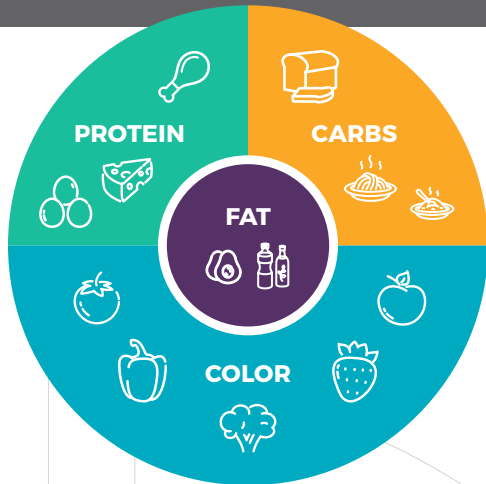


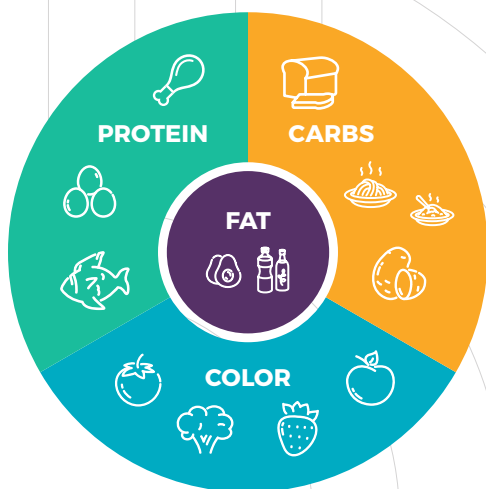
BUILD YOUR PERFORMANCE PLATE

REFUEL · RECOVER · RECHARGE



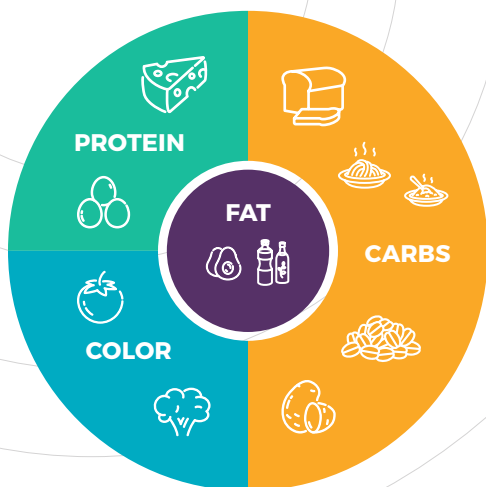
» Low Training / Injury Plate

RECOVER & MAINTAIN: Use this plate for rest, light workouts, or weight management. It emphasizes recovery with fruits, veggies, lean protein, and a lesser focus on grains.



» Moderate Training Plate

BALANCED FUEL: This is your everyday plate, offering a mix of all food groups for sustained energy during moderate training sessions.



» Hard Training Plate

ENERGY BOOST: Focus on this plate for high-intensity workouts or game days. It has more carbs, such as whole grains, and starchy vegetables, to maximize readily available energy for peak performance.