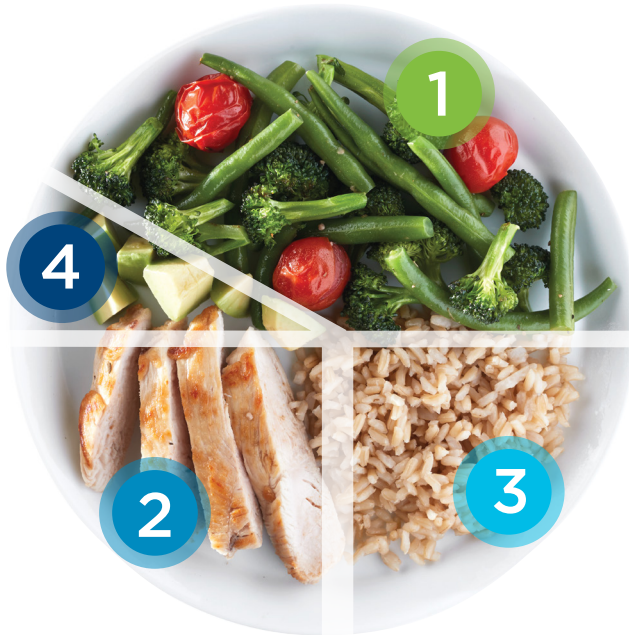
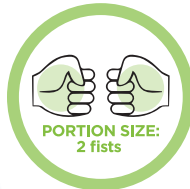


## 4 EASY STEPS TO A BALANCED MEAL

Use this easy guide to help yourself create your own balanced 400- to 600-calorie meal.



### 1 Pick a variety of **VEGETABLES**



**Portion size:** 2+ cups or size of 2 fists

- Roasted veggies
- Steamed veggies
- Tossed salad
- Soup



### 2 Add a **LEAN PROTEIN**



**Portion size:** 4-6 oz, ½ cup, or size of palm of hand

- Beans/legumes
- Omega-3 eggs
- Organic poultry
- Low-mercury seafood
- Grass-fed beef



### 3 Add **WHOLE-GRAINS**

**Portion size:** ½ cup cooked or size of fist

- Brown rice
- Whole-wheat pasta
- Quinoa
- High-fiber tortilla
- Farro
- Sweet potato



### 4 Include a **HEALTHY FAT**

**Portion size:** 1 serving or size of thumb

- 2 tsp oil (olive or canola)
- ¼ avocado
- 1 tbsp seeds
- 1 tbsp nuts



For recipes, visit [IsaProduct.com](http://IsaProduct.com) under the Resources tab, or purchase your own Isagenix recipe guide at [IsaSalesTools.com](http://IsaSalesTools.com).

*Information for general purposes only. Please consult with your doctor or nutritionist if you have any special dietary needs or if you are under medical care.*

United States/Canada

