



SAMPLE FOOD LIST

TO HELP BUILD A HEALTHY MEAL PLAN

PROTEIN	STARCHY VEGGIES, LEGUMES, GRAINS	VEGGIES	FRUIT	FATS (NUTS, SEEDS, OILS) & OTHER
<i>Select at least 3 items</i>	<i>Select 2 -3 food items</i>	<i>Unlimited</i>	<i>Select 2 - 3 food items</i>	<i>Select 1 - 2 food items</i>