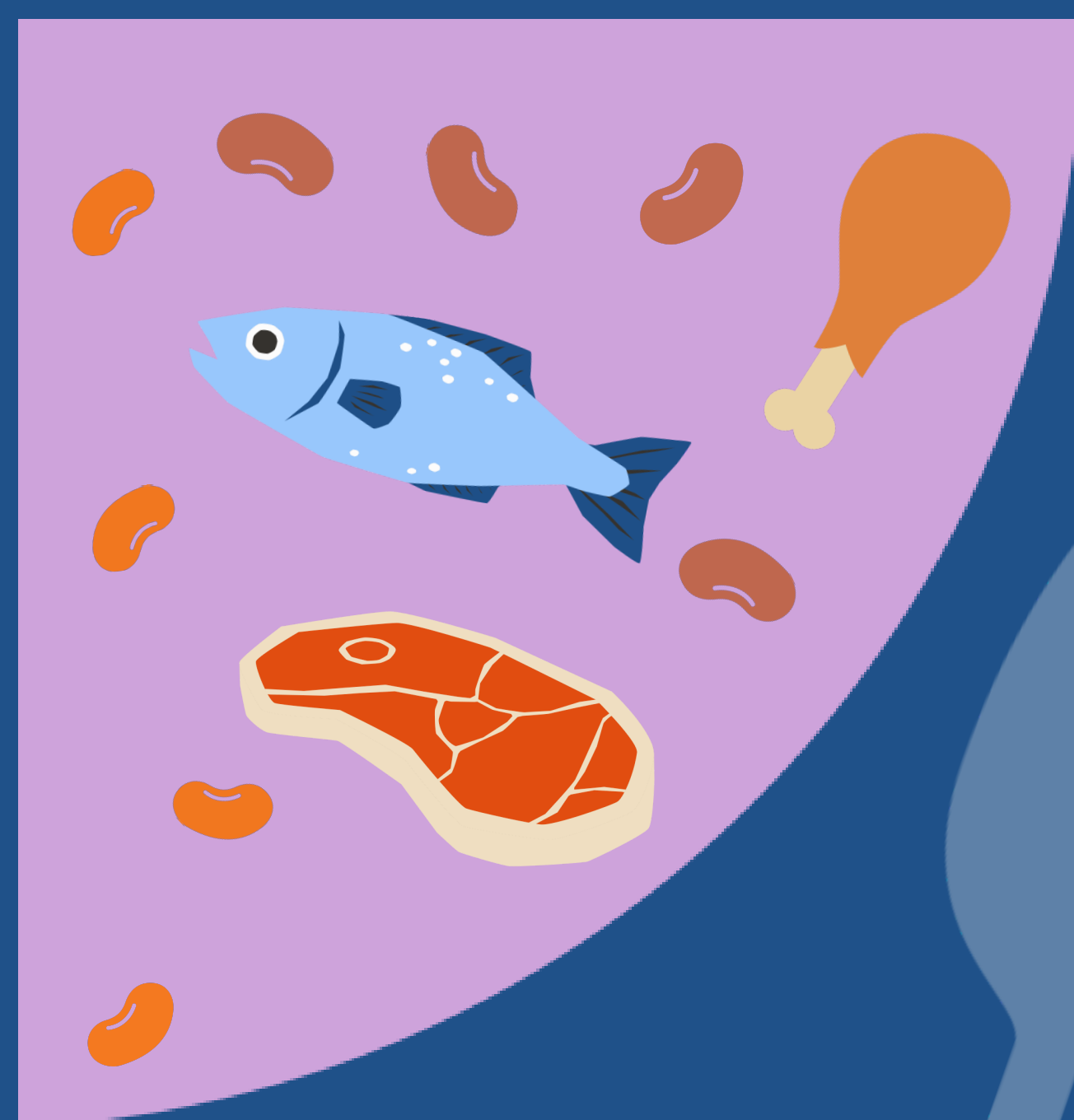


Grocery Checklist

MY PLATE

Fruits
Protein
Vegetables
Grains
Dairy

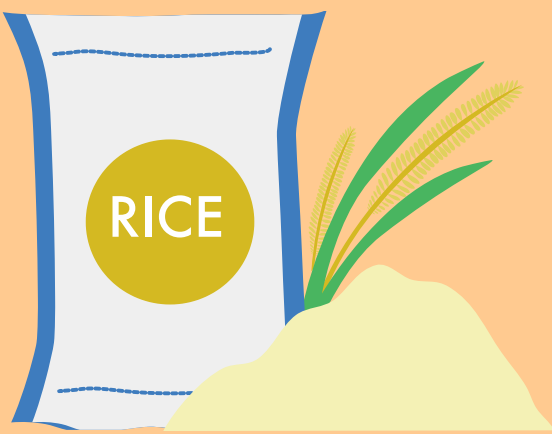


☐

Lettuce

☐☐☐

Rice

☐☐☐☐

Vegetables

Fruits

☐

Avocado

☐☐☐

Dairy

☐

Milk

☐☐

Grains

Protein

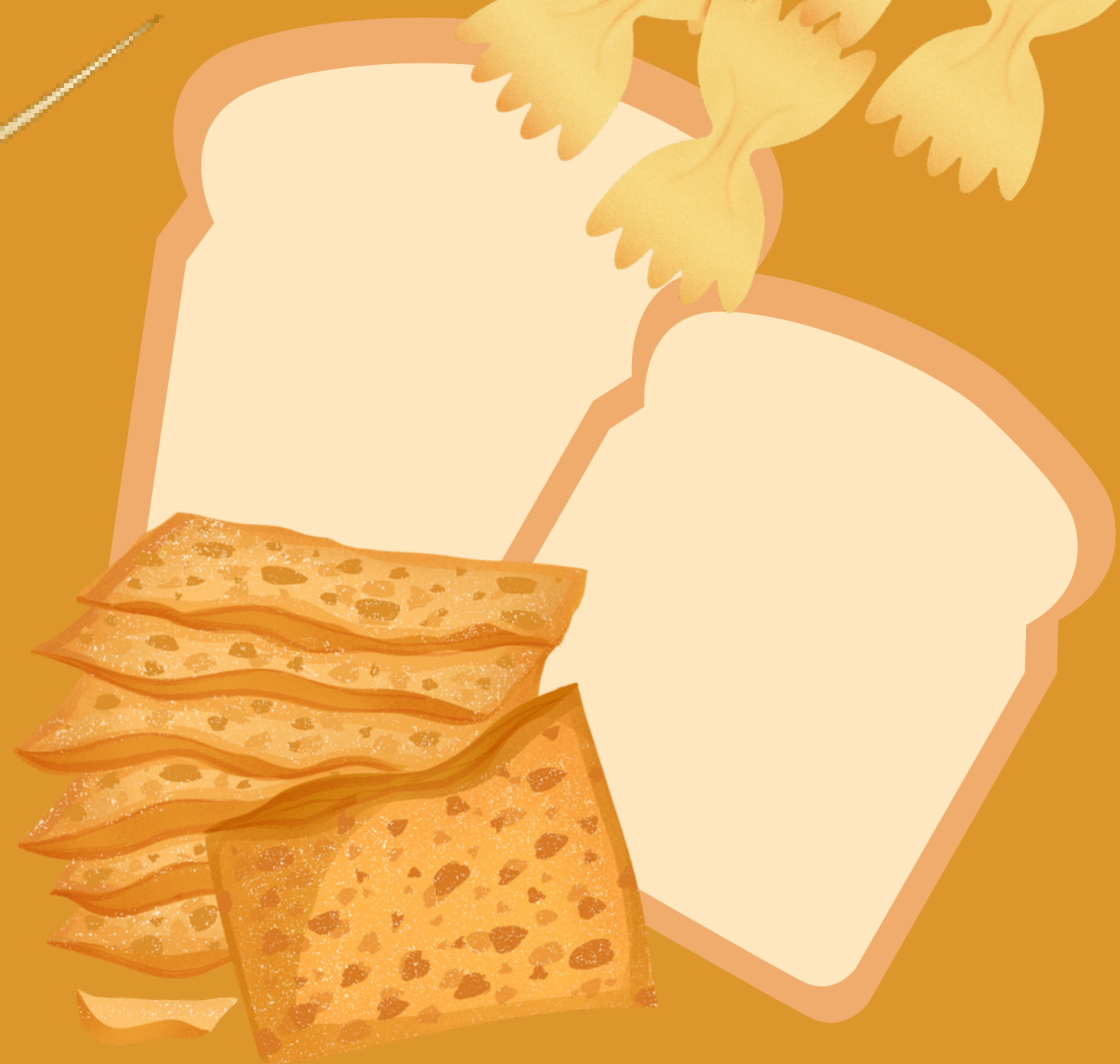
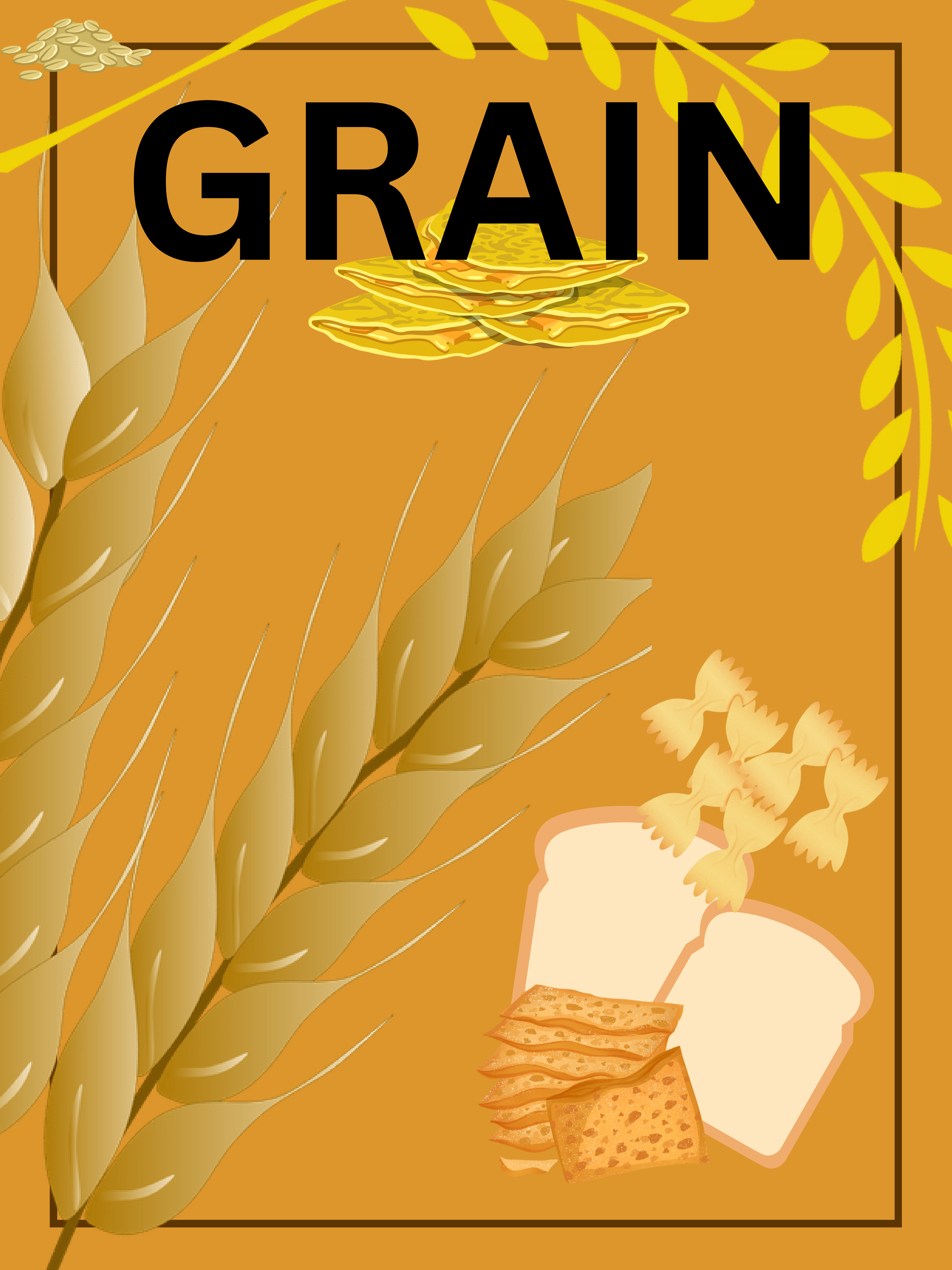
Chicken

☐☐☐☐

FRUIT



GRAIN



DAIRY



VEGGIE



PROTEIN

