

Build Your Own Dinner Plate



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Preparation (Serves 1)

Choose the recommended serving from each category for an easy, balanced meal.



HEALTHY FAT

Choose one:

- 2 tbsp Guacamole or ¼ sliced avocado
- 1 tbsp hemp hearts
- 1 tbsp Epicure Salad Dressing, your choice



VEGGIES & FRUITS

Choose two:

- 2 cups leafy greens such as kale, spinach, or lettuce
- 1 cup fresh veggies such as shredded cabbage, cherry tomatoes, chopped bell peppers, broccoli, or cucumber
- 1 cup veggies such as cauliflower, zucchini, green beans, or carrots, steamed



LEAN PROTEIN/DAIRY

Choose one:

- 4.5 oz (130 g) canned salmon or tuna, drained
- 4.5 oz (130 g) cooked shrimp
- 4 oz (113 g) cooked, sliced chicken or turkey, or ground meat
- 1 cup black beans, lentils, or edamame
- 1 cup 2% cottage cheese



COMPLEX CARBS

Choose one:

- ½ cup corn niblets
- ½ cup cooked, diced sweet potato or yam
- ½ cup cooked rice or quinoa (Tip: cook in prepared Epicure Broth, your choice)



TIP

Season your protein of choice with any Epicure Seasoning or Dip Mix.

THIS IS A PERFECTLY BALANCED PLATE.