

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------|
| <input type="checkbox"/> | | English muffins |
| <input type="checkbox"/> | | Oatmeal |
| <input type="checkbox"/> | | Bran bagel |
| <input type="checkbox"/> | | Pancakes |
| <input type="checkbox"/> | | French bread |
| <input type="checkbox"/> | | Humus |
| <input type="checkbox"/> | | Tabouli |
| <input type="checkbox"/> | | French bread |
| <input type="checkbox"/> | | Whole wheat bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Whole wheat rolls |
| <input type="checkbox"/> | | Brown rice |
| <input type="checkbox"/> | | Pasta |
| <input type="checkbox"/> | | Couscous |
| <input type="checkbox"/> | | Reduced fat wheat thins |
| <input type="checkbox"/> | | Melba toast |
| <input type="checkbox"/> | | Baked corn chips |
| <input type="checkbox"/> | | Black beans, canned |
| <input type="checkbox"/> | | Chick peas, canned |
| <input type="checkbox"/> | | Minestrone soup, canned |

Dairy Product

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------------|
| <input type="checkbox"/> | | Skim milk |
| <input type="checkbox"/> | | Smoothie, bottle or homemade |
| <input type="checkbox"/> | | Yogurt, non-fat |
| <input type="checkbox"/> | | Low-fat cottage cheese |
| <input type="checkbox"/> | | Soy cheese [Veggie slices] |
| <input type="checkbox"/> | | Shredded Mozzarella cheese |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|----------------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Apple juice |
| <input type="checkbox"/> | | Cranberry juice |
| <input type="checkbox"/> | | Strawberries |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Grapefruit |
| <input type="checkbox"/> | | Dried mixed fruit |
| <input type="checkbox"/> | | Kiwi |
| <input type="checkbox"/> | | Grapes, red or green |
| <input type="checkbox"/> | | Peach |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------------------------------|
| <input type="checkbox"/> | | Haddock |
| <input type="checkbox"/> | | Tuna, canned |
| <input type="checkbox"/> | | Chicken breast |
| <input type="checkbox"/> | | Eggs/egg beaters |
| <input type="checkbox"/> | | Slivered almonds |
| <input type="checkbox"/> | | Almond butter |
| <input type="checkbox"/> | | Peanut butter |
| <input type="checkbox"/> | | Vegetarian chili, canned or homemade |
| <input type="checkbox"/> | | Morningstar breakfast patties |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Morningstar veggie burgers |
| <input type="checkbox"/> | | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------|
| <input type="checkbox"/> | | Low fat margarine |
| <input type="checkbox"/> | | Jelly, jam or preserves |
| <input type="checkbox"/> | | Maple syrup |
| <input type="checkbox"/> | | Green olives |
| <input type="checkbox"/> | | Black olives |
| <input type="checkbox"/> | | Salsa |
| <input type="checkbox"/> | | Flavored seltzer water |
| <input type="checkbox"/> | | V8 vegetable juice |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------------|
| <input type="checkbox"/> | | Leaf lettuce |
| <input type="checkbox"/> | | Iceberg lettuce |
| <input type="checkbox"/> | | Spinach salad |
| <input type="checkbox"/> | | Celery |
| <input type="checkbox"/> | | Cucumbers |
| <input type="checkbox"/> | | Baby carrots |
| <input type="checkbox"/> | | Tomato |
| <input type="checkbox"/> | | Sweet potato |
| <input type="checkbox"/> | | Summer squash |
| <input type="checkbox"/> | | Chinese vegetables |
| <input type="checkbox"/> | | Avocado |
| <input type="checkbox"/> | | Snow peas |