

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

