

### Grain Group

- Qty.
- \_\_\_\_\_ Oatmeal
  - \_\_\_\_\_ Cream of Wheat cereal
  - \_\_\_\_\_ Multigrain or bran waffle
  - \_\_\_\_\_ English muffin
  - \_\_\_\_\_ Granola cereal
  - \_\_\_\_\_ Rye bread
  - \_\_\_\_\_ Whole wheat pita bread
  - \_\_\_\_\_ Whole wheat bread
  - \_\_\_\_\_ Multigrain crackers
  - \_\_\_\_\_ Rice cakes, whole grain
  - \_\_\_\_\_ Wheat germ
  - \_\_\_\_\_ Flax seed
  - \_\_\_\_\_ New potatoes
  - \_\_\_\_\_ Corn on the cob

### Meat/poultry/fish/alternatives

- Qty.
- \_\_\_\_\_ Slivered almonds
  - \_\_\_\_\_ Peanut butter
  - \_\_\_\_\_ Almond butter
  - \_\_\_\_\_ Mixed nuts
  - \_\_\_\_\_ Black walnuts, chopped
  - \_\_\_\_\_ Sunflower seeds
  - \_\_\_\_\_ Turkey or chicken breast, deli
  - \_\_\_\_\_ Tuna, canned, rinsed
  - \_\_\_\_\_ Shrimp
  - \_\_\_\_\_ Salmon
  - \_\_\_\_\_ Chicken breasts
  - \_\_\_\_\_ Morningstar breakfast links
  - \_\_\_\_\_ Canadian bacon
  - \_\_\_\_\_ Black beans
  - \_\_\_\_\_ Nitrotech Shake

### Dairy Products

- Qty.
- \_\_\_\_\_ Skim milk/low fat milk
  - \_\_\_\_\_ Low fat yogurt
  - \_\_\_\_\_ Low fat cream cheese
  - \_\_\_\_\_ Low fat cheddar cheese
  - \_\_\_\_\_ Low fat cottage cheese
  - \_\_\_\_\_ Diet margarine (or Heart Smart)
  - \_\_\_\_\_ Shredded mozzarella
  - \_\_\_\_\_ Low fat Swiss cheese
  - \_\_\_\_\_ Egg/egg beaters
  - \_\_\_\_\_ Pudding, chocolate

### Miscellaneous

- Qty.
- \_\_\_\_\_ New England clam chowder
  - \_\_\_\_\_ Minestrone soup
  - \_\_\_\_\_ Cream of asparagus soup
  - \_\_\_\_\_ Lentil soup
  - \_\_\_\_\_ Chicken noodle soup
  - \_\_\_\_\_ Low fat salad dressing
  - \_\_\_\_\_ Reduced fat mayo
  - \_\_\_\_\_ Salsa
  - \_\_\_\_\_ Balance or Zone Bar
  - \_\_\_\_\_ Olives (green, black)
  - \_\_\_\_\_ Olive oil
  - \_\_\_\_\_ Seltzer water, flavored
  - \_\_\_\_\_ V8 vegetable juice
  - \_\_\_\_\_ Herbal teas
  - \_\_\_\_\_ Power Bar, peanut butter
  - \_\_\_\_\_ Brownies

### Fruits and Fruit Juices

- Qty.
- \_\_\_\_\_ Blueberries
  - \_\_\_\_\_ Oranges
  - \_\_\_\_\_ Orange juice
  - \_\_\_\_\_ Grapefruit juice
  - \_\_\_\_\_ Grape juice
  - \_\_\_\_\_ Applesauce
  - \_\_\_\_\_ Pear
  - \_\_\_\_\_ Grapefruit (pink or white)
  - \_\_\_\_\_ Red or green grapes
  - \_\_\_\_\_ Bananas
  - \_\_\_\_\_ Kiwi
  - \_\_\_\_\_ Cantaloupe
  - \_\_\_\_\_ Strawberries
  - \_\_\_\_\_ Kiwi
  - \_\_\_\_\_ Pear
  - \_\_\_\_\_ Strawberries

### Vegetables

- Qty.
- \_\_\_\_\_ Avocado (or Guacamole)
  - \_\_\_\_\_ Artichokes
  - \_\_\_\_\_ Broccoli
  - \_\_\_\_\_ Carrots/baby carrots
  - \_\_\_\_\_ Cucumbers
  - \_\_\_\_\_ Celery stalks
  - \_\_\_\_\_ Green beans
  - \_\_\_\_\_ Lettuce (salad greens)
  - \_\_\_\_\_ Mushrooms
  - \_\_\_\_\_ Snow peas
  - \_\_\_\_\_ Spinach leaves
  - \_\_\_\_\_ Sweet potato (starchy veg)
  - \_\_\_\_\_ V8 vegetable juice
  - \_\_\_\_\_ Onions
  - \_\_\_\_\_ Bell pepper (red or green)
  - \_\_\_\_\_ Asparagus