

Grain Group

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|-------------------------|
| <input type="checkbox"/> | _____ | Raisin bran cereal |
| <input type="checkbox"/> | _____ | Cheerios |
| <input type="checkbox"/> | _____ | Bran bagel |
| <input type="checkbox"/> | _____ | Low fat waffles |
| <input type="checkbox"/> | _____ | English muffins |
| <input type="checkbox"/> | _____ | Humus |
| <input type="checkbox"/> | _____ | Rye bread |
| <input type="checkbox"/> | _____ | Whole wheat bread |
| <input type="checkbox"/> | _____ | Whole wheat pita bread |
| <input type="checkbox"/> | _____ | Couscous |
| <input type="checkbox"/> | _____ | Brown rice |
| <input type="checkbox"/> | _____ | Spinach pasta |
| <input type="checkbox"/> | _____ | Reduced fat wheat thins |
| <input type="checkbox"/> | _____ | Bagel chips |
| <input type="checkbox"/> | _____ | Popcorn |
| <input type="checkbox"/> | _____ | Pretzels, soft |
| <input type="checkbox"/> | _____ | Bagel chips |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|-------------------------------|
| <input type="checkbox"/> | _____ | Turkey, white meat |
| <input type="checkbox"/> | _____ | Turkey breast, deli sliced |
| <input type="checkbox"/> | _____ | Chicken breast |
| <input type="checkbox"/> | _____ | Honey ham, deli sliced |
| <input type="checkbox"/> | _____ | Haddock |
| <input type="checkbox"/> | _____ | Canned tuna |
| <input type="checkbox"/> | _____ | Egg Beaters |
| <input type="checkbox"/> | _____ | Peanut butter |
| <input type="checkbox"/> | _____ | Dry roasted mixed nuts |
| <input type="checkbox"/> | _____ | Dry roasted sunflower seeds |
| <input type="checkbox"/> | _____ | Chopped walnuts |
| <input type="checkbox"/> | _____ | Morningstar breakfast links |
| <input type="checkbox"/> | _____ | Morningstar breakfast patties |
| <input type="checkbox"/> | _____ | Nitrotech Shake |

Dairy Product

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------------|
| <input type="checkbox"/> | _____ | Skim milk |
| <input type="checkbox"/> | _____ | Yogurt, non-fat |
| <input type="checkbox"/> | _____ | String cheese |
| <input type="checkbox"/> | _____ | Low fat cream cheese |
| <input type="checkbox"/> | _____ | Parmesan cheese |
| <input type="checkbox"/> | _____ | Swiss cheese |
| <input type="checkbox"/> | _____ | Low-fat cottage cheese |
| <input type="checkbox"/> | _____ | Tofu, firm |
| <input type="checkbox"/> | _____ | Provolone cheese |

Miscellaneous

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|-------------------------|
| <input type="checkbox"/> | _____ | Low fat margarine |
| <input type="checkbox"/> | _____ | Jelly, jam or preserves |
| <input type="checkbox"/> | _____ | Quaker granola bars |
| <input type="checkbox"/> | _____ | Guacamole |
| <input type="checkbox"/> | _____ | Black olives |
| <input type="checkbox"/> | _____ | Flavored seltzer water |
| <input type="checkbox"/> | _____ | Balance or Zone Bar |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|------------------|
| <input type="checkbox"/> | _____ | Orange juice |
| <input type="checkbox"/> | _____ | Grapefruit juice |
| <input type="checkbox"/> | _____ | Apple sauce |
| <input type="checkbox"/> | _____ | Strawberries |
| <input type="checkbox"/> | _____ | Blueberries |
| <input type="checkbox"/> | _____ | Cantaloupe |
| <input type="checkbox"/> | _____ | Apple |
| <input type="checkbox"/> | _____ | Orange |
| <input type="checkbox"/> | _____ | Peach |
| <input type="checkbox"/> | _____ | Plum |

Vegetables

- | <input checked="" type="checkbox"/> | Qty. | |
|-------------------------------------|-------|---------------------|
| <input type="checkbox"/> | _____ | Loose leaf lettuce |
| <input type="checkbox"/> | _____ | Iceberg lettuce |
| <input type="checkbox"/> | _____ | Tomato |
| <input type="checkbox"/> | _____ | Asparagus |
| <input type="checkbox"/> | _____ | Avocado |
| <input type="checkbox"/> | _____ | Baby carrots |
| <input type="checkbox"/> | _____ | Sweet potato |
| <input type="checkbox"/> | _____ | Mushrooms |
| <input type="checkbox"/> | _____ | Stir-fry vegetables |