

Vegetables	Protein and/or Complex Carbohydrates	
Salad	Eggs	
Asparagus	Black Beans	
Broccoli	Organic Brown Rice	
Cabbage	Cottage Cheese	
Carrots	Ezekiel Bread or Healthy Gluten-Free Bread	
Organic Celery	Goats Cheese or	_
Organic Collard Greens	Greek Yogurt	_
Organic Cucumbers	Lentils	
Eggplant	Pinto Beans	
Organic Kale	Quinoa	
Organic Lettuce	Soy Beans or	_
Onions	Tofu	
Peas		
Organic Bell Peppers		
Organic Spinach		_
Organic Summer Squash		_
Sweet Peas		_
Sweet Potatoes		_
Organic Tomatoes		_
Zucchini		_
Fruit	Healthy Fats	Other
Organic Apples	Almond Butter	Plain Soy Milk or Almond Milk
Bananas	Coconut Oil	Herbs and Spices
Blackberries	Fish Oil	•
Organic Blueberries	Nuts	
Cantaloupe	Olives	
Organic Cherries	Olive Oil	
Cranberries	Peanut Butter	
Organic Grapes		
Grapefruit		
Kiwis		
Lemons		
Mangos		
Organic Nectarines		
Oranges		_
Organic Peaches		
Pears		
Pineapple		
Plums		
Raspberries		
Organic Strawberries		
Tangerines		