

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------|
| <input type="checkbox"/> | | Bran muffin |
| <input type="checkbox"/> | | Cream of Wheat |
| <input type="checkbox"/> | | English muffins |
| <input type="checkbox"/> | | Low fat waffles |
| <input type="checkbox"/> | | Chex cereal, any type |
| <input type="checkbox"/> | | Grape-Nuts cereal |
| <input type="checkbox"/> | | Croutons |
| <input type="checkbox"/> | | Mix grain bread |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Whole wheat buns/rolls |
| <input type="checkbox"/> | | Wild brown rice |
| <input type="checkbox"/> | | Couscous |
| <input type="checkbox"/> | | Triscuits, low fat |
| <input type="checkbox"/> | | Wheat thins, low fat |
| <input type="checkbox"/> | | Popcorn |
| <input type="checkbox"/> | | Baked tortilla chips |
| <input type="checkbox"/> | | Pretzels |
| <input type="checkbox"/> | | Tabouli |

Dairy Product

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-------------------------|
| <input type="checkbox"/> | | Skim milk |
| <input type="checkbox"/> | | Yogurt, low fat |
| <input type="checkbox"/> | | Shredded Swiss cheese |
| <input type="checkbox"/> | | Cottage cheese, low fat |
| <input type="checkbox"/> | | Cheddar cheese, low fat |
| <input type="checkbox"/> | | Feta cheese |
| <input type="checkbox"/> | | String cheese |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Grapefruit |
| <input type="checkbox"/> | | Cranberry Juice |
| <input type="checkbox"/> | | Strawberries |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Pineapple |
| <input type="checkbox"/> | | Banana |
| <input type="checkbox"/> | | Peach |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Grapes |
| <input type="checkbox"/> | | Fruit salad, cup |
| <input type="checkbox"/> | | Kiwi |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------------------|
| <input type="checkbox"/> | | Humus |
| <input type="checkbox"/> | | Haddock |
| <input type="checkbox"/> | | Turkey or chicken breast, deli |
| <input type="checkbox"/> | | Chicken breast, boneless, skinless |
| <input type="checkbox"/> | | Eggs/egg beaters |
| <input type="checkbox"/> | | Canned mackerel or tuna |
| <input type="checkbox"/> | | Vegetarian pizza, any |
| <input type="checkbox"/> | | Veggie burgers |
| <input type="checkbox"/> | | Roasted soy beans |
| <input type="checkbox"/> | | Peanut butter |
| <input type="checkbox"/> | | Bacon bits, optional |
| <input type="checkbox"/> | | Canadian bacon |
| <input type="checkbox"/> | | Morningstar breakfast strips |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Cashews |
| <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"/> | | Flax seeds, optional |
| <input type="checkbox"/> | | Green/black olives |
| <input type="checkbox"/> | | Power Bar, any flavor |
| <input type="checkbox"/> | | Chocolate chip cookies |
| <input type="checkbox"/> | | Flavored seltzer water |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|-----------------------|
| <input type="checkbox"/> | | Asparagus |
| <input type="checkbox"/> | | Artichoke hearts, jar |
| <input type="checkbox"/> | | Bell peppers, red |
| <input type="checkbox"/> | | Baby carrots |
| <input type="checkbox"/> | | Broccoli |
| <input type="checkbox"/> | | Cauliflower |
| <input type="checkbox"/> | | Sweet potato |
| <input type="checkbox"/> | | Spinach leaves |
| <input type="checkbox"/> | | Salad greens |
| <input type="checkbox"/> | | Squash/zucchini |
| <input type="checkbox"/> | | Soup, pea |
| <input type="checkbox"/> | | Tomatoes |
| <input type="checkbox"/> | | V8 juice |