Chef Solus Food Groups - Blank Grocery List

VEGETABLES	GRAINS		MILK GROUP	MEAT & BEANS]
Mix them up for new tastes	Look for whole grains		Choose fat-free or low-fat	Choose lean meat and	
				poultry.	-
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VEGETABLES	FRUTAS		ACEITE	CARNE & FRIJOLES	S 0
Eat green leafy* and orange** vegetables daily	Let fruits jazz up your feast!		Healthy oils are also found in nuts and fish	Nuts and seeds are a great source of protein.	(
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