

Grains

- ☐ 100% Whole Wheat Bread
- ☐ Bagel Thins
- ☐ Sandwich Thins
- ☐ brown rice
- ☐ quinoa
- ☐ unsweetened oatmeal
- ☐ whole wheat pasta
- ☐ whole wheat crackers
- ☐ granola
- ☐ flax seed
- ☐ chia seed

Snacks

- ☐ Skinny Pop or BoomChicka Pop popcorn
- ☐ Quest protein bars
- ☐ hummus
- ☐ Wholly Guacamole
- ☐ beef or turkey jerky

Lean Meats and Proteins

- ☐ skinless chicken breasts
- ☐ salmon
- ☐ lean ground beef/turkey (at least 93% lean)
- ☐ nitrate free bacon
- ☐ lean fish and shrimp
- ☐ natural peanut butter or almond butter
- ☐ eggs

Misc.

- ☐ vegetable or chicken broth
- ☐ Trader Joe's Fat-Free Refried Black Beans
- ☐ tomato sauce
- ☐ frozen fruits (smoothies)

Produce

- ☐ onion
- ☐ Halos or cuties
- ☐ avocado
- ☐ garlic
- ☐ salad mix bags
- ☐ strawberries
- ☐ asparagus
- ☐ broccoli
- ☐ asparagus
- ☐ fresh spinach
- ☐ kale

Dairy

- ☐ almond, skim or reduced fat milk
- ☐ non-fat Greek yogurt
- ☐ non-fat cottage cheese
- ☐ 1/3 reduced fat cream cheese
- ☐ low-fat string cheese

Spices

- ☐ oregano
- ☐ basil
- ☐ paprika
- ☐ red cayenne pepper
- ☐ cumin
- ☐ chili powder
- ☐ kosher salt
- ☐ cinnamon
- ☐ bay leaves
- ☐ vanilla extract
- ☐ stevia sweetener
- ☐ olive oil
- ☐ thyme
- ☐ unsweetened cocoa powder
- ☐ balsamic vinegar
- ☐ red pepper flakes
- ☐ baking powder
- ☐ McCormick's Grill Mates Montreal Chicken Seasoning
- ☐ Trader Joe's Taco Seasoning
- ☐ low-sodium soy sauce
- ☐ Sriracha
- ☐ Worcestershire sauce
- ☐ white wine vinegar
- ☐ rosemary