

**Grain Group**

- | <input checked="" type="checkbox"/> | Qty. |                                 |
|-------------------------------------|------|---------------------------------|
| <input type="checkbox"/>            |      | Carnation Instant Breakfast bar |
| <input type="checkbox"/>            |      | Granola cereal                  |
| <input type="checkbox"/>            |      | Oatmeal                         |
| <input type="checkbox"/>            |      | Rice cakes                      |
| <input type="checkbox"/>            |      | English muffin                  |
| <input type="checkbox"/>            |      | Bagels                          |
| <input type="checkbox"/>            |      | Nutri Grain waffles             |
| <input type="checkbox"/>            |      | Blueberry muffins               |
| <input type="checkbox"/>            |      | Whole wheat bread               |
| <input type="checkbox"/>            |      | Oyster crackers                 |
| <input type="checkbox"/>            |      | Whole wheat pita bread          |
| <input type="checkbox"/>            |      | Long grain brown rice           |
| <input type="checkbox"/>            |      | Tabouli                         |
| <input type="checkbox"/>            |      | Couscous                        |
| <input type="checkbox"/>            |      | Potatoes                        |
| <input type="checkbox"/>            |      | Wheat germ                      |
| <input type="checkbox"/>            |      | Corn (frozen or canned)         |

**Dairy Products**

- | <input checked="" type="checkbox"/> | Qty. |                                 |
|-------------------------------------|------|---------------------------------|
| <input type="checkbox"/>            |      | Skim milk                       |
| <input type="checkbox"/>            |      | Low fat 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"/>            |      | Monterey Jack cheese            |
| <input type="checkbox"/>            |      | Whipped butter (or Heart Smart) |
| <input type="checkbox"/>            |      | Feta cheese                     |
| <input type="checkbox"/>            |      | Shredded mozzarella             |
| <input type="checkbox"/>            |      | Egg/egg beaters                 |

**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"/>            |      | Applesauce          |
| <input type="checkbox"/>            |      | Apples              |
| <input type="checkbox"/>            |      | Grapefruit          |
| <input type="checkbox"/>            |      | Red or green grapes |
| <input type="checkbox"/>            |      | Peaches             |
| <input type="checkbox"/>            |      | Tangerine           |

**Meat/poultry/fish/alternatives**

- | <input checked="" type="checkbox"/> | Qty. |                               |
|-------------------------------------|------|-------------------------------|
| <input type="checkbox"/>            |      | Peanut butter                 |
| <input type="checkbox"/>            |      | Chopped almonds               |
| <input type="checkbox"/>            |      | Sunflower seeds               |
| <input type="checkbox"/>            |      | Red kidney beans              |
| <input type="checkbox"/>            |      | Vegetarian chili              |
| <input type="checkbox"/>            |      | Hummus                        |
| <input type="checkbox"/>            |      | Ham (deli, ham)               |
| <input type="checkbox"/>            |      | Canadian bacon                |
| <input type="checkbox"/>            |      | Morningstar breakfast links   |
| <input type="checkbox"/>            |      | Morningstar breakfast patties |
| <input type="checkbox"/>            |      | Chicken breast                |
| <input type="checkbox"/>            |      | Turkey (slice, deli)          |
| <input type="checkbox"/>            |      | Tuna (canned, rinsed)         |
| <input type="checkbox"/>            |      | Cod or haddock                |
| <input type="checkbox"/>            |      | Salmon                        |
| <input type="checkbox"/>            |      | Nitrotech Shake               |

**Miscellaneous**

- | <input checked="" type="checkbox"/> | Qty. |                          |
|-------------------------------------|------|--------------------------|
| <input type="checkbox"/>            |      | New England clam chowder |
| <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"/>            |      | Salsa                    |
| <input type="checkbox"/>            |      | Tomato soup              |
| <input type="checkbox"/>            |      | Olives (green, black)    |
| <input type="checkbox"/>            |      | Balance or Zone Bar      |

**Vegetables**

- | <input checked="" type="checkbox"/> | Qty. |                        |
|-------------------------------------|------|------------------------|
| <input type="checkbox"/>            |      | Avocado (or Guacamole) |
| <input type="checkbox"/>            |      | Artichokes             |
| <input type="checkbox"/>            |      | Broccoli               |
| <input type="checkbox"/>            |      | Carrots/baby carrots   |
| <input type="checkbox"/>            |      | Cucumbers              |
| <input type="checkbox"/>            |      | Celery stalks          |
| <input type="checkbox"/>            |      | Green beans            |
| <input type="checkbox"/>            |      | Lettuce (salad greens) |
| <input type="checkbox"/>            |      | Mushrooms              |
| <input type="checkbox"/>            |      | Snow peas              |
| <input type="checkbox"/>            |      | Spinach                |
| <input type="checkbox"/>            |      | V8 vegetable juice     |