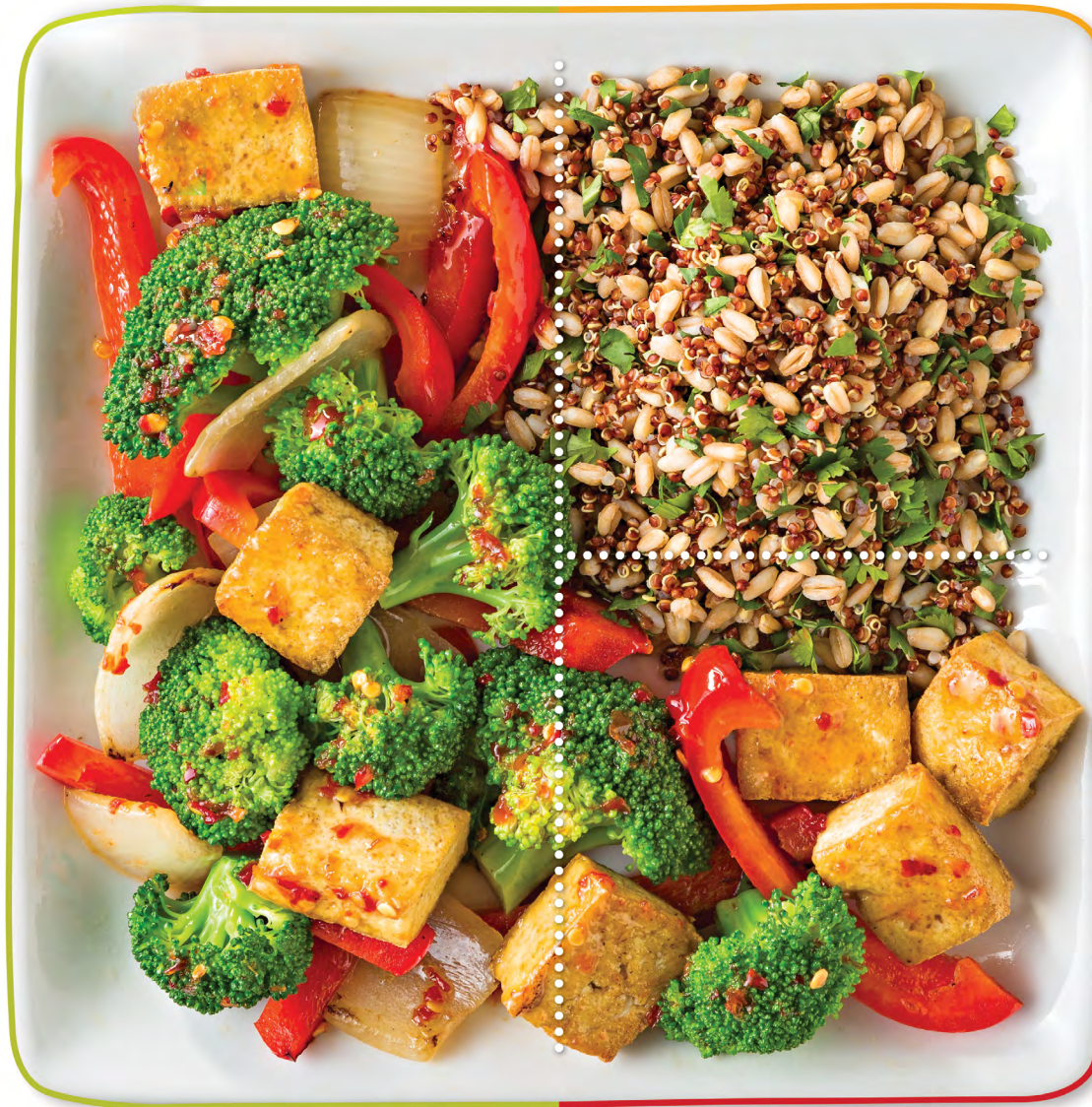
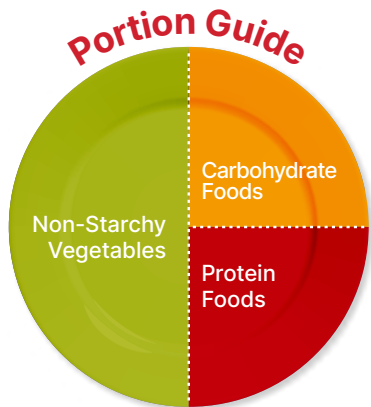


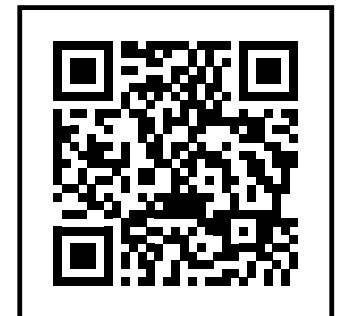
Plan Your Portions



Water or 0-Calorie Drinks

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.

Scan for more meal planning resources.



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

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