

Sample Food List

Breads/Grains	Condiments	Fruits
Sandwich bread	Nut/peanut butters	Apples
Bagels/baguettes	Jelly/jam	Apricots
Crackers	Honey	Bananas
Pasta	Hummus	Cherries
Couscous	Ketchup	Berries
English muffins	Mayonnaise	Dates/figs
Pita bread/naan	Mustard	Mango
Rice cakes	Pesto	Prunes
Tortillas/wraps		Raisins
Brown rice/wild rice		Grapefruit
Oatmeal		Grapes
Bulgur		Melon
Quinoa		Oranges
Millet		Peaches
		Pineapple

Vegetables	Proteins	Healthy Fats
Asparagus	Beef	Olives/olive oil
Beets	Turkey	Butter
Peppers	Chicken	Cream
Bok choy	Pork	Nuts/Seeds
Broccoli/cauliflower	Fish/seafood	Avocado
Brussel sprouts	Eggs	
Cabbage	Greek yogurt	
Carrots	Milk	
Celery	Cheese/cottage cheese	
Cucumbers	Tempeh/tofu	
Eggplant	Beans/lentils	
Green beans		
Lettuce/salad		
Spinach		
Squash		
Potatoes/sweet potatoes		
Zucchini		
Tomatoes		