

Shopping List

Protein

Examples : eggs, meat, beans, tofu, nuts &
Nut butters, greek yogurt, milk, cheese,

Starch

Examples : potatoes, fries, chips,
butternut squash, bread, corn,
Shucked peas, hummus

Fat

Examples : oils, butter, avadacos, sweets,
cashew nuts, sesame seeds

Fruit/Veg

Examples : oranges, bananas, summer squash,
Green beans, tomatoes, greens

Include 1 item from each group into at least one meal per day
Include 1 starch and 1 protein in each snack