



## COUPONS

### AVOCADO



50% Off  
Exp. 1/1/19



### CARROTS



Two for \$1  
Exp. 1/10/19



### KALE



Buy 1, Get 1 Free  
Exp. 12/27/18



### STRAWBERRIES



25% Off  
Exp. 12/8/18





# COUPON



## AVOCADO

50% Off

Exp. 1/1/19





## FOOD INSIGHTS



### AVOCADO

Avocados are a nutrient rich food full of oligosaccharides and healthy fats. They go great with salads and sandwiches or on their own!

They are very versatile and can be used as a substitute for other fats in vegan cooking. Try them in smoothies or on toast!





# SHOPPING LIST

## FRUIT

- Strawberries
- Peaches
- Raspberries
- Avocados



## VEGETABLES

- Kale
- Bok Choy
- Edamame
- Romaine Lettuce



## GRAINS

- Quinoa
- Brown Rice
- Bread

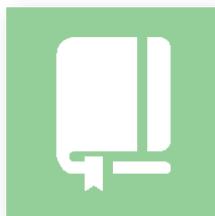




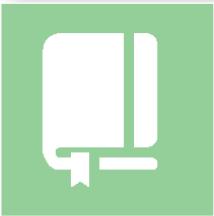
# FOOD LOG



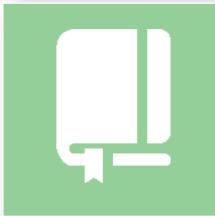
Breakfast



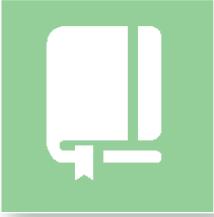
Morning Snack



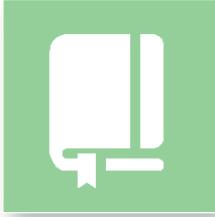
Lunch



Afternoon Snack

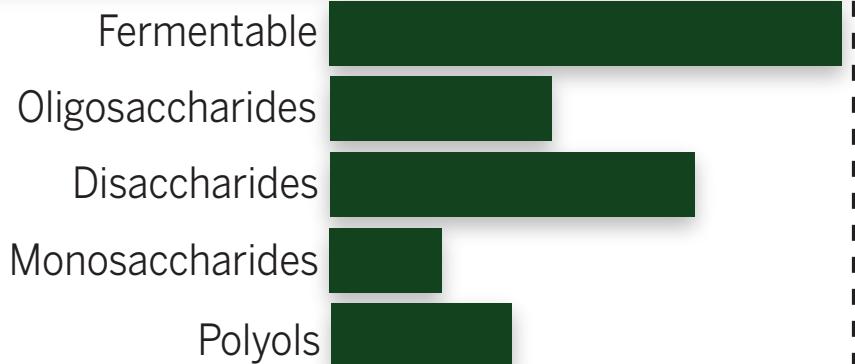


Dinner



Evening Snack

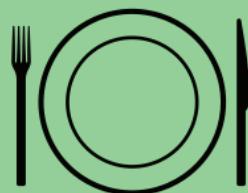
## Daily FODMAP Consumption





# JOURNAL

Food



Sleep



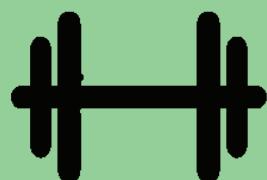
Water



Stress



Exercise



Symptoms





# Maddie Foodie

Age: 20

BMI: 25

Intolerances and Allergies: Peanuts,  
Gluten, Dairy, Seafood

## Daily FODMAP Consumption

