

## Complementary Proteins

Beans/Peas/ Lentils ... with Nuts

Beans/Peas and/Lentils ... with Grains

Beans/Peas/Lentils ... with Seeds

Beans/Peas/Lentils ... with Dairy

Grains... with Dairy

Nuts/Seeds... with Dairy

Nuts/Seeds... with Legumes

Dairy... with Nuts/Seeds and Beans/Peas/Lentils