Eat with Purpose

Non-Starchy Vegetables
- Broccoli
- Kale
- Spinach
- Cucumbers
- Micro greens
- Squash
- Zucchini

Carbohydrates (Whole Grains)
- Wheat bread
- Pasta
- Crackers
- Quinoa
- Oats
- Karmut
- Potatoes

Plant Protein
- Peas
- Beans
- Legumes
- Lentils
- Edamame

Protein
- Fish
- Poultry
- Tofu/tempeh
- Eggs
- Greek yogurt

Fat
- Avocado
- Nuts
- Seeds
- Olives

Fruit
- Blueberries
- Oranges
- Apples
- Strawberries
- Bananas