

Grain Group

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|--------------------------------|
| <input type="checkbox"/> | | English muffins |
| <input type="checkbox"/> | | Post Grape Nut cereal |
| <input type="checkbox"/> | | Rye bread |
| <input type="checkbox"/> | | Wild brown rice |
| <input type="checkbox"/> | | Cheddar mini rice cakes |
| <input type="checkbox"/> | | French bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Penne pasta |
| <input type="checkbox"/> | | Wheat bread |
| <input type="checkbox"/> | | Frozen waffles (or waffle mix) |
| <input type="checkbox"/> | | Special K cereal |
| <input type="checkbox"/> | | Sun Chips (or alternative) |
| <input type="checkbox"/> | | Whole grain saltine crackers |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|-------------------------------|
| <input type="checkbox"/> | | Peanut butter |
| <input type="checkbox"/> | | Roasted turkey breast |
| <input type="checkbox"/> | | Dry roasted nuts |
| <input type="checkbox"/> | | Salmon |
| <input type="checkbox"/> | | Canadian bacon |
| <input type="checkbox"/> | | Slivered almonds |
| <input type="checkbox"/> | | Chicken breast |
| <input type="checkbox"/> | | Ground turkey |
| <input type="checkbox"/> | | Morningstar breakfast patties |
| <input type="checkbox"/> | | Minestrone soup |
| <input type="checkbox"/> | | Red kidney beans |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Garbanzo beans (chick peas) |
| <input type="checkbox"/> | | Nitrotech Shake |

Dairy Products

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|---------------------------------|
| <input type="checkbox"/> | | Skim milk |
| <input type="checkbox"/> | | Nonfat yogurt |
| <input type="checkbox"/> | | Reduced fat mayo |
| <input type="checkbox"/> | | Low fat cheese |
| <input type="checkbox"/> | | Low fat cottage cheese |
| <input type="checkbox"/> | | Cool whip light |
| <input type="checkbox"/> | | Whipped butter (or Heart Smart) |
| <input type="checkbox"/> | | Egg Beaters |
| <input type="checkbox"/> | | Shredded mozzarella |

Miscellaneous

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|----------------------------|
| <input type="checkbox"/> | | Semi sweet chocolate chips |
| <input type="checkbox"/> | | Flavored seltzer water |
| <input type="checkbox"/> | | Herbal tea |
| <input type="checkbox"/> | | Olive oil |
| <input type="checkbox"/> | | Red vinegar |
| <input type="checkbox"/> | | Hot cocoa |
| <input type="checkbox"/> | | Low fat salad dressing |
| <input type="checkbox"/> | | Olives |
| <input type="checkbox"/> | | Balance or Zone Bar |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|---------------------------|
| <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"/> | | Cantaloupe |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Kiwi |
| <input type="checkbox"/> | | Pineapple |
| <input type="checkbox"/> | | Peaches (fresh or canned) |

Vegetables

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|------------------------|
| <input type="checkbox"/> | | Carrots |
| <input type="checkbox"/> | | Broccoli |
| <input type="checkbox"/> | | Celery |
| <input type="checkbox"/> | | Sweet potato |
| <input type="checkbox"/> | | Zucchini (or squash) |
| <input type="checkbox"/> | | Lettuce (salad greens) |
| <input type="checkbox"/> | | Fresh leaf spinach |
| <input type="checkbox"/> | | Avocado (or Guacamole) |