

PROTEIN

E.g. meat, fish, eggs,
cottage cheese, Greek
yogurt, tempeh, tofu

VEGETABLES

E.g. broccoli, spinach,
squash, carrots,
tomatoes

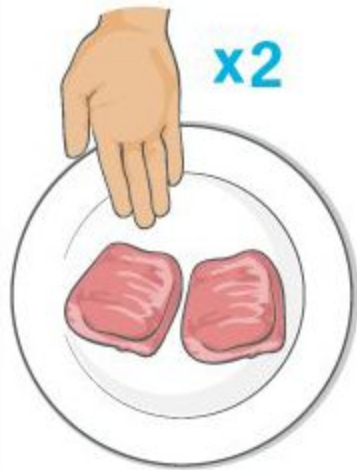
CARBOHYDRATES

E.g. grains,
potatoes, beans,
fruits

FATS

E.g. oils, butters,
nut butters, nuts,
seeds

x2



x6



x2

