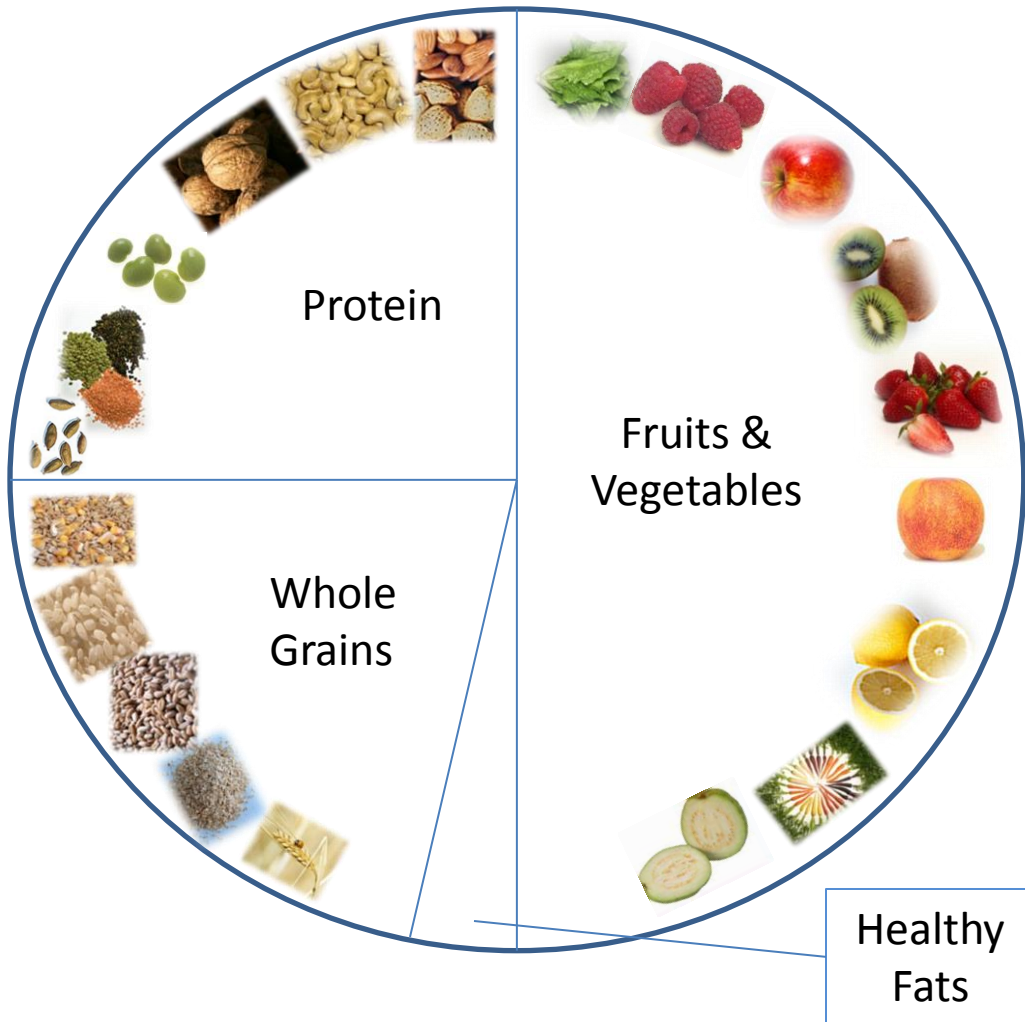


The “Get Healthy” with Amber Food Planning Guide -The Food Wheel-



Protein should consist daily of vegetables, nuts, seeds, legumes, and beans.

If you do want to keep meat in your diet:
(ideal: all meat <12oz per week)

Fish & Seafood: 2x per week
Poultry & Eggs: 3-4x per week
Red Meat: less than 18oz per month

Healthy Beverages:

Water

Tea (Black or green)

Red Wine: at most 1-2 glasses a day
for men and 1 glass per day for
women

The "Get Healthy" with Amber

-Shopping List-

Fruits	Vegetables	Whole Grains	Protein
<ul style="list-style-type: none"> •Acai •Apples •Apricots •Avocado •Blackberries •Blueberries •Bananas •Cantaloupe •Cherries •Cranberries •Currants •Dates •Figs •Goji Berries •Gooseberries •Grapefruit •Grapes •Guavas •Huckleberries •Kiwi •Kumquat •Lemons •Limes •Loganberries •Loquats •Lychee •Mangoes •Mulberries •Nectarines •Oranges •Papayas •Passion Fruit •Peaches •Pears •Pineapple •Plums •Pomegranate •Raspberries •Strawberries •Tangerines 	<ul style="list-style-type: none"> •Arame •Artichoke •Asparagus •Beets •Bean Sprouts •Bok Choy •Broccoli •Brussels sprouts •Cabbage •Carrots •Cauliflower •Celery •Celeriac •Corn •Cucumber •Daikon •Dulse •Eggplant •Fennel •Green Beans •Green Peas •Kelp •Mushrooms •Nori •Onions •Olives •Peppers •Potatoes •Parsley •Radish •Rutabaga •Shallots •Snow Peas •Sugar Snap Peas •Squash •Tomatoes •Wakame •Yams •Zucchini • _____ 	<ul style="list-style-type: none"> •Amaranth •Barley •Brown Rice •Buckwheat •Corn •Emmer •Kamut •Millet •Oat •Quinoa •Rye •Sorghum •Spelt •Teff •Versagrain •Wild Rice <p>*Make sure it is 100% whole grain not just made with whole grain!</p>	<ul style="list-style-type: none"> •Tempeh •Tofu <p style="text-align: center;"><u>NUTS</u></p> <ul style="list-style-type: none"> •Almonds •Brazil Nuts •Cashews •Hazelnuts •Chestnuts •Pecans •Pine nuts •Pistachios •Walnuts • _____ <p style="text-align: center;"><u>SEEDS</u></p> <ul style="list-style-type: none"> •Chia •Flax •Pumpkin •Sesame •Sunflower • _____
		<h3>Green Leafy Vegetables</h3>	
		<ul style="list-style-type: none"> •Chicory •Collards •Endive •Escarole •Lettuce •Kale •Mache •Mustard Greens •Purslane •Radicchio •Spinach •Spring Mix •Swiss chard •Watercress • _____ • _____ • _____ 	<p style="text-align: center;"><u>BEANS</u></p> <ul style="list-style-type: none"> •Aduki •Black Turtle •Fava •Garbanzo •Lentils •Lima •Navy •Pinto •Soybeans <p style="text-align: center;"><u>OTHER</u></p> <p>(limit)</p> <ul style="list-style-type: none"> •Beef •Chicken •Eggs •Fish •Game •Ham •Turkey • _____