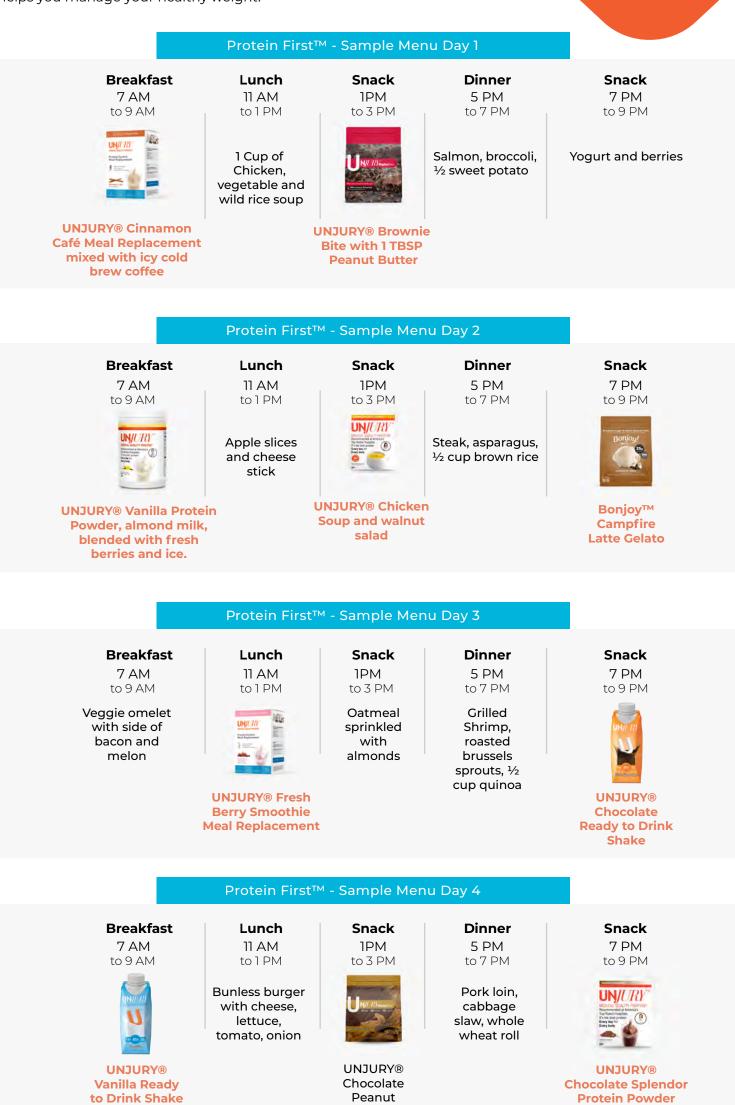
SAMPLE MENUS

UNJURY® recommends Protein FirstTM. Include UNJURY® Protein in your daily routine for weight loss or weight maintenance! Prioritizing protein in your meals helps you feel full and satisfied, helps prevent muscle loss, and helps you manage your healthy weight.



Butter Bite

Fudgesicle

UNJURY

HEALTHY

START

GUIDE

HEALTHY EATING TIPS



Build your meals with a focus on protein, vegetables and fruits.

GROCERY LIST

Lower Carbohydrate Veggies

Lean Proteins

Avoid food with

added sugar.

Limit your intake of

alcoholic beverages.

sweetened and



Bison Chicken Eggs Fish Lean Beef Pork Tenderloin Seafood Tofu Turkey



Asparagus **Bell Peppers** Broccoli **Brussel Sprouts** Cabbage Cauliflower Celery Cucumber Eggplant Green Beans

Kale, Lettuce Mushrooms Onion Radish Spaghetti Squash Spinach Tomato Yellow Squash Zucchini

Lower Carbohydrate Fruits



Apple Blueberry Blackberry Strawberry Raspberry Cantaloupe Honeydew Watermelon

Clementin Grapefruit Kiwi Melon Peach Pear Plum

Healthy Fats



Avocado Nuts Olive Oil Olives Seeds

Dairy Products



Butter Cheese Cottage Cheese Greek Yogurt Kefir Milk Sour Cream

Whole Grains



Barley Brown Rice Buckwheat Corn Oats Quinoa Rye