

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------|
| <input type="checkbox"/> | | Oatmeal |
| <input type="checkbox"/> | | Multigrain bagel |
| <input type="checkbox"/> | | Whole grain waffle |
| <input type="checkbox"/> | | Raisin bran cereal |
| <input type="checkbox"/> | | Pancake mix |
| <input type="checkbox"/> | | Whole wheat bread |
| <input type="checkbox"/> | | Product 19 cereal |
| <input type="checkbox"/> | | Whole wheat rolls |
| <input type="checkbox"/> | | Muffins, any kind |
| <input type="checkbox"/> | | Whole wheat pita bread |
| <input type="checkbox"/> | | Wild brown rice |
| <input type="checkbox"/> | | Spinach pasta |
| <input type="checkbox"/> | | Crackers, oyster |
| <input type="checkbox"/> | | Wheat germ |

Dairy Product

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------------------|
| <input type="checkbox"/> | | Skim milk |
| <input type="checkbox"/> | | Yogurt, low fat |
| <input type="checkbox"/> | | Cottage cheese, low fat |
| <input type="checkbox"/> | | Mozzarella string cheese |
| <input type="checkbox"/> | | Swiss cheese, low fat |
| <input type="checkbox"/> | | Provolone cheese |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|--------------|
| <input type="checkbox"/> | | Orange juice |
| <input type="checkbox"/> | | Banana |
| <input type="checkbox"/> | | Tangerines |
| <input type="checkbox"/> | | Cantaloupe |
| <input type="checkbox"/> | | Apple |
| <input type="checkbox"/> | | Pear |
| <input type="checkbox"/> | | Peach |
| <input type="checkbox"/> | | Raspberries |
| <input type="checkbox"/> | | Strawberries |
| <input type="checkbox"/> | | Blueberries |
| <input type="checkbox"/> | | Plum |
| <input type="checkbox"/> | | Honeydew |
| <input type="checkbox"/> | | Applesauce |
| <input type="checkbox"/> | | Fruit salad |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|------------------------------|
| <input type="checkbox"/> | | Canadian bacon |
| <input type="checkbox"/> | | Ham, lean, deli |
| <input type="checkbox"/> | | Lentil soup, canned |
| <input type="checkbox"/> | | Roast beef, deli |
| <input type="checkbox"/> | | Turkey breast, deli |
| <input type="checkbox"/> | | Egg beaters/eggs |
| <input type="checkbox"/> | | Peanut or almond butter |
| <input type="checkbox"/> | | Chicken breast |
| <input type="checkbox"/> | | Salmon |
| <input type="checkbox"/> | | Scallops |
| <input type="checkbox"/> | | Tuna, canned |
| <input type="checkbox"/> | | Morningstar breakfast links |
| <input type="checkbox"/> | | Morningstar chix patties |
| <input type="checkbox"/> | | Morningstar breakfast strips |
| <input type="checkbox"/> | | Almonds |
| <input type="checkbox"/> | | Chopped walnuts |
| <input type="checkbox"/> | | Sunflower seeds |
| <input type="checkbox"/> | | Lentil soup |
| <input type="checkbox"/> | | Kidney beans |
| <input type="checkbox"/> | | Cheese pizza |
| <input type="checkbox"/> | | Morningstar veggie burgers |
| <input type="checkbox"/> | | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|---------------------|
| <input type="checkbox"/> | | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|------|----------------------------|
| <input type="checkbox"/> | | Lettuce, salad greens |
| <input type="checkbox"/> | | Bell pepper |
| <input type="checkbox"/> | | Asparagus |
| <input type="checkbox"/> | | Broccoli |
| <input type="checkbox"/> | | Eggplant |
| <input type="checkbox"/> | | Cucumbers |
| <input type="checkbox"/> | | Green beans |
| <input type="checkbox"/> | | Tomato |
| <input type="checkbox"/> | | Marinated artichoke hearts |
| <input type="checkbox"/> | | Baby carrots |
| <input type="checkbox"/> | | Potato |
| <input type="checkbox"/> | | Sweet potato |
| <input type="checkbox"/> | | Vegetable soup |
| <input type="checkbox"/> | | Mixed vegetables |