

• EXAMPLES OF •

# COMPLEX CARBS



## SWEET POTATO

Try steamed or baked with a good protein source



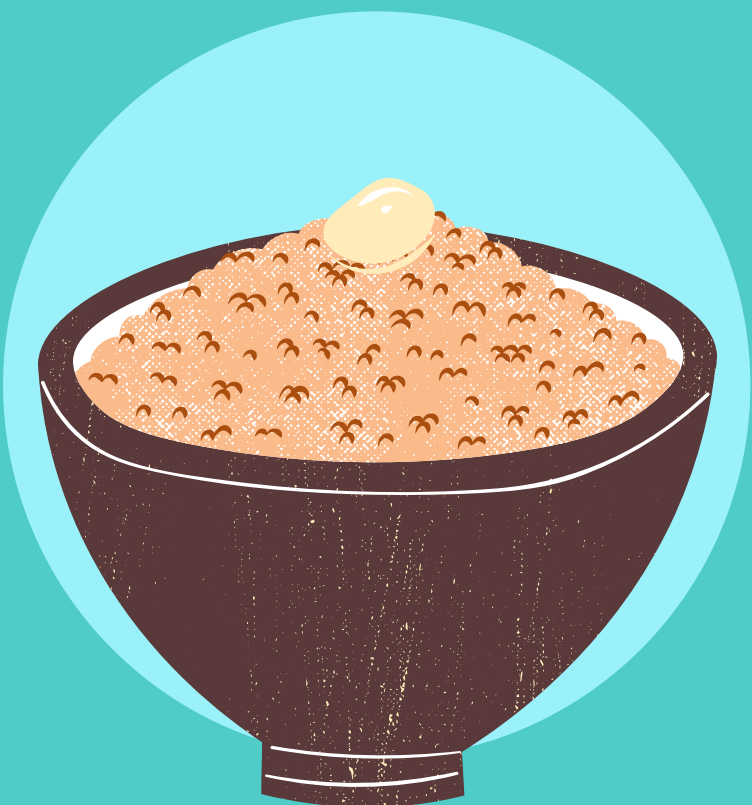
## POTATO

Baked potatoes, roast potatoes, or cold cooked potatoes



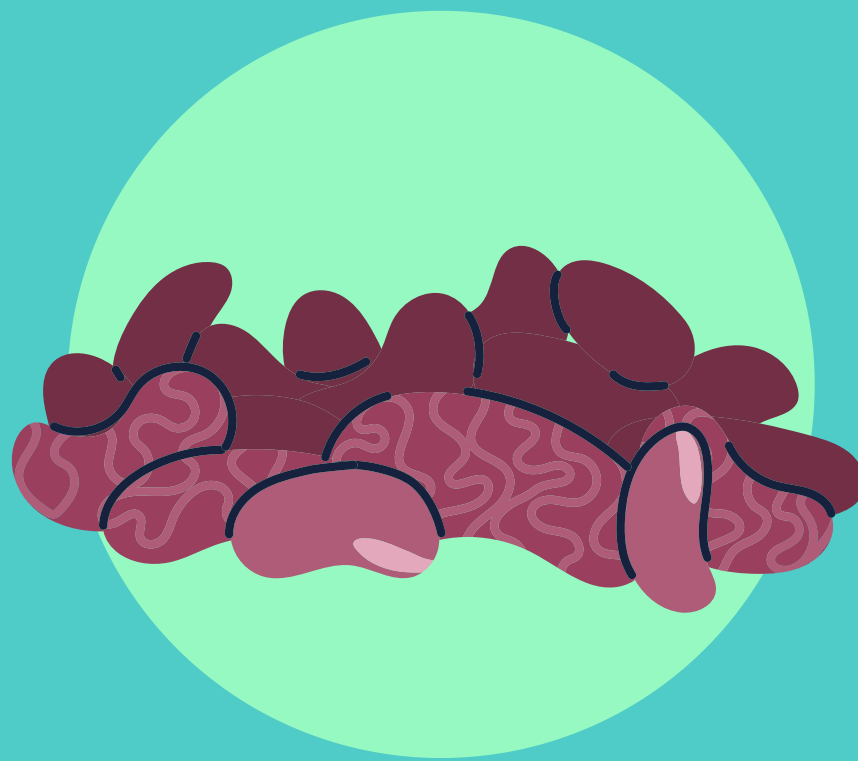
## OATS

Overnight oats make a delicious, healthy breakfast



## BROWN RICE

Full of nutrients! Substitute white rice for brown rice, just takes a little longer to cook



## KIDNEY BEANS

Soak for 6hrs, rinse well, then cook thoroughly, great with Mexican food or casseroles



## BROCCOLI

Roast with garlic and olive oil or steam florets and enjoy