














Choose one item from each of the Flex groups daily.

FLEX VEGETABLES *(serving size 1/2 cup out of the daily 4-5 cups)*

				
ARTICHOKE	ACORN SQUASH	BEETS	BUTTERNUT SQUASH	CARROTS
				
EDAMAME	FENNEL	KABOCHA SQUASH	LEEKS	PARSNIPS
				
PEAS	PUMPKIN	SWEET POTATO		

FLEX FRUITS *(serving size listed below)*

			
1/4 CUP BLACKBERRIES	1/4 CUP BLUEBERRIES	1/2 CUP CHERRIES	1 SMALL GOLDEN DELICIOUS APPLE
			
1/2 CUP GRAPEFRUIT	1 KIWI	1/4 CUP RASPBERRIES	1/4 CUP STRAWBERRIES

Choose one item from each of the Flex groups daily.

FLEX FATS (serving size listed below)



1/2 MEDIUM HASS AVOCADO



1 OZ CHEESE
(types listed on Flex program)



5-10 GREEN OR BLACK OLIVES



1 OZ MACADAMIA NUTS



1 OZ PECANS



1 OZ WALNUTS



**1 OZ UNSWEETENED
COCONUT FLAKES**



DRIED SEAWEED
(1 GimMe Seaweed Pack)