

# FULL IN FOUR:

## *Building a Nutrient-Dense Plate*

1

### PICK A PROTEIN

|         |           |
|---------|-----------|
| Beans   | Lamb      |
| Beef    | Lentils   |
| Bison   | Pork      |
| Chicken | Shellfish |
| Edamame | Tempeh    |
| Eggs    | Tofu      |
| Fish    | Turkey    |

2

### PICK A PRODUCE

|                  |             |
|------------------|-------------|
| Asparagus        | Chard       |
| Beets            | Cucumber    |
| Bok Choy         | Green Beans |
| Broccoli         | Mushrooms   |
| Brussels Sprouts | Peas        |
| Carrots          | Peppers     |
| Cauliflower      | Spinach     |

3

### PICK A FAT

|                |                 |
|----------------|-----------------|
| Avocado        | Nuts*           |
| Avocado Oil    | Nut/Seed Butter |
| Coconut Milk   | Olive Oil       |
| Coconut Oil    | Olives          |
| Cheese (hard)  | Ricotta Cheese  |
| Cottage Cheese | Seeds           |
| Greek yogurt   | Tahini          |

*Sometimes the fat can count as the protein*

4

### PICK A STARCH

|         |                        |
|---------|------------------------|
| Apple   | Orange                 |
| Berries | Peach                  |
| Banana  | Pear                   |
| Grapes  | Plum                   |
| Kiwi    | Potato (all varieties) |
| Mango   | Squash                 |
| Melon   | Whole Grains           |

*Sometimes the starch can count as the produce*

\*Modify or omit for children under 4 (choking hazard)