

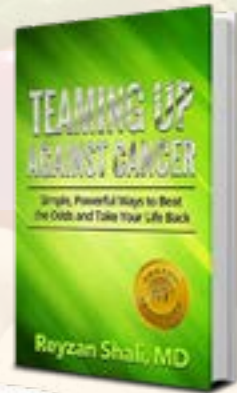
Dr. Reyzan's Go Med Guide

Instructions: Bring this handy guide with you when you go shopping, and/or use as a quick reference when you are thinking about what to eat for a meal or snack.

What to shop for:

Vegetables	Fruits	Legumes	Nuts and Seeds	Dairy Products	Fish
<ul style="list-style-type: none"> <input type="checkbox"/> Lettuce <input type="checkbox"/> Cucumber <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Beets <input type="checkbox"/> Eggplant <input type="checkbox"/> Onions <input type="checkbox"/> Asparagus <input type="checkbox"/> Brussel sprouts <input type="checkbox"/> Spinach <input type="checkbox"/> Garlic <input type="checkbox"/> Olives <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini <input type="checkbox"/> Okra 	<ul style="list-style-type: none"> <input type="checkbox"/> Oranges <input type="checkbox"/> Blueberries <input type="checkbox"/> Blackberries <input type="checkbox"/> Cranberries <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Apples <input type="checkbox"/> Pomegranate <input type="checkbox"/> Grapes <input type="checkbox"/> Peaches <input type="checkbox"/> Figs 	<ul style="list-style-type: none"> <input type="checkbox"/> Chickpeas <input type="checkbox"/> White kidney beans <input type="checkbox"/> Lentils <input type="checkbox"/> Red kidney beans <input type="checkbox"/> Fava beans <input type="checkbox"/> Lima beans 	<ul style="list-style-type: none"> <input type="checkbox"/> Walnuts <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Pecans <input type="checkbox"/> Almonds <input type="checkbox"/> Oats <input type="checkbox"/> Pine nuts 	<ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Greek yogurt <input type="checkbox"/> Milk <input type="checkbox"/> Almond Milk <input type="checkbox"/> Cheese (multiple types) 	<ul style="list-style-type: none"> <input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines

“Better living starts with better food.”



EAT THIS

More fish
Greek yogurt
Dark bread
No sugar in dressing
Veggie pizza

Drink:
More green tea
Water with dinner

Snacks:
Handful of nuts
Salad with no cheese
Salad no bacon

Eating Behavior:
Enjoy dinner
Chew food slow
Connect through meal time
Make your plate colorful

My favorites:
Waking up and eating greek yogurt with berries. It's the best!
I love almond milk!

Blacklisted foods:
Try to avoid processed meat of any kind. This includes bacon.



NOT THIS

Red meat
Mayonnaise
White bread
Adding sugar to dressing
Pepperoni pizza

less caffeine
soda/juice

handful of candies
salad with cheese
salad with bacon

Rush dinner
Devour food
Stay connected to your electronics
Not so colorful

