



# THE TERRIFIC TRIO

## Vegetables - 1 c.

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Asparagus



Peppers



Green beans



Broccoli



Brussel sprouts



Peas



Onions



Zucchini

## Protein - 3 oz.

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Pork chop or tenderloin



Shrimp



Salmon



Steak



Ground beef or turkey



Chicken breast or thigh

## Starches/Carbs - 1 c. (cooked)

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Potatoes



Corn



Pasta



Rice/Quinoa/  
Couscous

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