

## 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

