

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------|
| <input type="checkbox"/> | | Blueberry pancakes |
| <input type="checkbox"/> | | Raisin Bran cereal |
| <input type="checkbox"/> | | Oat bran bagel |
| <input type="checkbox"/> | | English muffin |
| <input type="checkbox"/> | | Oatmeal |
| <input type="checkbox"/> | | Mixed grain bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Whole wheat rolls |
| <input type="checkbox"/> | | Bread sticks |
| <input type="checkbox"/> | | Couscous |
| <input type="checkbox"/> | | Brown rice |
| <input type="checkbox"/> | | Potatoes |
| <input type="checkbox"/> | | Baked corn chips |
| <input type="checkbox"/> | | Bagel chips |
| <input type="checkbox"/> | | Flax seed |
| <input type="checkbox"/> | | Wheat germ |
| <input type="checkbox"/> | | Tabouli |

Dairy Products

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|---|
| <input type="checkbox"/> | | Skim milk/low fat milk |
| <input type="checkbox"/> | | Low fat yogurt |
| <input type="checkbox"/> | | Healthy Choice mozzarella string cheese |
| <input type="checkbox"/> | | Low fat cheddar or colby cheese |
| <input type="checkbox"/> | | Low fat cottage cheese |
| <input type="checkbox"/> | | Diet margarine (or Heart Smart) |
| <input type="checkbox"/> | | Shredded cheddar cheese |
| <input type="checkbox"/> | | Feta cheese |
| <input type="checkbox"/> | | Egg/egg beaters |
| <input type="checkbox"/> | | Pudding, chocolate |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|---------------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Tangerine |
| <input type="checkbox"/> | | Red or green grapes |
| <input type="checkbox"/> | | Banana |
| <input type="checkbox"/> | | Honeydew melon |
| <input type="checkbox"/> | | Pear |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Mixed fruit salad |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------------|
| <input type="checkbox"/> | | Slivered almonds |
| <input type="checkbox"/> | | Peanut butter |
| <input type="checkbox"/> | | Almond butter |
| <input type="checkbox"/> | | Mixed nuts |
| <input type="checkbox"/> | | Black walnuts, chopped |
| <input type="checkbox"/> | | Sunflower seeds, dry roasted |
| <input type="checkbox"/> | | Pistachio nuts |
| <input type="checkbox"/> | | Tuna, canned, rinsed |
| <input type="checkbox"/> | | Shrimp |
| <input type="checkbox"/> | | Salmon |
| <input type="checkbox"/> | | Chicken breasts |
| <input type="checkbox"/> | | Pork chops |
| <input type="checkbox"/> | | Deli turkey or chicken breast |
| <input type="checkbox"/> | | Red kidney beans |
| <input type="checkbox"/> | | Black bean chili |
| <input type="checkbox"/> | | Canadian bacon |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Morningstar chix patties |
| <input type="checkbox"/> | | Morningstar scramblers |
| <input type="checkbox"/> | | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------|
| <input type="checkbox"/> | | Trail mix |
| <input type="checkbox"/> | | Brownies |
| <input type="checkbox"/> | | Maple syrup |
| <input type="checkbox"/> | | Olive oil |
| <input type="checkbox"/> | | Salsa |
| <input type="checkbox"/> | | Olives, black or green |
| <input type="checkbox"/> | | Hot cocoa, sugar free |
| <input type="checkbox"/> | | Tea, herbal |
| <input type="checkbox"/> | | Boost, protein drink |
| <input type="checkbox"/> | | Seltzer water, flavored |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | | | |
|-------------------------------------|------|------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | | Avocado (or Guacamole) | <input type="checkbox"/> | Radishes |
| <input type="checkbox"/> | | Lettuce | <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"/> | Chinese style vegetables |
| <input type="checkbox"/> | | Celery stalks | | |
| <input type="checkbox"/> | | Green beans | | |
| <input type="checkbox"/> | | Lettuce (salad greens) | | |