

Grain Group

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|-------------------------|
| <input type="checkbox"/> | _____ | Oat bran cereal |
| <input type="checkbox"/> | _____ | Cheerios |
| <input type="checkbox"/> | _____ | Bran bagel |
| <input type="checkbox"/> | _____ | Low fat waffles |
| <input type="checkbox"/> | _____ | Oatmeal |
| <input type="checkbox"/> | _____ | Rye bread |
| <input type="checkbox"/> | _____ | Whole wheat bread |
| <input type="checkbox"/> | _____ | Whole wheat pita bread |
| <input type="checkbox"/> | _____ | Rice pilaf |
| <input type="checkbox"/> | _____ | Wild brown rice |
| <input type="checkbox"/> | _____ | Angel hair pasta |
| <input type="checkbox"/> | _____ | Reduced fat wheat thins |
| <input type="checkbox"/> | _____ | Bagel chips |
| <input type="checkbox"/> | _____ | Popcorn |
| <input type="checkbox"/> | _____ | Pretzels |

Dairy Product

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|---------------------------------|
| <input type="checkbox"/> | _____ | Skim milk |
| <input type="checkbox"/> | _____ | Yogurt, non-fatt |
| <input type="checkbox"/> | _____ | Mozzarella string cheese |
| <input type="checkbox"/> | _____ | Low fat cream cheese |
| <input type="checkbox"/> | _____ | Parmesan cheese |
| <input type="checkbox"/> | _____ | Cheddar or colby low-fat cheese |

Fruits and Fruit Juices

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|----------------------|
| <input type="checkbox"/> | _____ | Orange juice |
| <input type="checkbox"/> | _____ | Peach |
| <input type="checkbox"/> | _____ | Cranberries, dried |
| <input type="checkbox"/> | _____ | Strawberries |
| <input type="checkbox"/> | _____ | Grapefruit juice |
| <input type="checkbox"/> | _____ | Banana |
| <input type="checkbox"/> | _____ | Grapefruit |
| <input type="checkbox"/> | _____ | Grapes, red or green |

Meat/poultry/fish/alternatives

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|-----------------------------------|
| <input type="checkbox"/> | _____ | Chicken breast |
| <input type="checkbox"/> | _____ | Chicken breast, deli sliced |
| <input type="checkbox"/> | _____ | Ham, deli sliced |
| <input type="checkbox"/> | _____ | Roast beef, deli sliced (for sub) |
| <input type="checkbox"/> | _____ | Peanut butter |
| <input type="checkbox"/> | _____ | Cashews |
| <input type="checkbox"/> | _____ | Almonds |
| <input type="checkbox"/> | _____ | Egg beaters |
| <input type="checkbox"/> | _____ | Canned tuna |
| <input type="checkbox"/> | _____ | Nitrotech Shake |

Miscellaneous

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|----------------------------|
| <input type="checkbox"/> | _____ | Vinaigrette, fat free |
| <input type="checkbox"/> | _____ | Italian dressing, fat free |
| <input type="checkbox"/> | _____ | Low fat margarine |
| <input type="checkbox"/> | _____ | Marinara sauce |
| <input type="checkbox"/> | _____ | Mayo, low fat |
| <input type="checkbox"/> | _____ | Maple syrup |
| <input type="checkbox"/> | _____ | Black olives |
| <input type="checkbox"/> | _____ | Salsa |
| <input type="checkbox"/> | _____ | Jam, jelly, any flavor |
| <input type="checkbox"/> | _____ | Sugar free Jello |
| <input type="checkbox"/> | _____ | Hot cocoa |
| <input type="checkbox"/> | _____ | Flavored seltzer water |
| <input type="checkbox"/> | _____ | Balance or Zone Bar |

Vegetables

- | <input checked="" type="checkbox"/> | <u>Qty.</u> | |
|-------------------------------------|-------------|---------------------------|
| <input type="checkbox"/> | _____ | Salad greens |
| <input type="checkbox"/> | _____ | Baby carrots |
| <input type="checkbox"/> | _____ | Spinach |
| <input type="checkbox"/> | _____ | Tomato |
| <input type="checkbox"/> | _____ | Avocado |
| <input type="checkbox"/> | _____ | Iceberg lettuce |
| <input type="checkbox"/> | _____ | Green peas |
| <input type="checkbox"/> | _____ | Oriental style vegetables |