

MEAL PLANNING

STEP 1

(POULTRY, RED MEAT, SEAFOOD)

CHICKEN

LAMB

TURKEY

SAUSAGE

BEEF

PORK

STEAK

SHRIMP

SCALLOP

SALMON

STEP 2

(VEGETABLES)

BROCCOLI

GREEN BEANS

SQUASH

CARROTS

ONIONS

BRUSSEL SPROUTS

CABBAGE

CARROTS

CUCUMBER

SPINACH

ZUCCHINI

PEPPERS

MUSHROOMS

CORN

LETTUCE

ASPARAGUS

STEP 3

(LEGGUMES, GRAINS, STARCHES)

WHITE JASMINE RICE

BROWN RICE

PASTA

FRESH BREAD

POTATO

QUINOA

RED BEANS

SWEET POTATO

BLACK BEANS

PEAS

