





## *Grocery Haul Guide*

List of drinks to drink during program: 	List of drinks to avoid: 
Water Teas Milks Coffee Protein Shakes Fruit Shakes	Alcohol Soda Sugary Beverages

List of foods to eat: 	List of foods to avoid: 
<p><b>Protein:</b></p> Beef Chicken Pork Fish Vegetables Eggs Yogurt Dairy	Fried food Cookies Cakes Sugars Candy Chips Pizza Fast food Pie Bread Tortillas Starch
<p><b>Carbohydrates:</b></p> Fruits Beans Some cereals Oatmeals Pasta Sweet potato	
<p><b>Fats:</b></p> Eggs Some butter Avocado Fish Nut Butter Yogurt	