	☐ ☐ Sweets (occasional)	
	🛘 🖟 Dairy (moderate)	
	🛘 🖟 Seafood & Poultry	
	🛘 🖟 Healthy Fats & Nuts	
	🛮 🖟 Whole Grains & Legumes	
	🛘 🖟 🗗 Fresh Vegetables & Fruit	