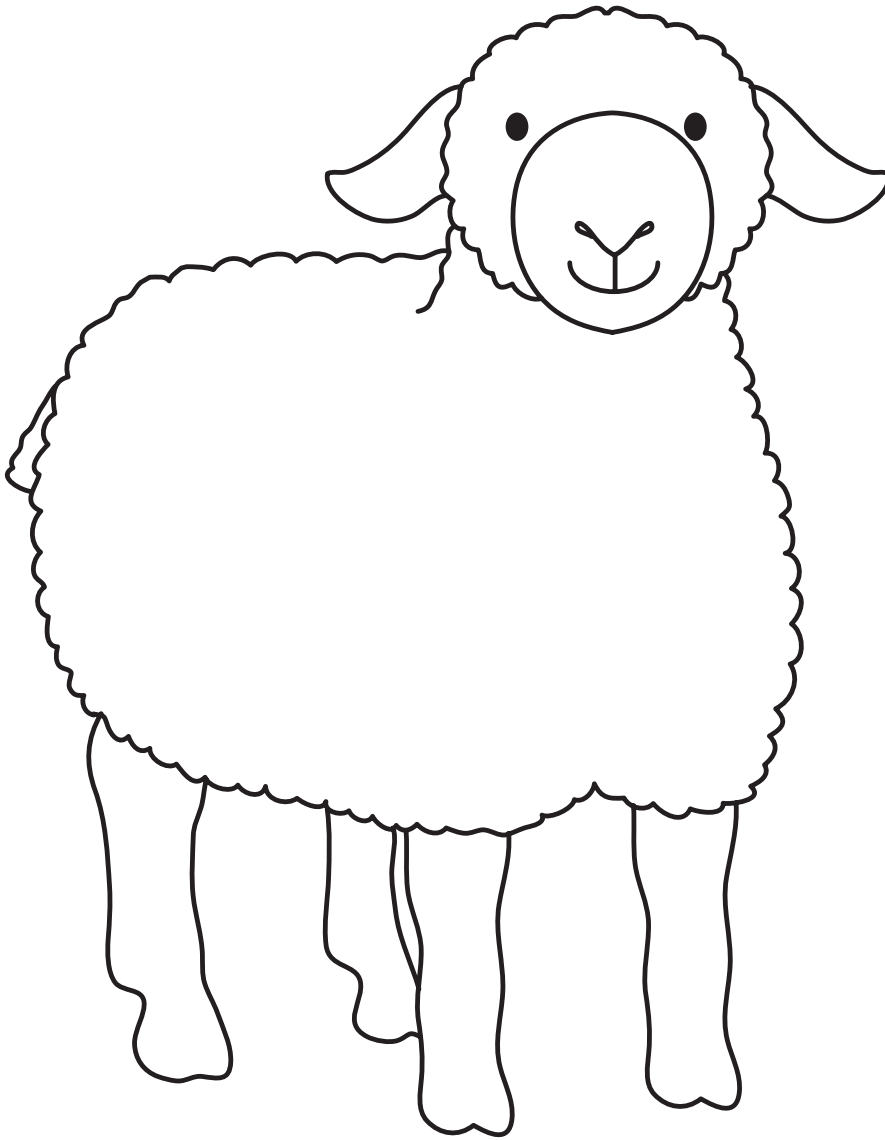
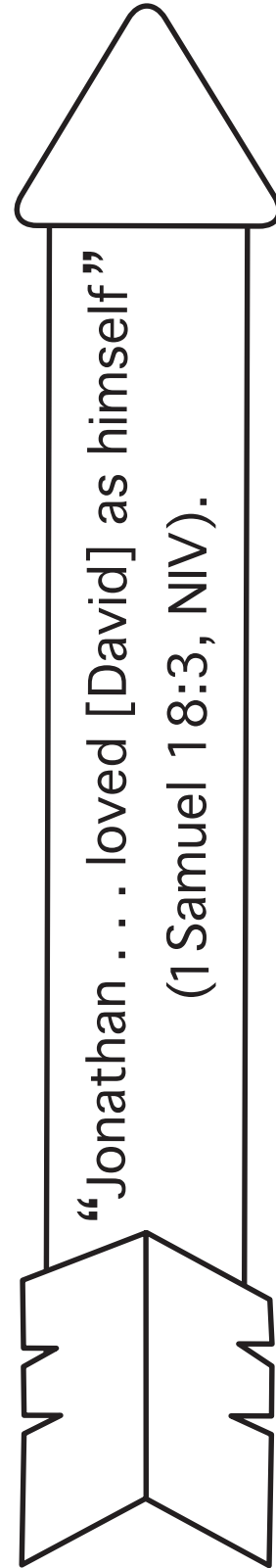


Share the Sheep
Lesson 1 — Sharing the Lesson



Share an Arrow
Lesson 2
Sharing the Lesson



Food Plate
Lesson 5 — Readiness Activity

my Vegetarian *plate*

Keep Moving:
10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.

Vegetables

Proteins

Dairy or equivalent

Fruit

Grains

Think Your Drink:
Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.

Vary the Vegetables
2½ cups daily

Choose More: Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.
Limit: French fries, breaded and fried vegetables.

Feature the Fruits
2 cups daily

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.
Limit: Sweetened juices, fruit pies and tarts with added sugar.

Protect with Proteins
6½ ounces daily

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.
Limit: High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

Go whole Grains
6 ounces daily

Choose More: Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.
Limit: Processed grains, white pasta and rice, refined crackers, cereals and pastries.

Calcium-rich Dairy & Equivalents
3 cups daily

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.
Limit: Whole-fat dairy such as milk, ice cream, cheese and cream.

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Good Choices Badge
Lesson 5 — Sharing the Lesson

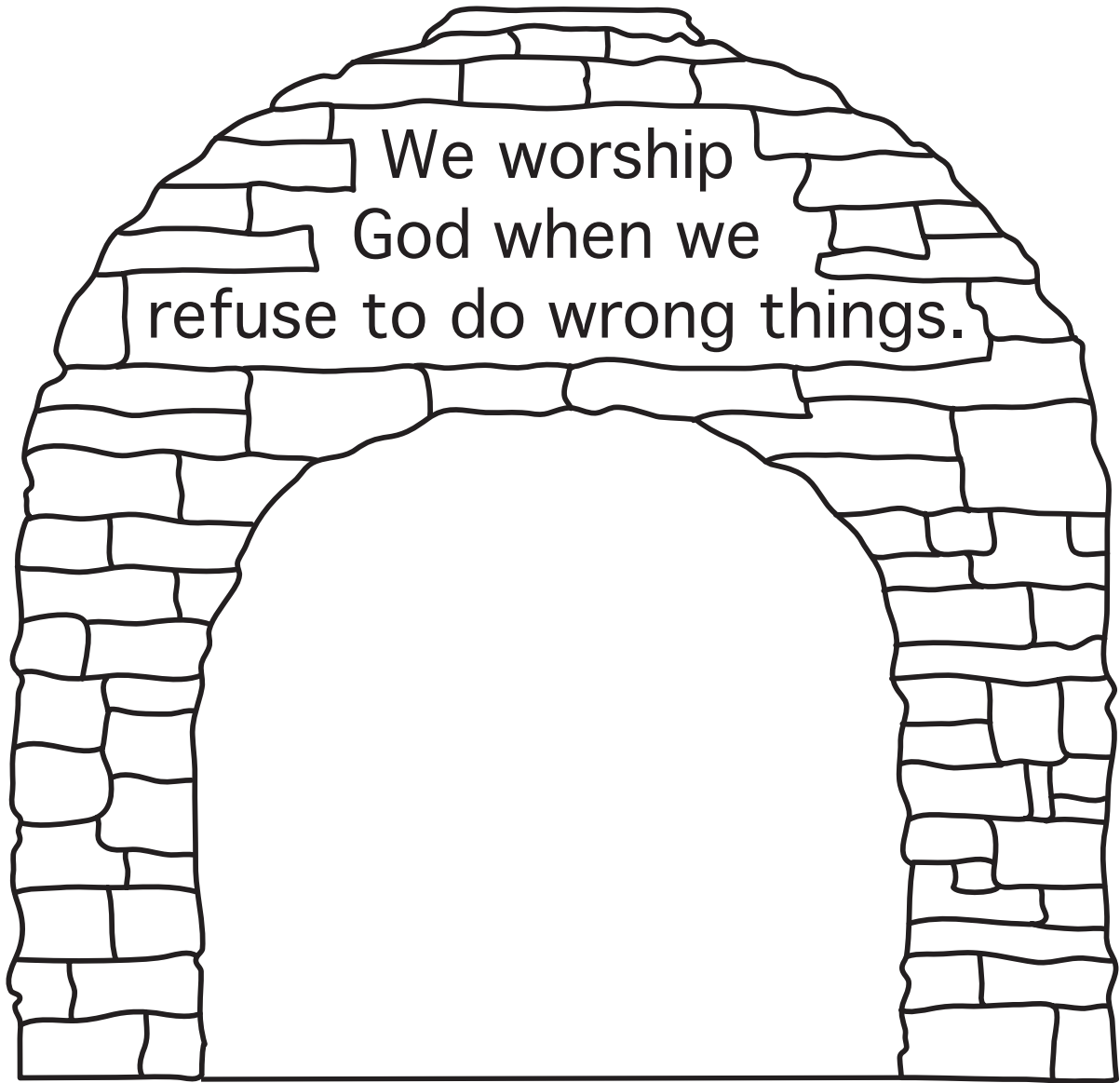


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Jesus at the Door
Lesson 6 — Sharing the Lesson



Fiery Furnace Pattern
Lesson 7 — Sharing the Lesson

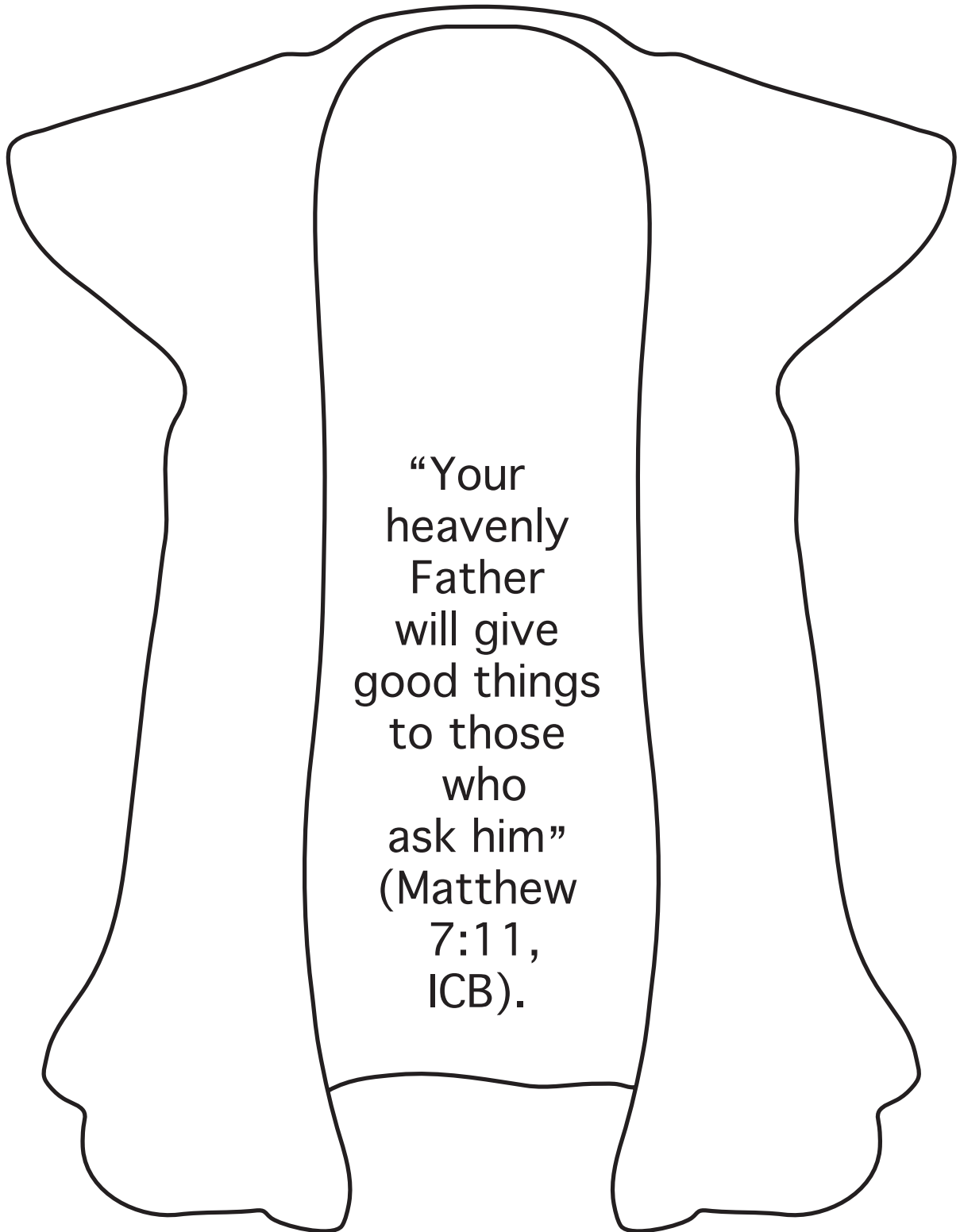


Only One Color
Lesson 9 — Readiness Activity

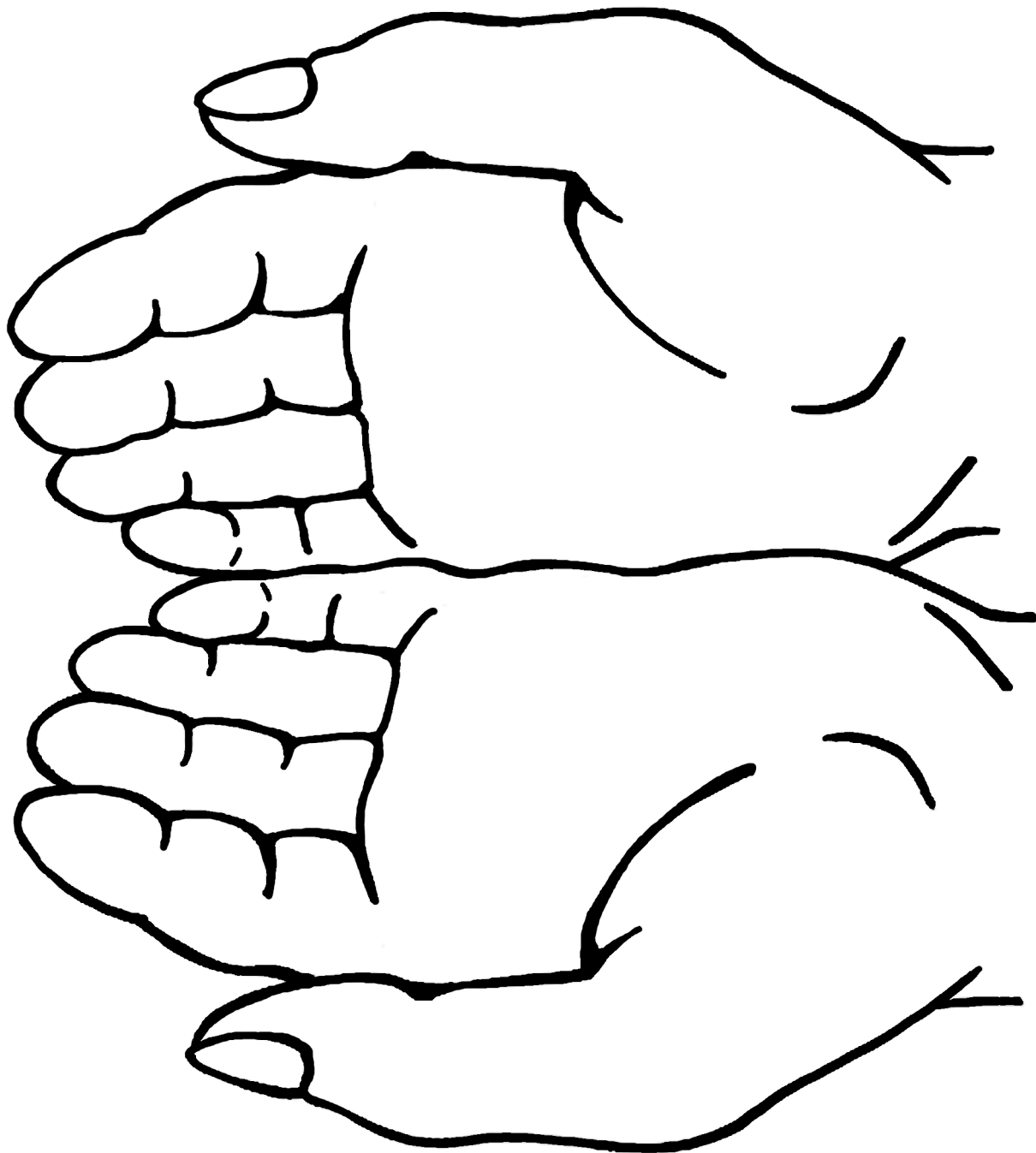


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Fancy Coat Pattern
Lesson 9 — Sharing the Lesson

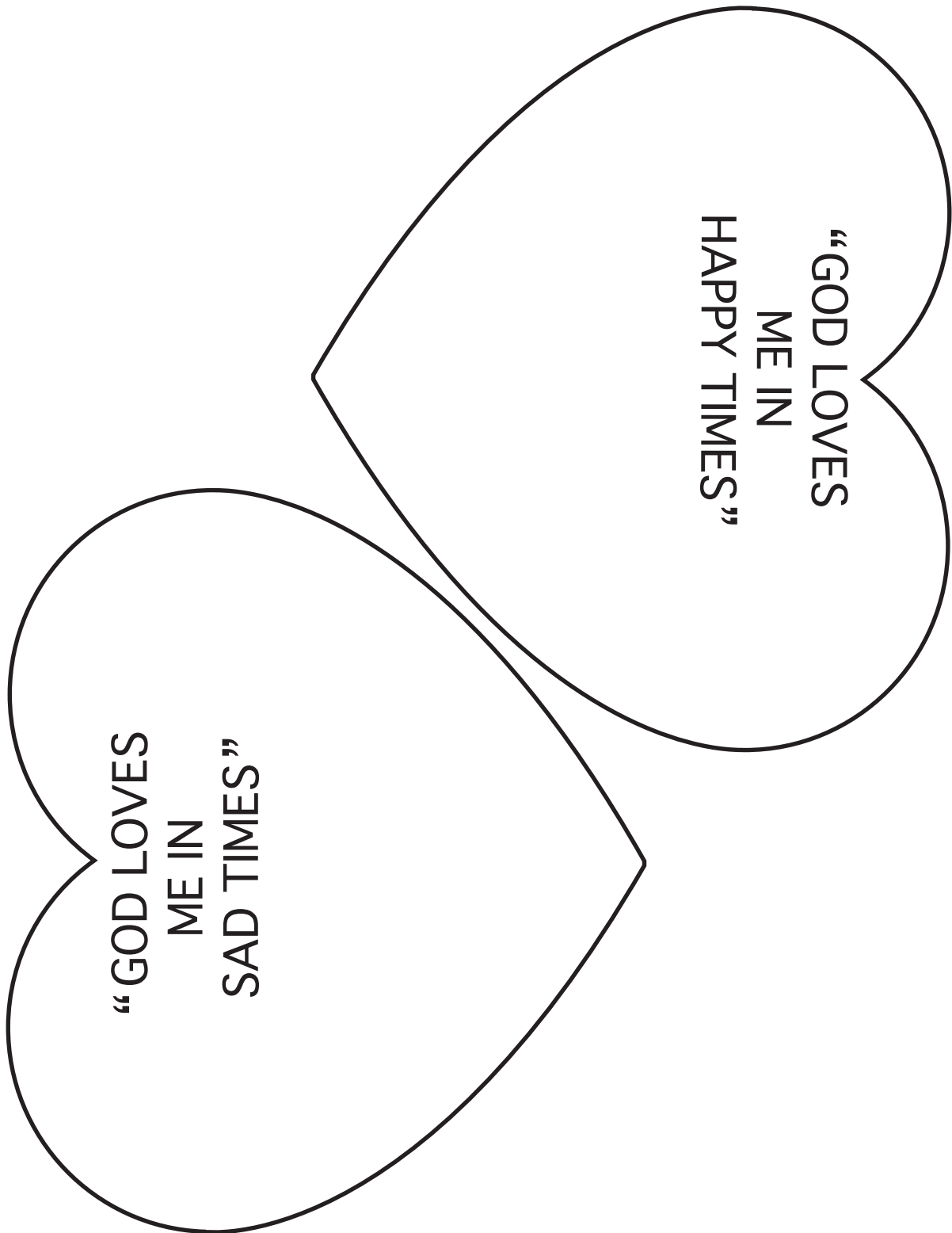


In God's Hands
Lesson 10 — Sharing the Lesson



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Happy/Sad Hearts
Lesson 11 — Sharing the Lesson



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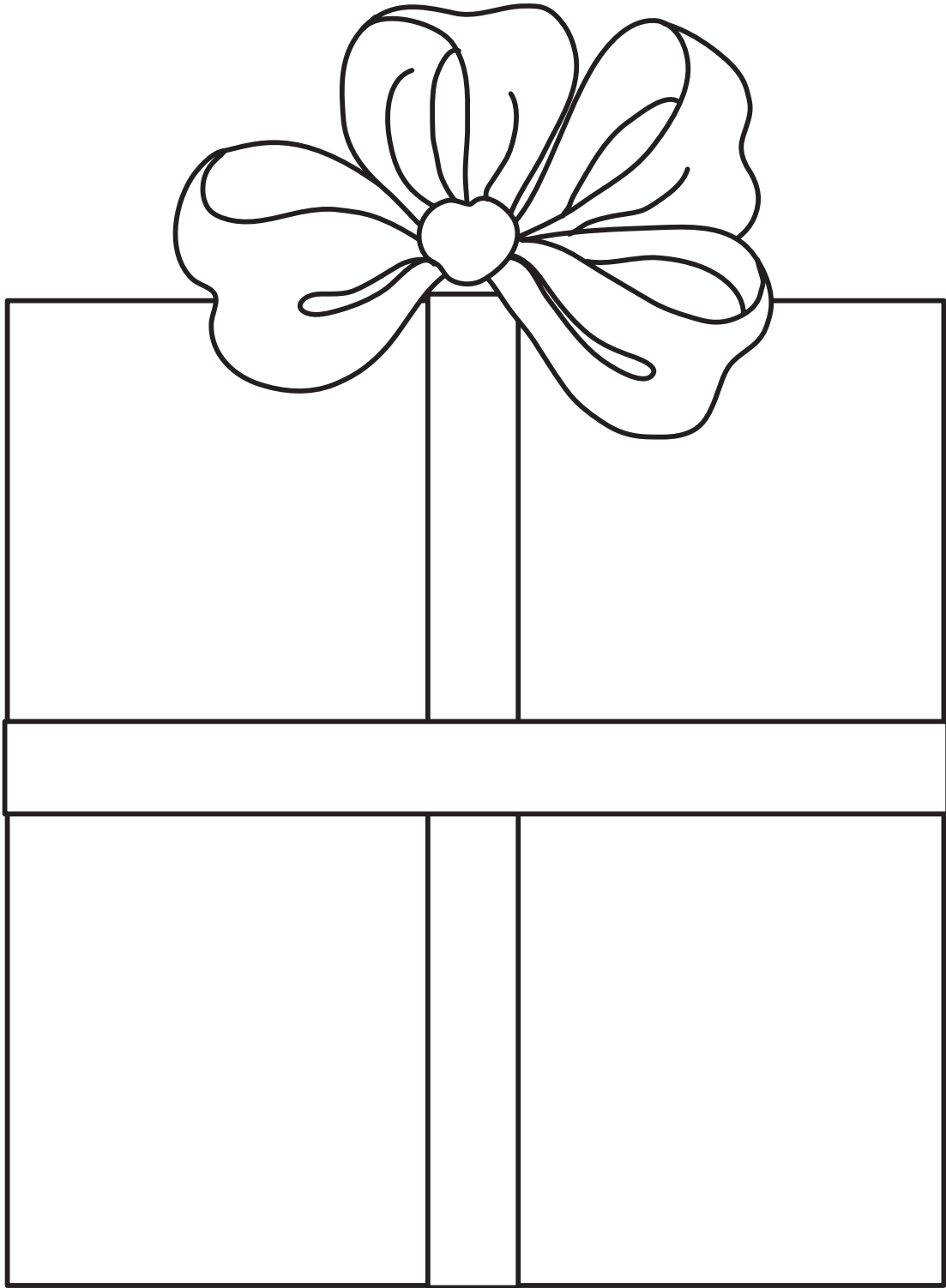
Joseph's Chain
Lesson 12 — Sharing the Lesson

“I
cannot
do
it, . . .
but
God
will.”
Genesis 41:16

God
can
help
us
do
anything.

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God's Gift to You
Lesson 13 — Sharing the Lesson



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