

SPRINGSPOT PLATE FOR MAXIMUM PERFORMANCE!

How many local and seasonal foods can you include on your plate?



Hydration

Your body is made up of 50-75% of water! Remember to drink a glass of water every hour to stay "fluid" and moving!

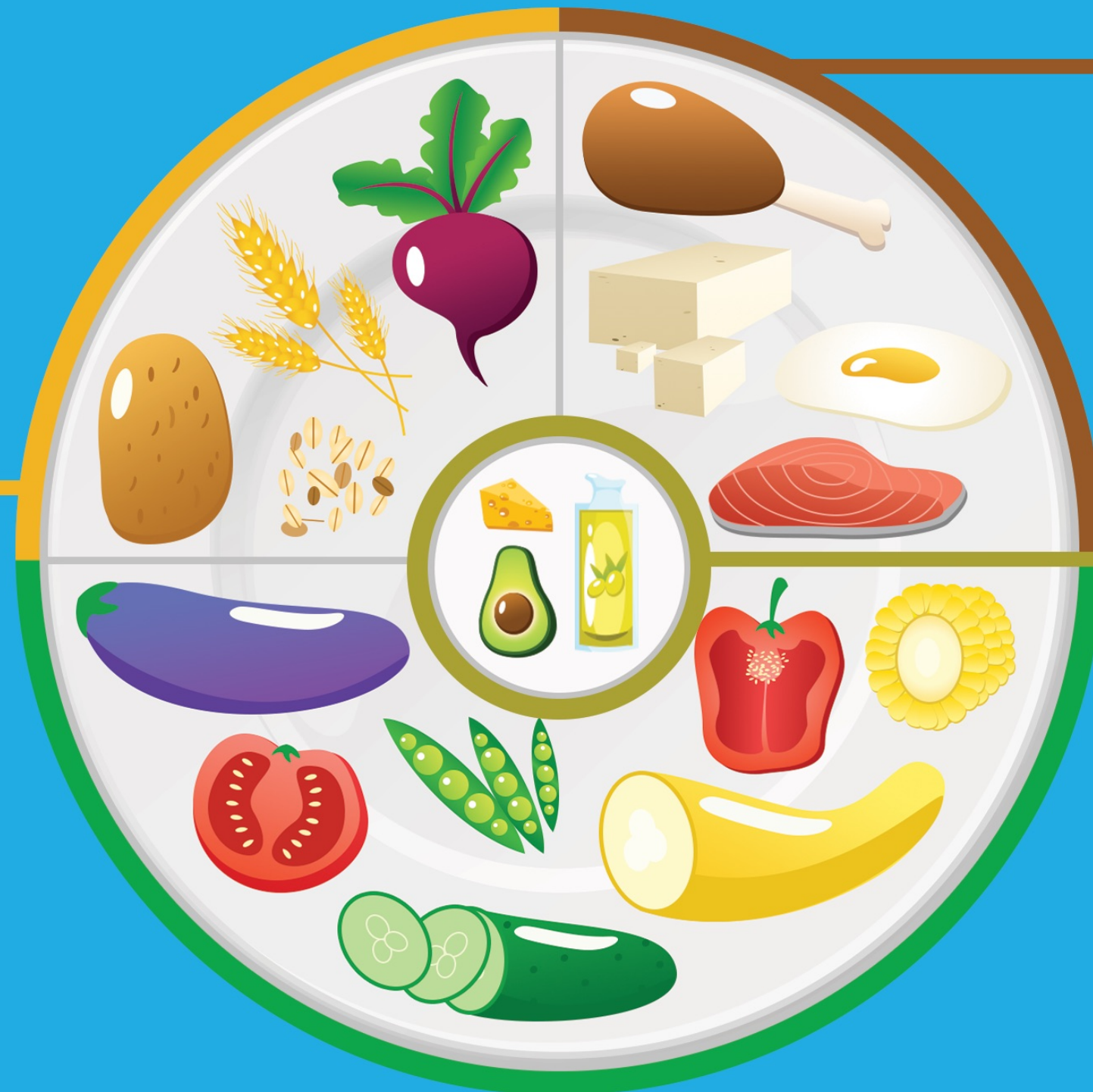
Whole Grains and Speedy Starchy Veggies

Eating whole grains and starchy veggies gives you quick energy to run faster!



Poop Better with Probiotics

The bacteria in your gut needs food too! Feed your little friends fermented foods like kimchi and sauerkraut to have nice healthy poops!

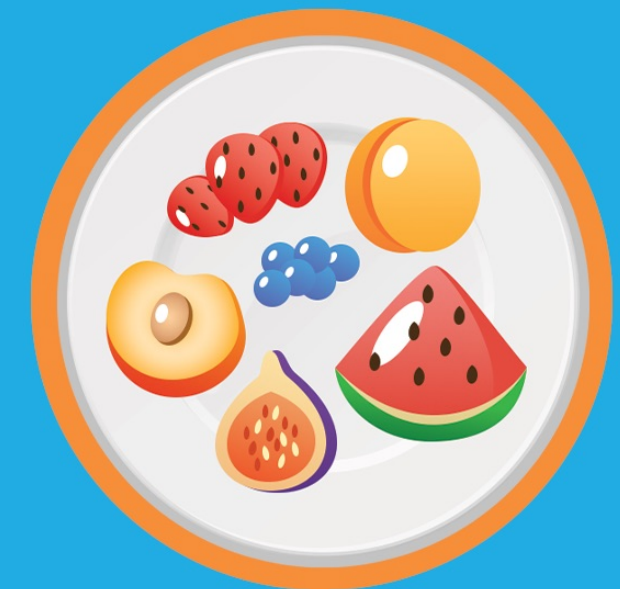


Strength Building Food

Eating protein rich foods from healthy plants or animals gives you the strength to hit a homerun, jump higher and carry heavier objects!

Brain Boosters

Think clearly by eating more healthy fats such as olive oil, nuts and seeds!



Better Balance with Fruits

Eat fruits like berries to confidently climb like a monkey and balance like a gymnast!

Life Force Veggies

Fill half your plate with colorful veggies to get the nutrients you need to live life to the fullest!

www.springspot.co

