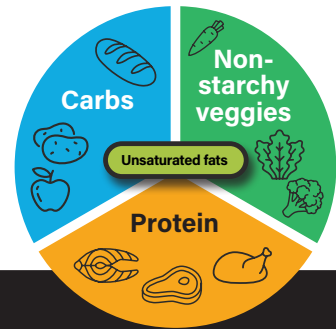


Power Plate Food Index

Want to build well-rounded meals but don't know where to start?
Use the tips and food items from the list below to create a high-performance plate.
Be sure to add your favorites too!



Carbs

- Go for 100% whole grains—check the ingredient list on the food label
- Add more vitamins and minerals with starchy veggies and fruit

Whole Grains	Starchy Veggies	Fruits	
Bagel	Beans (black, kidney, navy, pinto, red)	Apple	Nectarine
Bread	Corn	Banana	Orange
Brown rice	Chickpeas	Blackberries	Peach
Cereal	Green peas	Blueberries	Pear
Crackers	Potatoes (white, purple, sweet)	Cantaloupe	Pineapple
English muffin	Squash	Cherries	Plum
Farro		Date	Raisins
Oats		Fig	Raspberries
Pasta		Grapefruit	Strawberries
Pita		Grapes	Watermelon
Quinoa		Honeydew	
Tortilla		Kiwi	
Waffle		Mango	

Protein

- Choose fresh, frozen, or canned varieties of lean protein
- Eat fatty fish twice a week

Land-based	Water-based	Plant-based
Beef	Anchovies	Edamame
Chicken	Cod	Lentils
Cottage cheese	Haddock	Mycoprotein
Duck	Halibut	Nutritional yeast
Egg whites	Lobster	Quinoa
Eggs	Mackerel	Seitan
Greek yogurt	Mahi-mahi	Tempeh
Lamb	Salmon	Tofu
Pork	Scallops	
Turkey	Sea bass	
Wild game	Shrimp	
	Snapper	
	Tilapia	
	Trout	
	Tuna	

Unsaturated Fats

- Pick mostly plant-based fats
- Top meals off with nutrient-rich nuts, seeds, or oils

Oils	Nuts & Seeds	Other
Avocado Canola Flax Olive Soybean Sunflower	Almonds Cashews Chia seeds Flaxseed Hazelnuts Macadamia Nut butters (almond, cashew, peanut) Peanuts Pecans Pistachios Pumpkin seeds Sunflower seeds Walnuts	Avocado Guacamole Olives

Non-starchy veggies

- Aim for 3 colors on your plate to boost nutrient density
- Enjoy fresh, frozen, canned, steamed, or grilled varieties

Red/Orange/Yellow	Green	Blue/Purple/White
Bell Pepper (red, orange, yellow) Carrots (orange, yellow) Chili Peppers Tomatoes (red, orange, yellow) Radishes	Artichoke Asparagus Bell Pepper Broccoli Brussels sprouts Cabbage Celery Cucumber Green beans Leafy greens Okra	Beets Cabbage (purple) Carrots (purple) Cauliflower Eggplant Garlic Kale (purple) Mushrooms Onions Water chestnuts

Use HPRC's Weekday Meal
Planner to optimize your
nutrition and performance goals!

