

BUILD A COMPLETE WEIGHT LOSS BOWL

STARCH/ CARB	 RICE	 POTATO	 QUINOA	 WHOLE GRAIN PASTA	 SWEET POTATO
PROTEIN	 TOFU	 TEMPEH	 EDAMAME	 BEANS	 TVP
FAT	 AVOCADO	 NUTS	 OLIVES	 NUT BUTTER	 SEEDS
DARK GREEN VEGGIE	 KALE	 ZUCCHINI	 LETTUCE	 CAULIFLOWER	 GREEN BEANS
FLAVOR	 FRUIT	 HUMMUS	 PICKLED VEG	 OIL FREE DRESSING	 SAUCE

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Patrick Vollmar



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