

### Grain Group

- | <input checked="" type="checkbox"/> | Qty.  |                           |
|-------------------------------------|-------|---------------------------|
| <input type="checkbox"/>            | _____ | Bagels                    |
| <input type="checkbox"/>            | _____ | Cheerios                  |
| <input type="checkbox"/>            | _____ | Rye bread                 |
| <input type="checkbox"/>            | _____ | Long grain brown rice     |
| <input type="checkbox"/>            | _____ | Mini rice cakes           |
| <input type="checkbox"/>            | _____ | French bread              |
| <input type="checkbox"/>            | _____ | Burrito bread             |
| <input type="checkbox"/>            | _____ | Whole wheat bun           |
| <input type="checkbox"/>            | _____ | Wheat bread               |
| <input type="checkbox"/>            | _____ | Pancakes (or pancake mix) |
| <input type="checkbox"/>            | _____ | Couscous                  |
| <input type="checkbox"/>            | _____ | Bagel Chips               |

### Dairy Products

- | <input checked="" type="checkbox"/> | Qty.  |                                 |
|-------------------------------------|-------|---------------------------------|
| <input type="checkbox"/>            | _____ | Skim milk                       |
| <input type="checkbox"/>            | _____ | Nonfat yogurt                   |
| <input type="checkbox"/>            | _____ | Low fat cream cheese            |
| <input type="checkbox"/>            | _____ | Low fat cheddar cheese          |
| <input type="checkbox"/>            | _____ | Low fat cottage cheese          |
| <input type="checkbox"/>            | _____ | Provolone cheese                |
| <input type="checkbox"/>            | _____ | Whipped butter (or Heart Smart) |
| <input type="checkbox"/>            | _____ | Low fat Swiss cheese            |
| <input type="checkbox"/>            | _____ | Shredded mozzarella             |

### Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty.  |                 |
|-------------------------------------|-------|-----------------|
| <input type="checkbox"/>            | _____ | Orange juice    |
| <input type="checkbox"/>            | _____ | Cranberry juice |
| <input type="checkbox"/>            | _____ | Apple juice     |
| <input type="checkbox"/>            | _____ | Strawberries    |
| <input type="checkbox"/>            | _____ | Grapes          |
| <input type="checkbox"/>            | _____ | Grapefruit      |
| <input type="checkbox"/>            | _____ | Raspberries     |
| <input type="checkbox"/>            | _____ | Tangerine       |
| <input type="checkbox"/>            | _____ | Apples          |
| <input type="checkbox"/>            | _____ | Banana          |
| <input type="checkbox"/>            | _____ | Peaches         |

### Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty.  |                             |
|-------------------------------------|-------|-----------------------------|
| <input type="checkbox"/>            | _____ | Peanut butter               |
| <input type="checkbox"/>            | _____ | Slivered almonds            |
| <input type="checkbox"/>            | _____ | Pistachio nuts              |
| <input type="checkbox"/>            | _____ | Sunflower seeds             |
| <input type="checkbox"/>            | _____ | Eggs/Egg beaters            |
| <input type="checkbox"/>            | _____ | Vegetarian chili            |
| <input type="checkbox"/>            | _____ | Cod or haddock              |
| <input type="checkbox"/>            | _____ | Chicken or turkey breast    |
| <input type="checkbox"/>            | _____ | Tuna (canned)               |
| <input type="checkbox"/>            | _____ | Minestrone soup             |
| <input type="checkbox"/>            | _____ | Three bean salad            |
| <input type="checkbox"/>            | _____ | Morningstar breakfast links |
| <input type="checkbox"/>            | _____ | Morningstar "chix patties"  |
| <input type="checkbox"/>            | _____ | Garbanzo beans (chick peas) |
| <input type="checkbox"/>            | _____ | Ground turkey               |
| <input type="checkbox"/>            | _____ | Nitrotech Shake             |

### Miscellaneous

- | <input checked="" type="checkbox"/> | Qty.  |                        |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/>            | _____ | Salsa                  |
| <input type="checkbox"/>            | _____ | Flavored seltzer water |
| <input type="checkbox"/>            | _____ | Herbal tea             |
| <input type="checkbox"/>            | _____ | Olive oil              |
| <input type="checkbox"/>            | _____ | Red vinegar            |
| <input type="checkbox"/>            | _____ | Reduced fat mayo       |
| <input type="checkbox"/>            | _____ | Low fat salad dressing |
| <input type="checkbox"/>            | _____ | Green & black olives   |
| <input type="checkbox"/>            | _____ | Wheat germ             |
| <input type="checkbox"/>            | _____ | Balance or Zone Bar    |

### Vegetables

- | <input checked="" type="checkbox"/> | Qty.  |                        |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/>            | _____ | Carrots                |
| <input type="checkbox"/>            | _____ | Broccoli               |
| <input type="checkbox"/>            | _____ | Cucumbers              |
| <input type="checkbox"/>            | _____ | Sweet potato           |
| <input type="checkbox"/>            | _____ | Asparagus              |
| <input type="checkbox"/>            | _____ | Lettuce (salad greens) |
| <input type="checkbox"/>            | _____ | Fresh leaf spinach     |
| <input type="checkbox"/>            | _____ | Avocado (or Guacamole) |
| <input type="checkbox"/>            | _____ | Tomato                 |
| <input type="checkbox"/>            | _____ | Snow peas              |
| <input type="checkbox"/>            | _____ | V8 vegetable juice     |