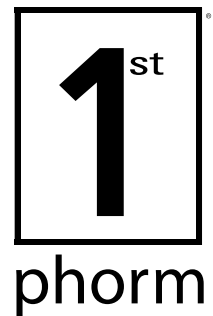


# Recommended Food Guide

Select foods that you like from the list below for us to create your personalized Meal Plan. Feel free to choose as many as you like.



| PROTEINS   | CARBS  | VEGETABLE                                |
|--|--|--|
| <input type="checkbox"/> beef, lean ground       | <input type="checkbox"/> apple               | <input type="checkbox"/> broccoli        |
| <input type="checkbox"/> buffalo                 | <input type="checkbox"/> barley              | <input type="checkbox"/> artichoke       |
| <input type="checkbox"/> chicken breast          | <input type="checkbox"/> beans               | <input type="checkbox"/> asparagus       |
| <input type="checkbox"/> cottage cheese, low-fat | <input type="checkbox"/> bread, whole-wheat  | <input type="checkbox"/> brussel sprouts |
| <input type="checkbox"/> crab                    | <input type="checkbox"/> brown rice, steamed | <input type="checkbox"/> cabbage         |
| <input type="checkbox"/> egg substitutes         | <input type="checkbox"/> corn                | <input type="checkbox"/> carrots         |
| <input type="checkbox"/> egg whites              | <input type="checkbox"/> melon               | <input type="checkbox"/> cauliflower     |
| <input type="checkbox"/> haddock                 | <input type="checkbox"/> oatmeal             | <input type="checkbox"/> celery          |
| <input type="checkbox"/> ham, lean               | <input type="checkbox"/> orange              | <input type="checkbox"/> cucumber        |
| <input type="checkbox"/> lobster                 | <input type="checkbox"/> pasta, whole grain  | <input type="checkbox"/> green beans     |
| <input type="checkbox"/> orange roughy           | <input type="checkbox"/> potato, baked       | <input type="checkbox"/> green peppers   |
| <input type="checkbox"/> salmon                  | <input type="checkbox"/> pumpkin             | <input type="checkbox"/> lettuce         |
| <input type="checkbox"/> shrimp                  | <input type="checkbox"/> squash              | <input type="checkbox"/> mushrooms       |
| <input type="checkbox"/> steak, top round        | <input type="checkbox"/> strawberries        | <input type="checkbox"/> onion           |
| <input type="checkbox"/> steak, top sirloin      | <input type="checkbox"/> sweet potato        | <input type="checkbox"/> spinach         |
| <input type="checkbox"/> swordfish               | <input type="checkbox"/> wild rice, steamed  | <input type="checkbox"/> tomato          |
| <input type="checkbox"/> tuna                    | <input type="checkbox"/> yam                 | <input type="checkbox"/> zucchini        |
| <input type="checkbox"/> turkey, breast          | <input type="checkbox"/> yogurt, fat-free    |  |
| <input type="checkbox"/> turkey, lean ground     | <input type="checkbox"/> peas                |  |

**Notes:**