

Fruit

apples / pears / bananas / oranges / tangerines / lemons / grapefruit / melon / peaches / plums / grapes / nectarines / pineapple / cherries / strawberries / blueberries

other: _____

Vegetables

potatoes / yams / carrots / celery / spinach / collards / kale / peppers / lettuce / beets / onions / garlic brussel sprouts / eggplant / asparagus / cabbage / corn / mushrooms / tomatoes / green beans /

turnips / scallions / squash / zucchini / other: _____

Canned Goods

soup / chili / chowder / chicken stock / vegetable stock / beef stock / pumpkin / tomatoes / spaghetti sauce / tomato sauce / tomato paste / salsa / pineapple / peaches / pears / tuna / salmon / beans:

chickpeas / pinto / black / refried / other: _____

Dry Goods

whole wheat flour / all-purpose white flour / brown rice / long-grain white rice / lentils / split peas / pasta / beans: black / navy / pinto / polenta / bread / crackers / muffins / bagels / cereal / oatmeal /

cream of wheat / granola / muesli / pancake mix / waffles / sugar / cocoa / wheat germ / brown sugar
other: _____

Fresh Meat, Seafood & Tofu

chicken / turkey / fish / shellfish / beef / tofu / other: _____

Dairy

milk / powdered milk / buttermilk / half & half / whipping cream / yogurt / eggs / Cheese: queso / swiss / cheddar / feta / mozzarella / parmesan / romano / brie / gouda / butter / margarine / eggs /

sour cream / cottage cheese / other: _____

Snacks

peanuts / raisins / tortilla chips / pretzels / rice cakes / crackers / cheese sticks / granola bars /

other: _____

Drinks

juice: orange / grapefruit / fruit blend / apple cider / club soda / soy milk / coffee: regular / decaf / tea: regular / herbal / other: _____

Desserts

sorbet / sherbet / frozen yogurt / ice cream / cookies / pie / pudding / jello / popcorn /

other: _____



