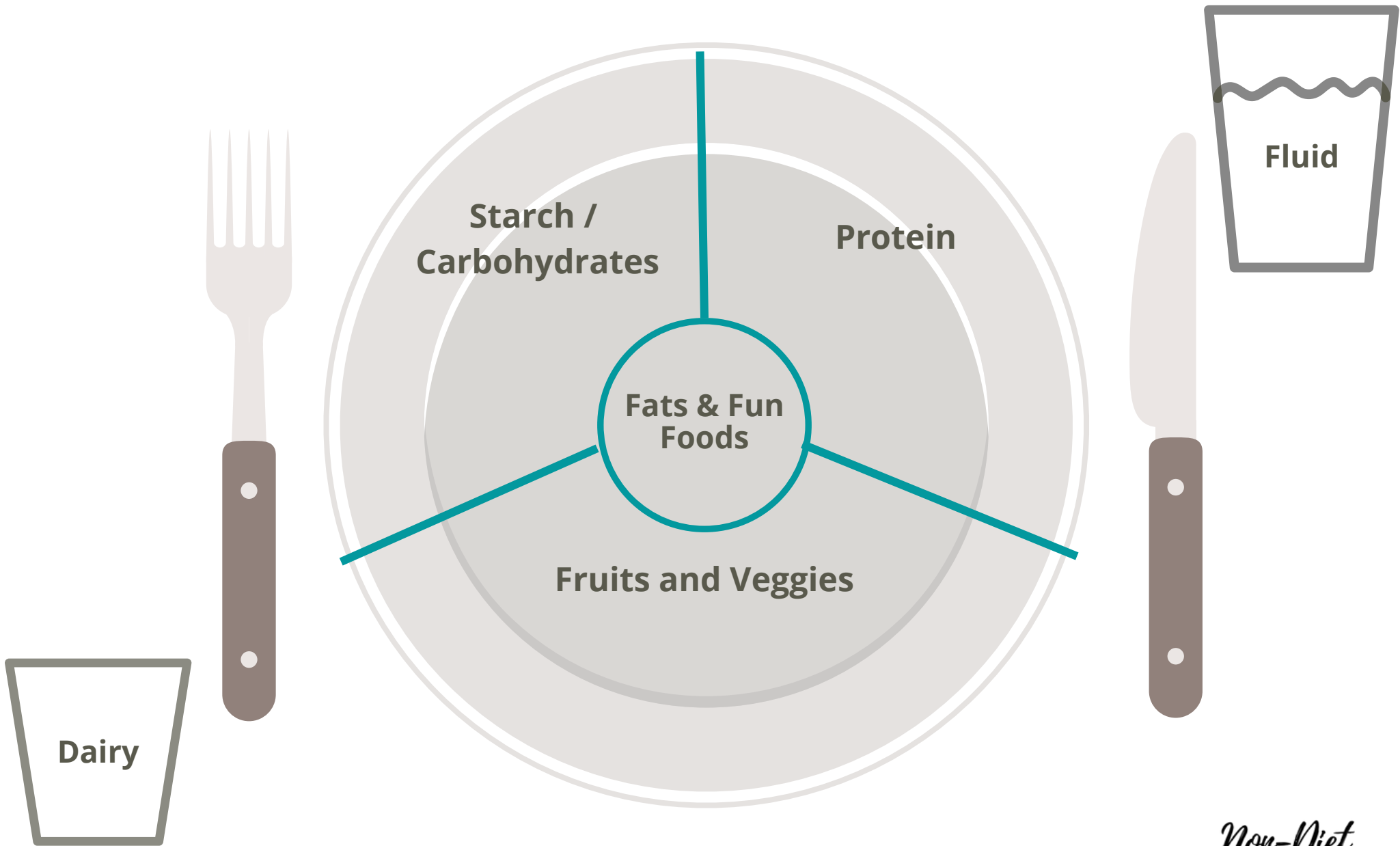
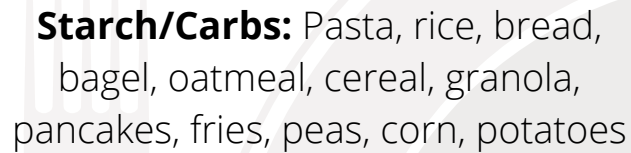


A Cohesive Plate





Starch/Carbs: Pasta, rice, bread, bagel, oatmeal, cereal, granola, pancakes, fries, peas, corn, potatoes

Protein: Chicken, fish, beef, eggs, turkey, cottage cheese, Greek yogurt, tofu, beans, nuts, nut butter.

Fats & Fun Foods: avocado, nuts, seeds, olive oil, olives, cheese, butter, salad dressing, sour cream, hummus, guacamole.
Also desserts, chocolate, ice cream

Fruits & Veggies: Broccoli, leafy greens, green beans, asparagus, tomatoes, cucumbers, zucchini, bananas, berries, grapes, apples, oranges.

Fluid:
Water, tea, coffee, soda

Dairy:

Milk, cheese, yogurt, fortified orange juice