

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------------|
| <input type="checkbox"/> | | Oatmeal |
| <input type="checkbox"/> | | Post Grape Nut cereal |
| <input type="checkbox"/> | | Bagel, bran |
| <input type="checkbox"/> | | English muffin |
| <input type="checkbox"/> | | Aunt Jemima Blueberry waffles |
| <input type="checkbox"/> | | Rye bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Mini rice cakes, cheddar |
| <input type="checkbox"/> | | Pasta |
| <input type="checkbox"/> | | Macaroni noodles |
| <input type="checkbox"/> | | Couscous |
| <input type="checkbox"/> | | Hummus |
| <input type="checkbox"/> | | Tabouli |
| <input type="checkbox"/> | | Tortilla |
| <input type="checkbox"/> | | Flax seed |
| <input type="checkbox"/> | | Spinach pasta |

Dairy Products

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

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | | | |
|-------------------------------------|------|----------------------------|--------------------------|-------------------|
| <input type="checkbox"/> | | Blueberries | <input type="checkbox"/> | Peaches |
| <input type="checkbox"/> | | Oranges | <input type="checkbox"/> | Tangerine |
| <input type="checkbox"/> | | Orange juice | <input type="checkbox"/> | Dried cranberries |
| <input type="checkbox"/> | | Cranberry Juice | <input type="checkbox"/> | Bananas |
| <input type="checkbox"/> | | Apple Juice | <input type="checkbox"/> | Kiwi |
| <input type="checkbox"/> | | Applesauce | <input type="checkbox"/> | Pear |
| <input type="checkbox"/> | | Apples | <input type="checkbox"/> | Strawberries |
| <input type="checkbox"/> | | Grapefruit (pink or white) | <input type="checkbox"/> | Dates |
| <input type="checkbox"/> | | Red or green grapes | | |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------------------------|
| <input type="checkbox"/> | | Slivered almonds |
| <input type="checkbox"/> | | Reduced fat peanut butter |
| <input type="checkbox"/> | | Soybeans, dry roasted |
| <input type="checkbox"/> | | Walnuts, chopped |
| <input type="checkbox"/> | | Pistachio nuts, dry roasted |
| <input type="checkbox"/> | | Sunflower seeds, dry roasted |
| <input type="checkbox"/> | | Turkey or chicken breast, deli |
| <input type="checkbox"/> | | Tuna, canned, rinsed |
| <input type="checkbox"/> | | Sardines, canned |
| <input type="checkbox"/> | | Salmon |
| <input type="checkbox"/> | | Chicken breasts |
| <input type="checkbox"/> | | Morningstar breakfast strips |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-----------------------------|
| <input type="checkbox"/> | | New England Clam Chowder |
| <input type="checkbox"/> | | Vegetable soup |
| <input type="checkbox"/> | | Tomato soup |
| <input type="checkbox"/> | | Olive oil |
| <input type="checkbox"/> | | Reduced fat mayo |
| <input type="checkbox"/> | | Low fat salad dressing |
| <input type="checkbox"/> | | Green & Black olives |
| <input type="checkbox"/> | | Salsa |
| <input type="checkbox"/> | | Olives (green, black) |
| <input type="checkbox"/> | | Herbal teas |
| <input type="checkbox"/> | | Seltzer water, flavored |
| <input type="checkbox"/> | | V8 vegetable juice |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | | | |
|-------------------------------------|------|------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | | Avocado (or Guacamole) | <input type="checkbox"/> | Spinach leaves |
| <input type="checkbox"/> | | Artichokes | <input type="checkbox"/> | Sweet potato (starchy veg) |
| <input type="checkbox"/> | | Broccoli | <input type="checkbox"/> | Tomato |
| <input type="checkbox"/> | | Carrots/baby carrots | <input type="checkbox"/> | V8 vegetable juice |
| <input type="checkbox"/> | | Cucumbers | <input type="checkbox"/> | Onions |
| <input type="checkbox"/> | | Celery stalks | <input type="checkbox"/> | Bell pepper (red or green) |
| <input type="checkbox"/> | | Green beans | <input type="checkbox"/> | Asparagus |
| <input type="checkbox"/> | | Lettuce (Salad greens) | | |
| <input type="checkbox"/> | | Mushrooms | | |
| <input type="checkbox"/> | | Snow peas | | |