



THANK YOU FOR FEEDING COMPLETE CARE!

We are excited to meet with you and we can't thank you enough for offering to feed our team as part of that meeting! One of the primary tenets of our clinic is based on providing nutrition education to our patients and our team, along with healthy food options whenever possible. To do this we ask that anyone providing food to share with our team follow a few basic principles that match our nutrition philosophy. We hope you find the following list helpful.

WE LOVE:

Lean Meats
Fish
Veggies
Fruits
Nuts (Except Peanuts)
Salsas



WE AVOID:

Grains (Breads, Corn, Rice)
Dairy Products
Soy Products
Sugars/Artificial
Sweeteners

We recognize that these specific nutrition guidelines may be difficult to follow when feeding a group of people. If you feel it would not be feasible to adhere to the above list, we are still very happy to meet with you without lunch provided.

Thank you again and please feel free to reach out if you have any questions!
541-773-9772