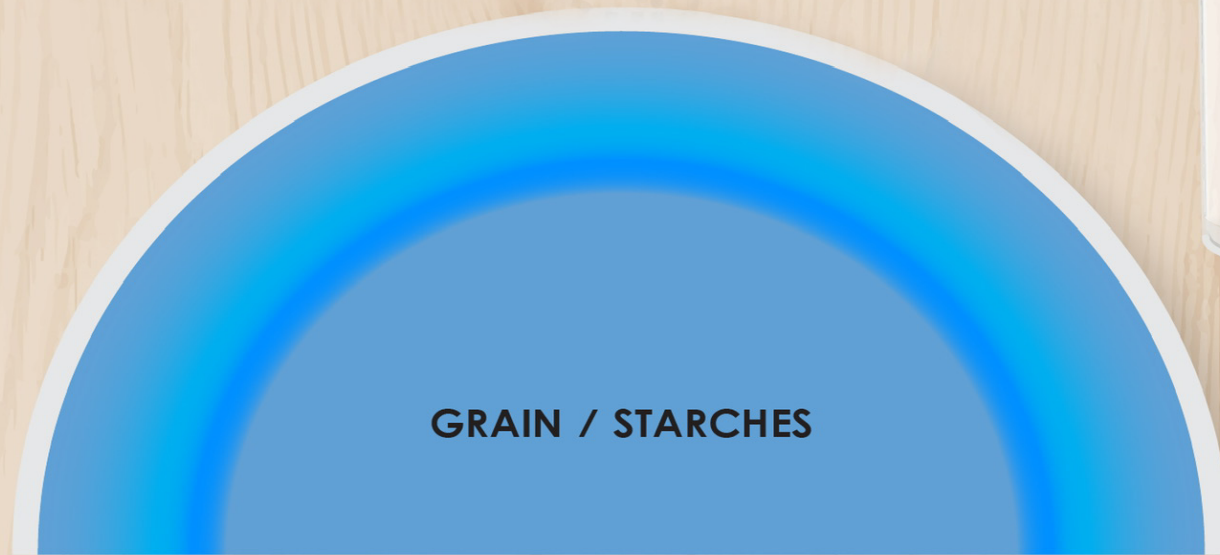


The Plate-by-Plate Approach[®]



REMEMBER, VARIETY IS AN ESSENTIAL!

STARCHES:	PROTEINS:	FRUITS/VEGETABLES	DAIRY	FATS
White Pasta	Chicken	Apple	Whole Milk	Oil
Whole Wheat Pasta	Turkey	Orange	2% Milk	Butter
White Rice	Hamburger	Grapes	Lactaid Milk, whole	Cream cheese
Brown Rice	Steak	Bananas	Cheese	Salad dressing
Yellow Rice	Meatballs	Nectarine	Yogurt	Mayo
Quinoa	Swordfish	Plum	Smoothie with milk	Avocado
Cous Cous	Halibut	Strawberries	Kefir	Nuts
Tortellini	Salmon	Blueberries	Cottage cheese	Peanut butter
Ravioli	Shrimp	Blackberries		Almond Butter
Bread	Tilapia	Juice	<u>Dairy-Free Alternatives:</u>	Other Nut Butters
Rolls	Ham	Applesauce	Soy Milk	Hummus
Tortillas (Corn/Flour)	Roast Beef	Asparagus	Pea-Protein Milk	
Pita	Peanut butter	Broccoli	Oat Milk Yogurt	
Corn	Other Nut Butters	Salad		
Cereal	Almond Butter	Mushrooms		
Oatmeal	Tofu	Bok Choy		
French Toast	Beans	Kale		
Waffles	Hummus	Swiss Chard		
	Dairy Foods	Green Beans		