Meal Plate Method

- **Low-Starch Veggies**
  - Beet
  - Zucchini
  - Tomato
  - Carrot
  - Broccoli
  - Lettuce

- **Starchy Foods**
  - Rice
  - Pasta
  - Corn

- **Protein Foods**
  - Chicken
  - Eggs
  - Nuts

- **Milk/Yogurt**
- **Fruit**
- **Fat**