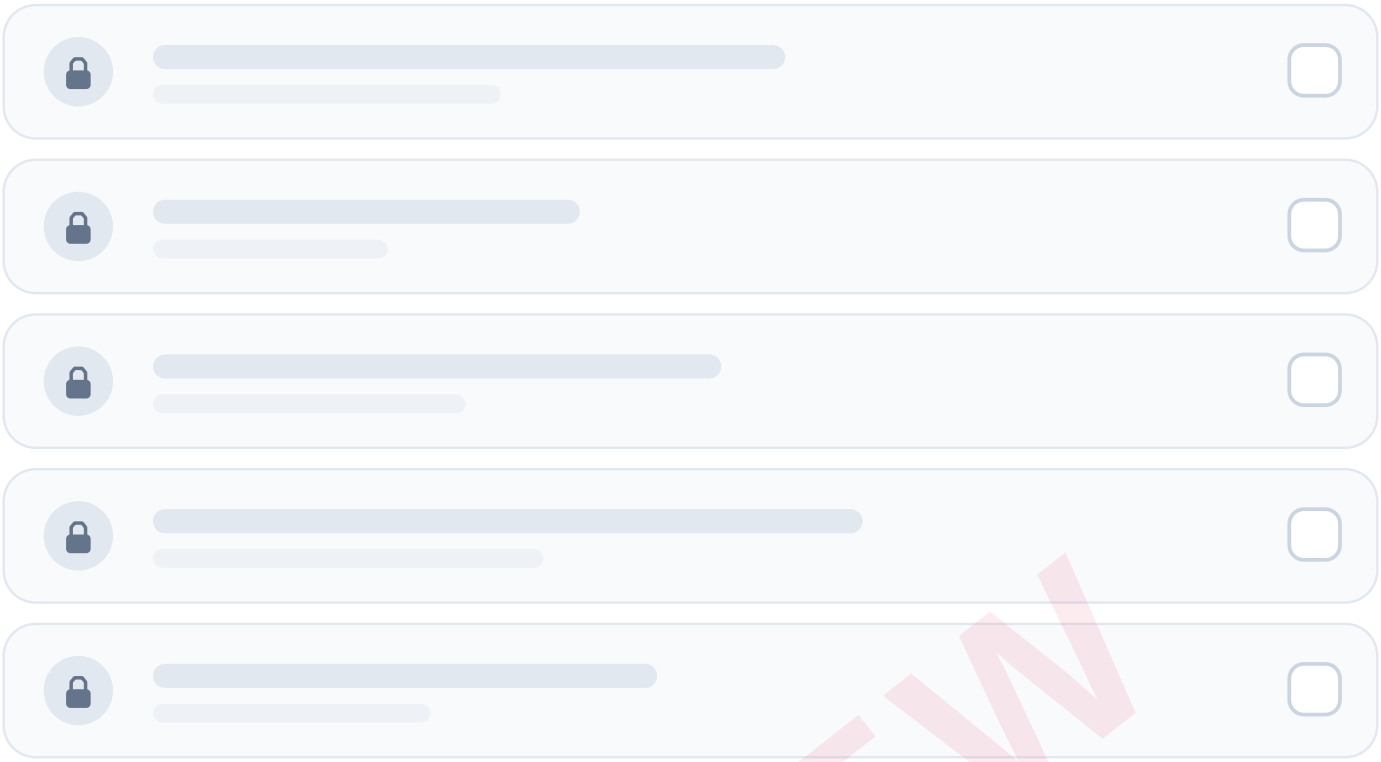
EXAMPLE *Grilled chicken, tofu, or beans are excellent choices.*

3 **Include Whole Grains**

Fill a quarter of your plate with whole grains or starchy vegetables.

EXAMPLE *Brown rice, quinoa, or sweet potatoes.*

PREVIEW



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PREVIEW