Daily

| -2+Cups-Veges | -2+Cups-Veges | -2+Cups-Veges | -2+Cups-Veges | -2+Cups-Veges | -2+Cups-Veges | -2+Cups-Veges |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| -30r4 pieces fruit | -30r4 pieces fruit | -30r4 pieces fruit | -30r4 pieces fruit | -30r4 pieces fruit | -30r4 pieces fruit | -30r4 pieces fruit |
| -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy | -1 or2 Cups Whole Soy |
| -2+Cups Whole Grains | -2+Cups Whole Grains | -2+Cups Whole Grains | -2+Cups Whole Grains | -2+Cups Whole Grains | -2+Cups Whole Grains | -2+Cups Whole Grains |
| -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume | -1/2Cup+Beans/Legume |
| -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = | -HealthyFats:5-7/Day = |
| 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed | 1 tea/oil, 2 walnuts, $1 T$ flaxseed |
| - Healthy Herbs/Spice | - Healthy Herbs/Spice | - Healthy Herbs/Spice | - Healthy Herbs/Spice | - Healthy Herbs/Spice | - Healthy Herbs/Spice | - Healthy Herbs/Spice |
| -2 to4 Cups Tea (green) | -2 to4 Cups Tea (green) | -2 to4 Cups Tea (green) | -2 to4 Cups Tea (green) | -2 to4 Cups Tea (green) | - 2 to4 Cups Tea (green) | -2 to4 Cups Tea (green) |
| -1 glass Red Wine | -1 glass Red Wine | -1 glass Red Wine | -1 glass Red Wine | -1 glass Red Wine | -1 glass Red Wine | -1 glass Red Wine |
| - Asian Mushrooms | - Asian Mushrooms | - Asian Mushrooms | - Asian Mushrooms | - Asian Mushrooms | - Asian Mushrooms | - Asian Mushrooms |
| - VITES | - VITES | - VITES | - VITES | - VITES | - VITES | - VITES |

1 or 2 servings a week

| - Choose between: 1 oz Cheese, 1-8 oz non-fat dairy, 1 egg, 3 oz poultry | -Choose between: 1 oz Cheese, 1-8 oz non-fat dairy, 1 egg, 3 oz poultry |
| :--- | :--- |
| $\bullet$ •Pasta (al dente) $=1 / 2$ cup |  |

2-6 servings a week

| Fish \& Seafood $=$ |
| :---: | :---: | :---: | :---: | :---: |
| 4 ounces/each |


| Fish \& Seafood $=$ |
| :---: |
| 4 ounces/each | | Fish \& Seafood $=$ |
| :---: |
| 4 ounces/each |$\quad$| Fish \& Seafood = |
| :---: |
| 4 ounces/each |$\quad$| Fish \& Seafood = |
| :---: |
| 4 ounces/each \& Seafood = |
| 4 ounces/each |

