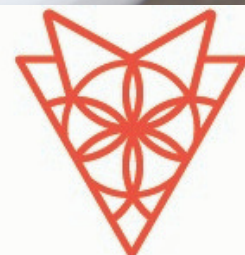


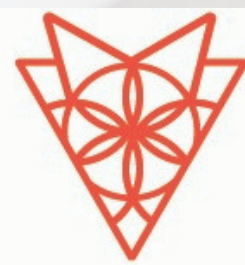
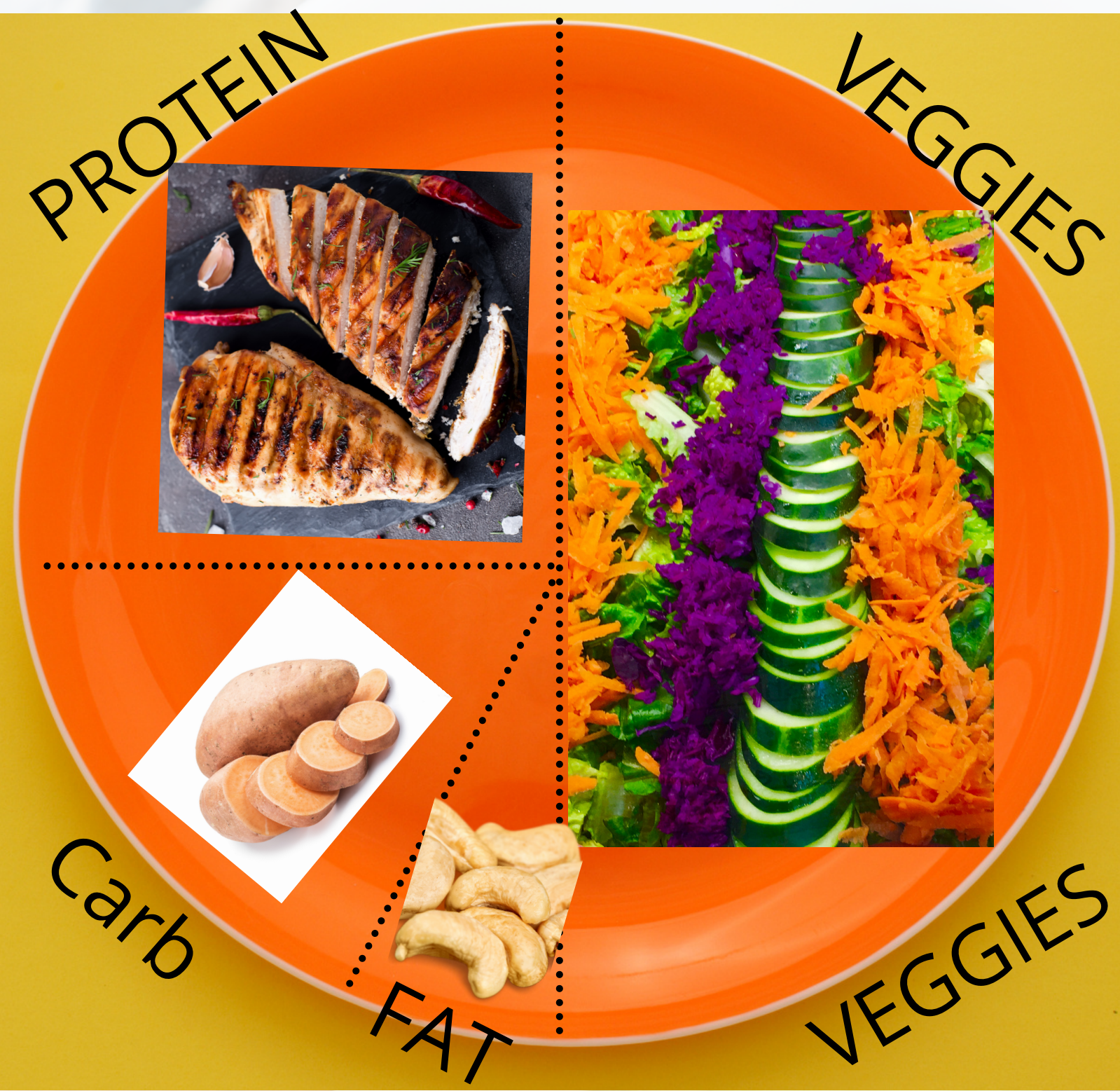
How to build a balanced plate



to help you perform

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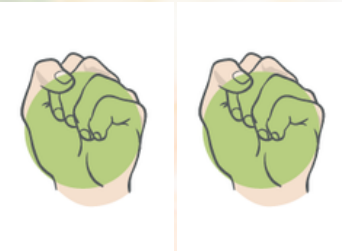




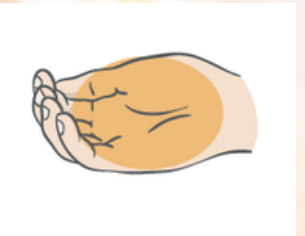
PROTEIN: The size of your palm



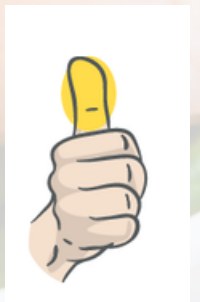
VEGGIES: Half your plate or 2 fists.



CARBOHYDRATES: The size of your cupped hand



FAT: The size of your thumb



Fueling your body is the catalyst for taking your game to the next level.



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