

### Grain Group

- | <input checked="" type="checkbox"/> | Qty.  |                        |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/>            | _____ | Granola cereal         |
| <input type="checkbox"/>            | _____ | Oatmeal                |
| <input type="checkbox"/>            | _____ | Whole wheat bread      |
| <input type="checkbox"/>            | _____ | Whole wheat pita bread |
| <input type="checkbox"/>            | _____ | Rye bread              |
| <input type="checkbox"/>            | _____ | Wild brown rice        |
| <input type="checkbox"/>            | _____ | Whole wheat pita bread |
| <input type="checkbox"/>            | _____ | Bagel chips            |
| <input type="checkbox"/>            | _____ | Flax seed              |

### Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty.  |                              |
|-------------------------------------|-------|------------------------------|
| <input type="checkbox"/>            | _____ | Chopped almonds              |
| <input type="checkbox"/>            | _____ | Cashews                      |
| <input type="checkbox"/>            | _____ | Sunflower seeds, dry roasted |
| <input type="checkbox"/>            | _____ | Chicken breasts, no skin     |
| <input type="checkbox"/>            | _____ | Ham, lean                    |
| <input type="checkbox"/>            | _____ | Boca burgers                 |
| <input type="checkbox"/>            | _____ | Roast beef, deli, lean       |
| <input type="checkbox"/>            | _____ | Canadian bacon               |
| <input type="checkbox"/>            | _____ | Soy nuts, roasted            |
| <input type="checkbox"/>            | _____ | Salmon                       |
| <input type="checkbox"/>            | _____ | Lentil soup                  |
| <input type="checkbox"/>            | _____ | Hummus                       |
| <input type="checkbox"/>            | _____ | Nitrotech Shake              |

### Dairy Products

- | <input checked="" type="checkbox"/> | Qty.  |                                 |
|-------------------------------------|-------|---------------------------------|
| <input type="checkbox"/>            | _____ | Skim milk/low fat milk          |
| <input type="checkbox"/>            | _____ | Low fat yogurt                  |
| <input type="checkbox"/>            | _____ | Mozzarella cheese (low fat)     |
| <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"/>            | _____ | Egg beaters/eggs                |
| <input type="checkbox"/>            | _____ | Provolone cheese                |

### Miscellaneous

- | <input checked="" type="checkbox"/> | Qty.  |                         |
|-------------------------------------|-------|-------------------------|
| <input type="checkbox"/>            | _____ | Power Bar (any flavor)  |
| <input type="checkbox"/>            | _____ | Carnation breakfast bar |
| <input type="checkbox"/>            | _____ | Hot cocoa               |
| <input type="checkbox"/>            | _____ | Milk chocolate peanuts  |
| <input type="checkbox"/>            | _____ | Olives, black or green  |
| <input type="checkbox"/>            | _____ | Tea, herbal             |
| <input type="checkbox"/>            | _____ | Seltzer water, flavored |
| <input type="checkbox"/>            | _____ | Balance or Zone Bar     |

### Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty.  |                           |
|-------------------------------------|-------|---------------------------|
| <input type="checkbox"/>            | _____ | Orange juice              |
| <input type="checkbox"/>            | _____ | V8 Juice                  |
| <input type="checkbox"/>            | _____ | Tangerines                |
| <input type="checkbox"/>            | _____ | Grapefruit                |
| <input type="checkbox"/>            | _____ | Banana                    |
| <input type="checkbox"/>            | _____ | Cherries or other berries |

### Vegetables

- | <input checked="" type="checkbox"/> | Qty.  |                          |
|-------------------------------------|-------|--------------------------|
| <input type="checkbox"/>            | _____ | Avocado                  |
| <input type="checkbox"/>            | _____ | Lettuce                  |
| <input type="checkbox"/>            | _____ | Tomato                   |
| <input type="checkbox"/>            | _____ | Carrots/baby carrots     |
| <input type="checkbox"/>            | _____ | Onions                   |
| <input type="checkbox"/>            | _____ | Mixed vegetables         |
| <input type="checkbox"/>            | _____ | Spinach leaves (salad)   |
| <input type="checkbox"/>            | _____ | Chinese style vegetables |