

# FOOD GROUP CHEAT SHEET

## HIGH PROTEIN



Protein is the body's building block, essential for muscle repair and growth, keeping you strong and fabulous.

Load up on lean meats, fish, eggs, tofu, and legumes to fuel your inner superhero.

## HIGH CARBS



Carbs are your body's primary energy source, giving you the oomph to tackle busy days and energetic kiddos.

Stock up on whole grains, fruits, vegetables, and legumes to keep your engine running smoothly.

## HIGH FATS



Healthy fats are like the VIPs of your diet, boosting brain power, energy, and hormone health.

Think avocados, nuts, seeds, and olive oil – because your body deserves the best kind of luxury.

## VITAMINS



Vitamins are the spark plugs of your body, ensuring everything runs efficiently and you stay in tip-top shape.

Munch on a rainbow of fruits and veggies, nuts, seeds, and dairy to keep your body's lights shining bright.

## HEALTHY SUGAR



Healthy sugars provide quick energy without the crash, keeping your mood and energy levels stable.

Enjoy fruits, honey, and dairy to satisfy your sweet tooth while staying on the healthy track.

## HIGH FIBRE



Fibre is your digestive system's best friend, keeping things moving smoothly and helping you feel full and satisfied.

Feast on whole grains, beans, berries, and leafy greens to keep your tummy happy and your gut in check.

# TFCG

The Friendly Coaching Guy