



## **A STOCKED KITCHEN:**

- LOTS OF VEGGIES. FRUITS. FRESH HERBS...**
- NUTS. NUT BUTTERS. NUT MILKS**
- EGGS. FULL FAT YOGURT. CHEESES**
- BEEF. CHICKEN. TURKEY. FISH**
- OLIVES. AVOCADOS. HEALTHY OILS**
- BLACK BEANS. CHICKPEAS. LENTILS**
- BROWN RICE. WW PASTA. WW BREADS**
- SAUCES: SPAGHETTI. PESTO. PIZZA**
- KEEP A FEW OF YOUR FAVS TOO!**

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