Plan Your Portions

This plate features cooked greens with mushrooms, peppers, and carrots, brown rice, and grilled fish.

Use a 9-inch plate to help you dish up smart portions.

Scan for more meal planning resources.

Water or 0-Calorie Drinks

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Portion Guide

- Carbohydrate Foods
- Non-Starchy Vegetables
- Protein Foods

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Plan Your Portions

Use a 9-inch plate to help you dish up smart portions.

This plate features cooked green beans and cooked carrots, roasted potatoes, and baked chicken.

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Planifique sus Porciones

Este plato incluye ensalada verde con tomates, pepino, cebolla y aguacate, arroz con frijoles y pollo asado.

Utilice un plato de 9 pulgadas para ayudarle a servir porciones inteligentes.

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Busque más recursos para la planificación de comidas.

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Plan Your Portions

Use a 9-inch plate to help you dish up smart portions.

This plate features cooked green beans, roasted beets, rice, and baked fish.

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Plan Your Portions

Use a 9-inch plate to help you dish up smart portions.

This plate features cooked green beans, cabbage, mashed potatoes, and pulled pork.

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Plan Your Portions

In this plate the protein is mixed with the non-starchy vegetables and it features a broccoli, pepper, onion, and tofu stir-fry, and a farro and quinoa salad.

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