



United States Department of Agriculture “My Plate” Guidelines
<http://www.choosemyplate.gov/food-groups/>

USDA “My Plate” – 10 Tips, general
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>

USDA “My Plate” – Build a Healthy Meal
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>

USDA “My Plate” – Eating Better on A Budget
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>

Grocery Lists – free downloads
<http://www.grocerylists.org/ultimatest/>

Recipes; healthy, fairly simple to prepare
<http://allrecipes.com/>

Recipes with Coordinated Grocery Lists
<http://orgjunkie.com/menu-plan-monday-guidelines/recipe-index-with-printable-grocery-lists>