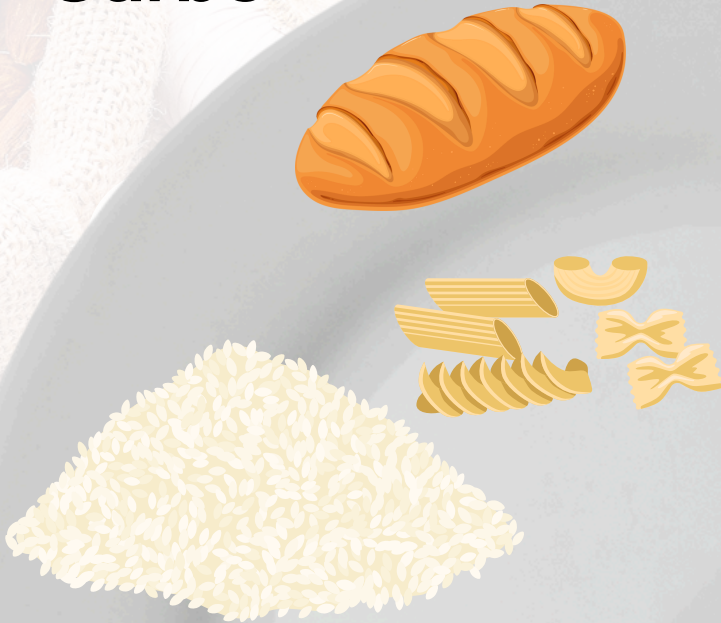
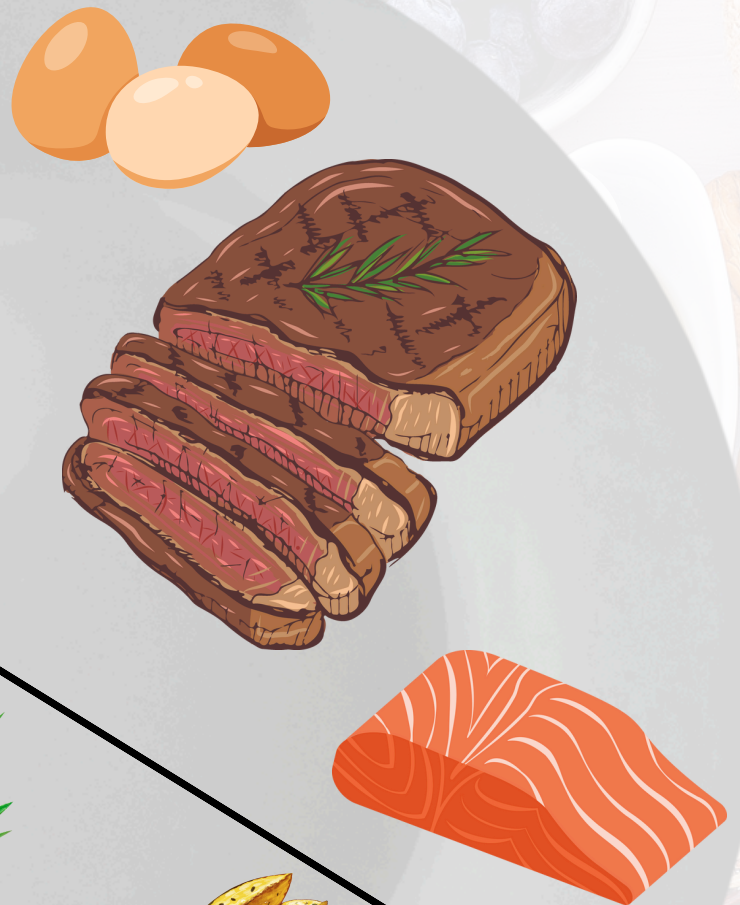


The Visual Plate

**Grainy
Carbs**



Protein



Fruits & Vegetables

How The Visual Plate Works

This portion control method limits your plate to 500-700 calories while getting 25-50g of protein.

Each time. Without tracking calories or macros. And delicious meals fit within this structure.

Your plate will be split into these 3 categories:

- **Protein**



- **Fruits & Vegetables**



- **Grainy Carbs**



The following page shows you what a good and bad example of the Visual Plate portions.



A Good Example

**Grainy
Carbs**



Protein



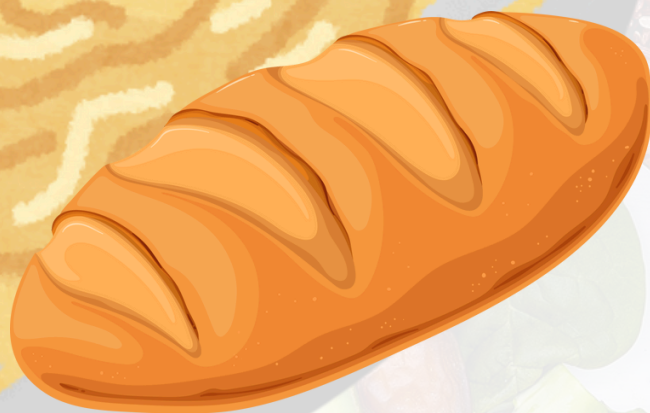
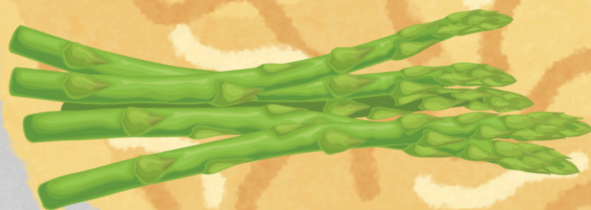
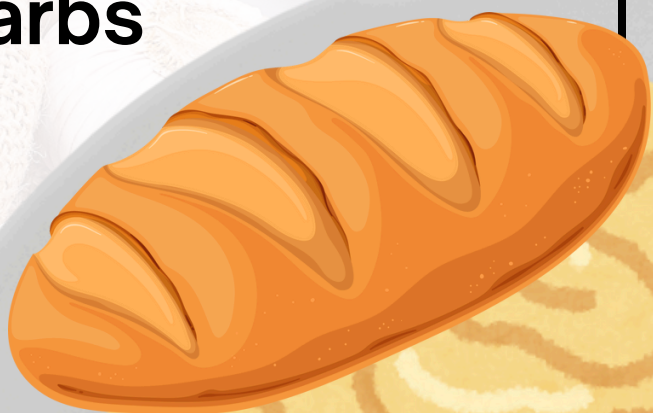
Fruits & Vegetables



A Bad Example

**Grainy
Carbs**

Protein



Fruits & Vegetables

5 Recipes with the Visual Plate

The next few pages give 5 easy-to-make recipes using the Visual Plate.

But before we get there, just a quick hi from me (Don).

The Visual Plate is one of **many** nutrition strategies you can follow. If you're looking a strategy that is:

- Totally customized for you/your lifestyle...
- Plus a personalized workout plan you can follow at home...
- With accountability to keep you on track...

That's why I created the **Kettlebell Strength System**.

The **Kettlebell Strength System** helps Christian guys build strength and lose 10-20+ lbs in 4 months, all at home.

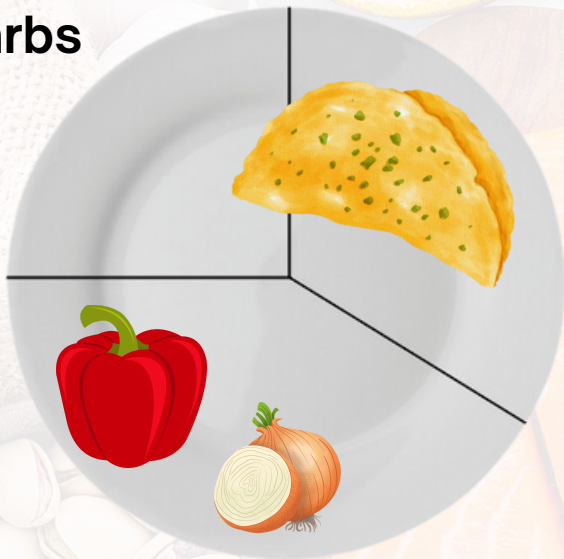
If this sounds something you'd be interested in learning more about, click below to learn more.

CLICK HERE ➔ [Learn More](#)

#1 Sausage Omelette

**Grainy
Carbs**

Protein



Fruits & Vegetables

Ingredients: 1 serving

- 3 eggs
- 1 chicken sausage
- 1 bell pepper
- 1 onion
- 1 tsp butter/olive oil (cooking)
- Salt/pepper (optional)

Instructions:

- Add diced bell pepper, diced onion, and diced chicken sausage to pan over medium heat using either butter/olive oil. Remove when cooked.
- Add in 3 eggs, and cook into an omelette.
- Add in pepper, onion and sausage filling.
- Add salt/pepper to taste (optional)

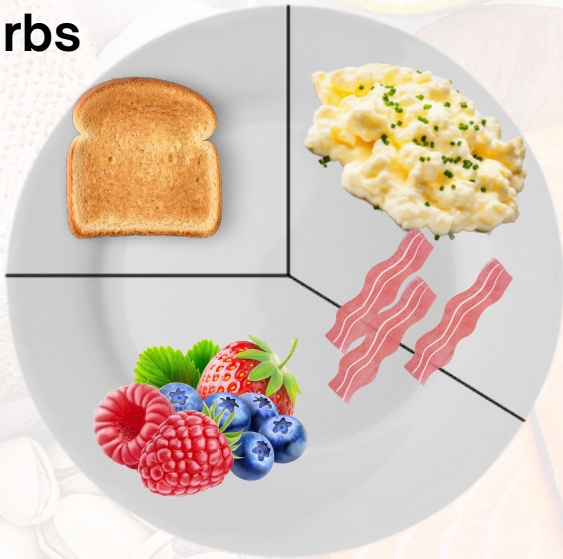
Optional add-ons: salsa, berries, bananas, fruits

Optional substitutions: other kinds of meats (ground beef, turkey, etc...)

#2 Bacon, Eggs, and Toast

**Grainy
Carbs**

Protein



Fruits & Vegetables

Ingredients: 1 serving

- 3 large eggs
- 1 slice of whole wheat bread (or sourdough)
- 3 slices of bacon, cooked
- Salt & pepper (optional)

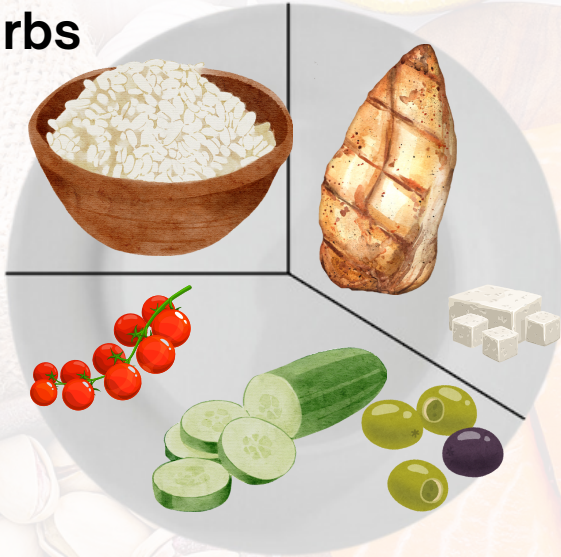
Instructions:

- Heat a pan over medium heat, and cook turkey bacon following packaged directions
- Fry or scramble the eggs to your preference. Season with salt/pepper (optional)
- Serve with toast.

Optional add-ons: berries, bananas, fruits

#3 Mediterranean Chicken Bowl

**Grainy
Carbs**



Protein

Ingredients: 1 serving

- 1/2 cup of rice
- 4oz shredded chicken
- 3/4 cup cherry tomatoes
- 1.5 cups diced cucumber
- 1/3 cup feta cheese
- 1/4 cup olives

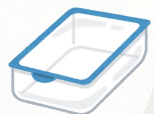
Fruits & Vegetables

Instructions:

- Slice the cherry tomatoes and dice the cucumber.
- Prepare the rice (make in bulk).
- Mix in all ingredients.

Optional add-ons: spinach, iceberg lettuce, etc...

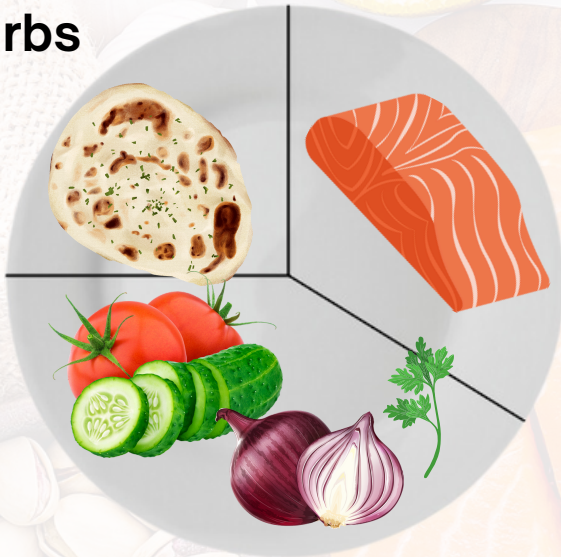
This is a great meal prep option for lunch/dinner



#4 Fish Fillet & Shirazi

**Grainy
Carbs**

Protein



Fruits & Vegetables

Ingredients: 1 serving

- 2 tbsp parsley
- 1 cup chopped cucumber
- 1/4 cup of chopped red onion
- 1 tsp butter/olive oil (cooking)
- 2 medium tomatoes
- 7oz fish (tilapia, salmon, etc...)
- 2oz of Naan

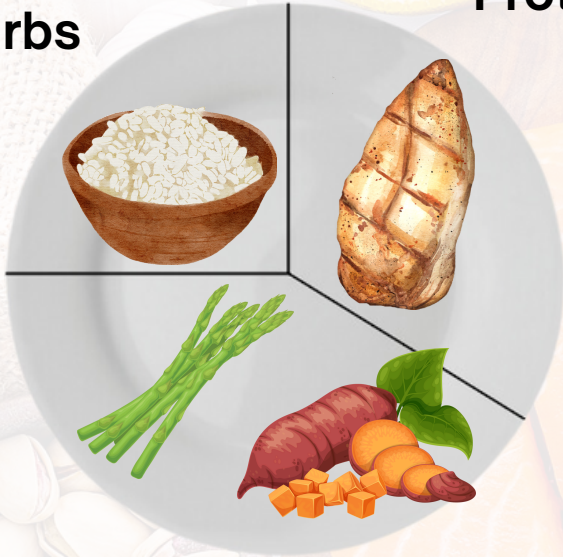
Instructions:

- Heat a pan, put butter/olive oil, and cook the fish. Add parsley and salt/pepper (optional) to taste
- Chop cucumber, tomato and onion. Add drizzle of olive oil and salt to taste.
- Optional: add in lemon for additional flavor.
- Place shirazi, fish, and Naan on plate

Substitutions: chicken for fish, steak for fish, etc...

#5 Chicken, Rice & Roasted Vegetables

**Grainy
Carbs**



Protein

Ingredients: 1 servings

- 4 oz of chicken
- 1/2 cup of rice
- 1 medium sweet potato
- 5-6 spears of asparagus

Fruits & Vegetables

Instructions:

- Grill/cook chicken.
- Cook rice.
- Dice sweet potatoes. Preheat oven to 400 and roast sweet potatoes and asparagus for 20-30 minutes. Drizzle with olive oil & garlic salt (optional)

Substitutions: steak, chicken sausage, and other vegetable (Brussel sprouts, zucchini, squash, etc...)

This is a great meal prep option



General Disclaimers

General Information

- This guide is for educational and informational purposes only. The information I provide is based on my personal experience.
- The categories Proteins, Fruits & Vegetables, and Grainy Carbs are the easiest way I've found to articulate whole & natural foods clearly and visually.
- Any recommendation I make about weight training, nutrition, supplements or lifestyle should be discussed between you and your doctor, because working out involves risks. The information you receive in my program does not replace medical advice.
- Any product recommendation is not intended to diagnose, treat, cure, or prevent disease.
- I cannot and do not guarantee that you will attain a specific or particular result.
- The health, fitness, and nutrition success depends on each person's background, dedication, desire, life experience, genetic profile, starting point, expertise, etc... Your results may vary based on many variables, including but not limited to those listed above.