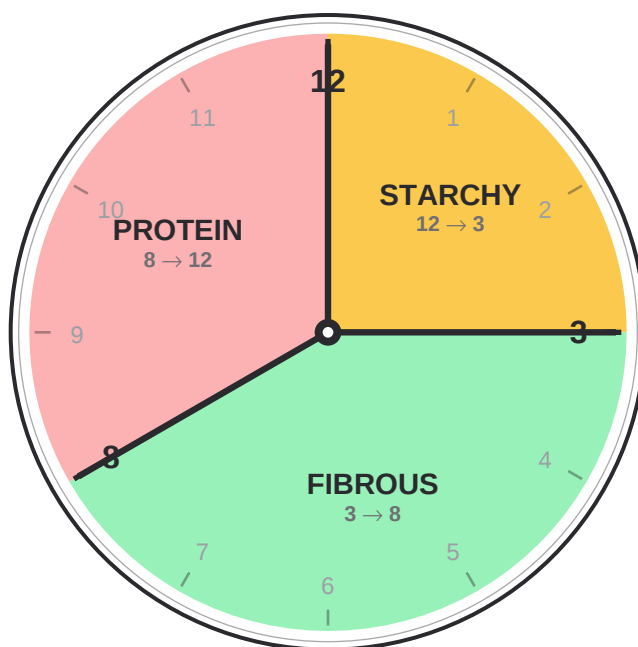


The Peak Plate

Think of your plate like a clock, with the times of 3 and 8.



Starchy

Sweet potato White rice Brown rice Quinoa Oats Whole-grain bread
Whole-grain pasta Black beans Lentils Squash Corn Potatoes

Fibrous

Broccoli Carrots Lettuce Tomatoes Bell peppers Green beans Spinach Peas
Asparagus Kale Brussels sprouts Portobello Apples Bananas Berries Citrus

Protein

Grilled chicken breast Lean beef Sirloin steak Turkey Salmon Tuna Fresh cod
Eggs Greek yogurt Cottage cheese

Pro tip — nutrition, not a diet: Pick foods you actually like. This is long-term nutritional change, not a fad diet — small adjustments and healthier eating habits you can keep for years. Habits over hacks.

Pro tip — healthy fats: Don't avoid them. Olive oil, avocado, nuts, seeds, fatty fish — they're essential for hormones, brain function, and feeling satisfied. But fats run ~9 cal/g (vs 4 for protein and carbs), so portion still matters. Think a thumb of olive oil, a small handful of nuts, or a quarter avocado.

Pro tip — limit or avoid: High-sugar foods, creamy sauces, potato chips, and soda. They're calorie traps — they pile on calories without filling you up. Also: limit deep-fried foods. An air fryer gets you the crunch with a fraction of the oil — same flavor, way better numbers.