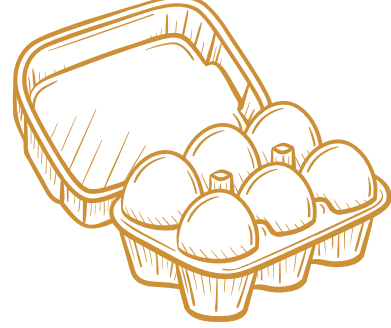


# FRUITS, VEGETABLES, FATS, & MILK/MILK ALTERNATIVES

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Apples                 | <input type="checkbox"/> Cranberry Juice   | <input type="checkbox"/> Fresh Spinach                  |
| <input type="checkbox"/> Unsweetened Applesauce | <input type="checkbox"/> Frozen Fruit Bars | <input type="checkbox"/> Mixed Vegetables               |
| <input type="checkbox"/> Berries                | <input type="checkbox"/> Asparagus         | <input type="checkbox"/> Olive Oil                      |
| <input type="checkbox"/> Fruit Cocktail         | <input type="checkbox"/> Green Beans       | <input type="checkbox"/> Butter                         |
| <input type="checkbox"/> Cherries               | <input type="checkbox"/> Cabbage           | <input type="checkbox"/> Salad Dressing                 |
| <input type="checkbox"/> Grapes                 | <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Chia Seeds                     |
| <input type="checkbox"/> Peaches                | <input type="checkbox"/> Carrots           | <input type="checkbox"/> Cream Cheese                   |
| <input type="checkbox"/> Pears                  | <input type="checkbox"/> Celery            | <input type="checkbox"/> California Avocado             |
| <input type="checkbox"/> Pineapple              | <input type="checkbox"/> Eggplant          | <input type="checkbox"/> Mayonnaise                     |
| <input type="checkbox"/> Plums                  | <input type="checkbox"/> Lettuce           | <input type="checkbox"/> Sour Cream                     |
| <input type="checkbox"/> Watermelon             | <input type="checkbox"/> Onions            | <input type="checkbox"/> Milk                           |
| <input type="checkbox"/> Lemons                 | <input type="checkbox"/> Bell Peppers      | <input type="checkbox"/> Rice Milk                      |
| <input type="checkbox"/> Limes                  | <input type="checkbox"/> Yellow Squash     | <input type="checkbox"/> Plain Yogurt (Sugar-Free)      |
| <input type="checkbox"/> Apple Juice            | <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Vanilla Ice Cream (Sugar Free) |

NOTES





# GRAINS & STARCHES, PROTEINS, & MISCELLANEOUS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> White Rice                | <input type="checkbox"/> Cheerios                  | <input type="checkbox"/> Part-Skim Mozzarella Cheese |
| <input type="checkbox"/> Couscous                  | <input type="checkbox"/> Rice Krispies             | <input type="checkbox"/> Grated Parmesan Cheese      |
| <input type="checkbox"/> Pasta                     | <input type="checkbox"/> Puffed Rice Cereal        | <input type="checkbox"/> Blue Cheese                 |
| <input type="checkbox"/> White Bread               | <input type="checkbox"/> Puffed Wheat Cereal       | <input type="checkbox"/> Feta Cheese                 |
| <input type="checkbox"/> Small Bagels              | <input type="checkbox"/> Chex                      | <input type="checkbox"/> Goat Cheese                 |
| <input type="checkbox"/> English Muffins           | <input type="checkbox"/> Plain Popcorn             | <input type="checkbox"/> Nuts                        |
| <input type="checkbox"/> Flour Tortillas           | <input type="checkbox"/> Canned Corn               | <input type="checkbox"/> Nut Butter                  |
| <input type="checkbox"/> Unsalted Saltine Crackers | <input type="checkbox"/> Eggs or Egg Substitutes   | <input type="checkbox"/> Sugar-free Condiments       |
| <input type="checkbox"/> Melba Toast               | <input type="checkbox"/> Chicken                   | <input type="checkbox"/> Diet Gelatin                |
| <input type="checkbox"/> Wheat Thins               | <input type="checkbox"/> Turkey                    | <input type="checkbox"/> Vanilla Wafers              |
| <input type="checkbox"/> Graham Crackers           | <input type="checkbox"/> Pork Loin                 | <input type="checkbox"/> Coffee                      |
| <input type="checkbox"/> Blueberry Muffins         | <input type="checkbox"/> Lean Beef                 | <input type="checkbox"/> Tea                         |
| <input type="checkbox"/> Frozen Waffles            | <input type="checkbox"/> Fish                      | <input type="checkbox"/> Whey Protein Powder         |
| <input type="checkbox"/> Corn Flakes               | <input type="checkbox"/> Tofu                      | <input type="checkbox"/> Sherbert                    |
|  | <input type="checkbox"/> Low Sodium Cottage Cheese | <input type="checkbox"/> Cool Whip                   |
|  | <input type="checkbox"/> Cheddar Cheese            | <input type="checkbox"/> Matzo                       |
|  |  | <input type="checkbox"/> Low Sodium Tortilla Chips   |

