

get balanced! @ the grocery store...

Veggies...

to beef up a healthy meal

- | | |
|---|---|
| <input type="checkbox"/> Lettuce greens | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bok Choy |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Snap/Snow peas | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Brussels sprouts |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Alfalfa sprouts |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Collard greens |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Sweet potatoes | |

Fruit...

for natural vitality

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| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Cherries |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Raisins | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Honeydew |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Figs |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Dates | |

Lean Protein...

to maintain muscle

- Black beans
- Pinto beans
- Black eyed peas
- White beans
- Kidney beans
- Lentils
- Chickpeas
- Tofu
- Tempeh
- Eggs
- Tilapia
- Salmon
- Shellfish
- Beef
- Chicken
- Ham

What else?...

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get balanced! @ the grocery store...

Whole Grains...

for boosting energy

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| <input type="checkbox"/> Whole wheat bread | <input type="checkbox"/> Barley |
| <input type="checkbox"/> Wheat germ | <input type="checkbox"/> Bulgur |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Millet |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Kasha |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Popcorn (plain) |
| <input type="checkbox"/> Wild rice | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Brown rice | |

Low Fat Dairy...

to build strong bones

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| <input type="checkbox"/> Fat free sour cream | <input type="checkbox"/> Low fat cheese |
| <input type="checkbox"/> Margarine | <input type="checkbox"/> Low fat yogurt |
| <input type="checkbox"/> Low fat milk | <input type="checkbox"/> Low fat cream cheese |

Healthy Fats...

to stay full longer

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| <input type="checkbox"/> Green olives | <input type="checkbox"/> Macadamia nuts |
| <input type="checkbox"/> Black olives | <input type="checkbox"/> Peanuts |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Brazil nuts |
| <input type="checkbox"/> Sunflower kernels | <input type="checkbox"/> Hazelnuts |
| <input type="checkbox"/> Coconut seeds | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Pumpkin seeds | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Walnuts |

Natural Sweeteners...

to satisfy a sweet tooth

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| <input type="checkbox"/> Honey | <input type="checkbox"/> Agave/agave nectar |
| <input type="checkbox"/> Maple syrup | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Stevia | <input type="checkbox"/> Blackstrap molasses |
| <input type="checkbox"/> Cane juice | |

Spices...

to keep things interesting

- Ginger
- Red pepper flakes
- Turmeric
- Thyme
- Oregano
- Chili powder
- Cumin
- Coriander
- Black pepper
- Cayenne pepper
- Cinnamon
- Cardamom
- Dill
- Basil
- Parsley
- Rosemary
- Sage
- Mustard seeds

What else?...

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