

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------------|
| <input type="checkbox"/> | | English muffins, whole wheat |
| <input type="checkbox"/> | | Oatmeal |
| <input type="checkbox"/> | | Multigrain bagel |
| <input type="checkbox"/> | | Low fat waffles |
| <input type="checkbox"/> | | Cheerios |
| <input type="checkbox"/> | | Carnation breakfast bars |
| <input type="checkbox"/> | | Humus |
| <input type="checkbox"/> | | Croutons |
| <input type="checkbox"/> | | Whole wheat bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Potato |
| <input type="checkbox"/> | | Brown rice |
| <input type="checkbox"/> | | Macaroni noodles |
| <input type="checkbox"/> | | Couscous |
| <input type="checkbox"/> | | Triscuits, low fat |
| <input type="checkbox"/> | | Wheat thins, low fat |
| <input type="checkbox"/> | | Popcorn |
| <input type="checkbox"/> | | Pretzels |
| <input type="checkbox"/> | | Corn, 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"/> | | Low-fat cottage cheese |
| <input type="checkbox"/> | | Low fat cheddar cheese |
| <input type="checkbox"/> | | Yogurt, low fat |
| <input type="checkbox"/> | | String cheese |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Grape juice |
| <input type="checkbox"/> | | Apple sauce |
| <input type="checkbox"/> | | Raspberries |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Tangerine |
| <input type="checkbox"/> | | Banana |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Grapes |
| <input type="checkbox"/> | | Peach |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------------------|
| <input type="checkbox"/> | | Cod |
| <input type="checkbox"/> | | Salmon |
| <input type="checkbox"/> | | Turkey or chicken breast, deli |
| <input type="checkbox"/> | | Chicken breast, boneless, skinless |
| <input type="checkbox"/> | | Eggs/egg beaters |
| <input type="checkbox"/> | | Tuna (canned) |
| <input type="checkbox"/> | | Chicken noodle soup, canned |
| <input type="checkbox"/> | | Egg roll, vegetarian |
| <input type="checkbox"/> | | Humus |
| <input type="checkbox"/> | | Slivered/chopped almonds |
| <input type="checkbox"/> | | Chopped walnuts |
| <input type="checkbox"/> | | Peanut butter |
| <input type="checkbox"/> | | Dry roasted sunflower seeds |
| <input type="checkbox"/> | | Morningstar breakfast strips |
| <input type="checkbox"/> | | Morningstat breakfast patties |
| <input type="checkbox"/> | | Black beans, canned |
| <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"/> | | Trail mix, any kind |
| <input type="checkbox"/> | | Green/black olives |
| <input type="checkbox"/> | | V8 vegetable juice |
| <input type="checkbox"/> | | Flax seeds |
| <input type="checkbox"/> | | Flavored seltzer water |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------|
| <input type="checkbox"/> | | Salad greens |
| <input type="checkbox"/> | | Iceberg lettuce |
| <input type="checkbox"/> | | Spinach salad |
| <input type="checkbox"/> | | Mixed vegetables |
| <input type="checkbox"/> | | Green bell peppers |
| <input type="checkbox"/> | | Cucumbers |
| <input type="checkbox"/> | | Baby carrots |
| <input type="checkbox"/> | | Vegetable soup, canned |
| <input type="checkbox"/> | | Sweet potato |
| <input type="checkbox"/> | | Green beans |
| <input type="checkbox"/> | | Celery |
| <input type="checkbox"/> | | Asparagus |
| <input type="checkbox"/> | | Artichoke |