

# Your Guide to Nutrition

Use the guide to help meet your health and wellness needs.






**WE DID THE  
WORK FOR YOU!**

**BUILD**  
*your Basket*  
**WITH US!**




**Fill your cart with mostly:**

-  Fresh produce
-  Lean meat & eggs
-  Items that have the Thumbs Up



**Remember:**

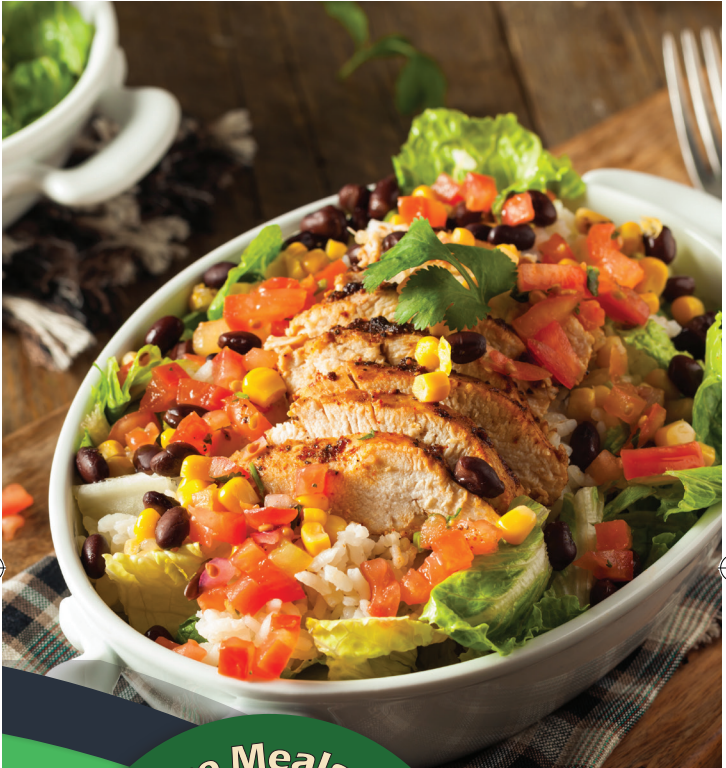
-  It's okay to include a few indulgences & treats.





# "Thumbs Up"

High nutrition quality food  
High performance food



Cook More Meals At Home

THINKING *Outside* THE BOX



Dietitian Approved!

[www.commissaries.com](http://www.commissaries.com)

