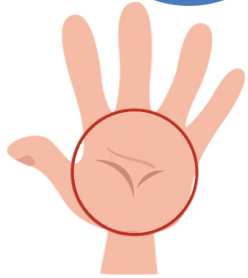
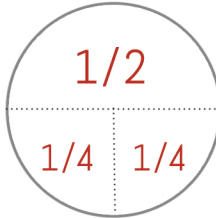




QUICK PLATE GUIDE

6 OZ
fat free
or 1% milk

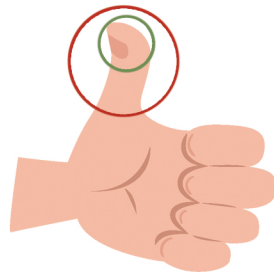
1/2 PLATE - VEGGIES
1/4 PLATE - PROTEIN
1/4 PLATE - STARCH



LEAN MEATS



STARCHES



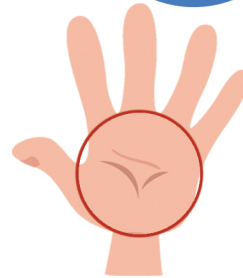
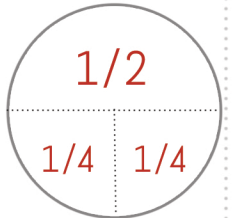
CHEESE PEANUT BUTTER



QUICK PLATE GUIDE

6 OZ
fat free
or 1% milk

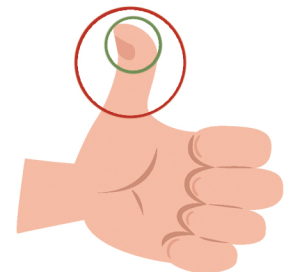
1/2 PLATE - VEGGIES
1/4 PLATE - PROTEIN
1/4 PLATE - STARCH



LEAN MEATS



STARCHES



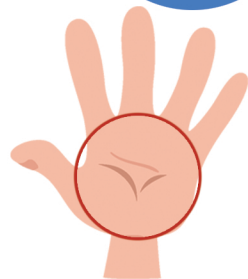
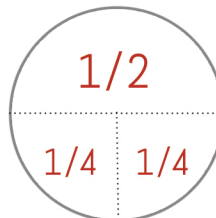
CHEESE PEANUT BUTTER



QUICK PLATE GUIDE

6 OZ
fat free
or 1% milk

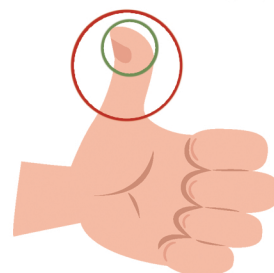
1/2 PLATE - VEGGIES
1/4 PLATE - PROTEIN
1/4 PLATE - STARCH



LEAN MEATS



STARCHES



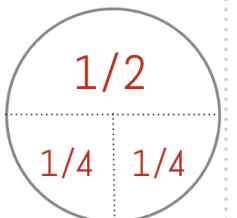
CHEESE PEANUT BUTTER



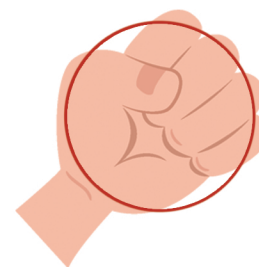
QUICK PLATE GUIDE

6 OZ
fat free
or 1% milk

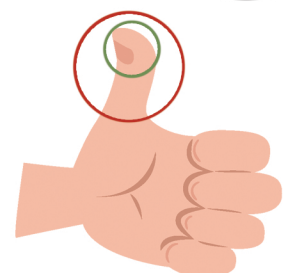
1/2 PLATE - VEGGIES
1/4 PLATE - PROTEIN
1/4 PLATE - STARCH



LEAN MEATS



STARCHES



CHEESE PEANUT BUTTER