

# BASIC NUTRITION GUIDELINES

EAT ALL  
YOU WANT



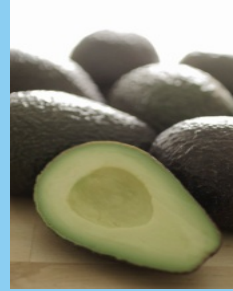
lean meat



vegetables



nuts/seeds



healthy fats



fruit



dairy

ADD

SOME

OFF LIMITS



grains

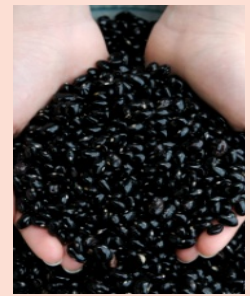


junk food



sugar

FEW OR NO



legumes/beans

Follow this, don't worry about the numbers...  
we've made it easy!