Weight Loss Plate

BEVERAGES 64+oz

Sip Between Meals

- » Water
- » Decaffeinated-tea
- » Fat-free milk
- » Unsweetened milk alternatives
- » Sugar-free, caffeine-free, uncarbonated beverages

PROTEIN

60+ grams











FRUITS AND HIGH-FIBER STARCHES

VEGETABLES



A Service of Dignity Health Medical Foundation

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