

Grain Group

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|------------------------|
| <input type="checkbox"/> | | Oat bran cereal |
| <input type="checkbox"/> | | Raisin bran cereal |
| <input type="checkbox"/> | | Shredded wheat cereal |
| <input type="checkbox"/> | | Kashi cereal |
| <input type="checkbox"/> | | English muffins |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Kaiser roll |
| <input type="checkbox"/> | | Crescents, low fat |
| <input type="checkbox"/> | | Mini rice cakes, any |
| <input type="checkbox"/> | | Taco shells |
| <input type="checkbox"/> | | Brown rice |
| <input type="checkbox"/> | | Angel hair pasta |
| <input type="checkbox"/> | | Bagel chips |
| <input type="checkbox"/> | | Pretzels |

Dairy Product

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|-------------------------|
| <input type="checkbox"/> | | Skim milk |
| <input type="checkbox"/> | | Swiss cheese, low fat |
| <input type="checkbox"/> | | Cottage cheese, low fat |
| <input type="checkbox"/> | | Feta cheese |
| <input type="checkbox"/> | | Shredded mozzarella |
| <input type="checkbox"/> | | Cheddar cheese, low fat |
| <input type="checkbox"/> | | Tofu or veggie cheese |
| <input type="checkbox"/> | | Cool whip, light |
| <input type="checkbox"/> | | Sour cream, low fat |
| <input type="checkbox"/> | | Yogurt, no fat |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|----------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Banana |
| <input type="checkbox"/> | | Tangerines |
| <input type="checkbox"/> | | Grapes |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Grapefruit |
| <input type="checkbox"/> | | Raspberries |
| <input type="checkbox"/> | | Strawberries |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Raisins |
| <input type="checkbox"/> | | Honeydew melon |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|-------------------------------|
| <input type="checkbox"/> | | Canadian bacon |
| <input type="checkbox"/> | | Roast beef, deli |
| <input type="checkbox"/> | | Lentil soup, canned |
| <input type="checkbox"/> | | Smoked almonds |
| <input type="checkbox"/> | | Shrimp |
| <input type="checkbox"/> | | Egg beaters/eggs |
| <input type="checkbox"/> | | Roasted sunflower seeds |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Boco burger breakfast patties |
| <input type="checkbox"/> | | Turkey breast, deli |
| <input type="checkbox"/> | | Haddock |
| <input type="checkbox"/> | | Vegetarian chili |
| <input type="checkbox"/> | | Lentil soup, canned |
| <input type="checkbox"/> | | Chicken breast |
| <input type="checkbox"/> | | Chopped walnuts |
| <input type="checkbox"/> | | Black beans, canned |
| <input type="checkbox"/> | | Roasted peanuts |
| <input type="checkbox"/> | | Roasted soy nuts |
| <input type="checkbox"/> | | Smoked almonds |
| <input type="checkbox"/> | | Humus |
| <input type="checkbox"/> | | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|--------------------------|
| <input type="checkbox"/> | | Light margarine |
| <input type="checkbox"/> | | Protein bar, any |
| <input type="checkbox"/> | | Bacon bits, optional |
| <input type="checkbox"/> | | Salsa |
| <input type="checkbox"/> | | Flaxseed, optional |
| <input type="checkbox"/> | | Flavored seltzer water |
| <input type="checkbox"/> | | Jam, jelly, or preserves |
| <input type="checkbox"/> | | Black/green olives |
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|--------------------------|
| <input type="checkbox"/> | | Lettuce |
| <input type="checkbox"/> | | Red bell pepper |
| <input type="checkbox"/> | | Asparagus |
| <input type="checkbox"/> | | Spinach salad |
| <input type="checkbox"/> | | Cucumbers |
| <input type="checkbox"/> | | Radishes |
| <input type="checkbox"/> | | Tomato |
| <input type="checkbox"/> | | Peas and carrots, frozen |