

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:

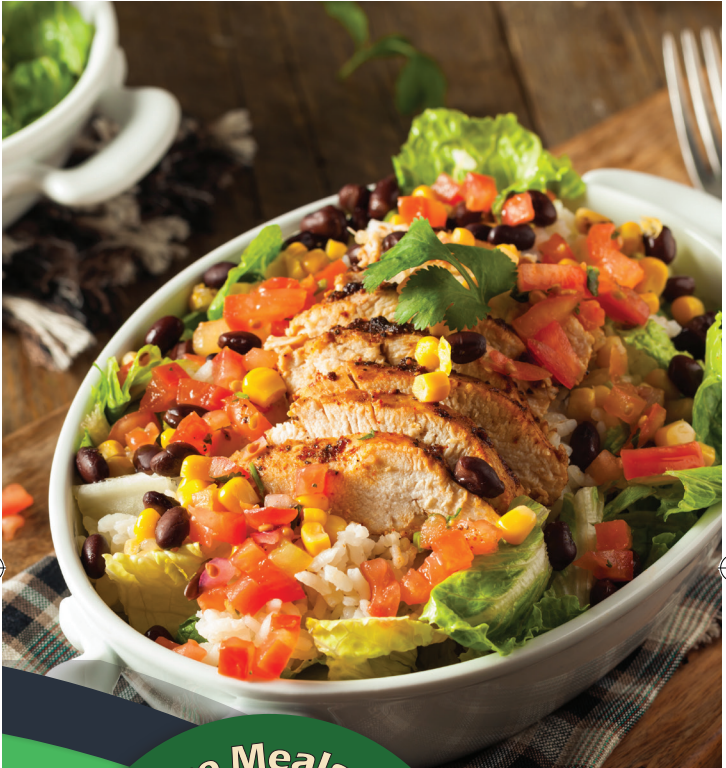
-  It's okay to include a few indulgences & treats.





"Thumbs Up"

High nutrition quality food
High performance food



Cook More Meals At Home

THINKING *Outside* THE BOX



Dietitian Approved!

www.commissaries.com

