



# ***Firefighters*** PERFORMANCE PLATE

## **LEAN PROTEIN**

Mental Clarity  
Muscle Strength



## **COMPLEX CARBOHYDRATE**

Muscle & Brain Fuel



## **FRUIT**

Energy  
Immune Support



## **PLANT-BASED FAT**

Optimal Circulation  
Sustained Energy

## **BRIGHT-COLORED VEGETABLES**

Energy  
Anti-inflammation  
Immunity Support

**EAT ENOUGH BUT NOT TOO MUCH.** A performance plate should energize and fill you up. But not leave you over-stuffed, sluggish or bloated.