

## Protein

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|---|--|---|
| <input type="checkbox"/> Eggs _____                   | <input type="checkbox"/> Turkey (Ground) _____ | <input type="checkbox"/> Pork (Ground) _____  |
| <input type="checkbox"/> Beef (Ground) _____          | <input type="checkbox"/> Turkey (Whole) _____  | <input type="checkbox"/> Pork (Chops) _____   |
| <input type="checkbox"/> Beef (Steak) _____           | <input type="checkbox"/> Turkey (Other) _____  | <input type="checkbox"/> Pork (Sausage) _____ |
| <input type="checkbox"/> Beef (Other) _____           | <input type="checkbox"/> Salmon _____          | <input type="checkbox"/> Pork (Bacon) _____   |
| <input type="checkbox"/> Chicken (Ground) _____       | <input type="checkbox"/> Whitefish _____       | <input type="checkbox"/> Deli Meat _____      |
| <input type="checkbox"/> Chicken (Breast/Thigh) _____ | <input type="checkbox"/> Shrimp _____          | <input type="checkbox"/> _____                |
| <input type="checkbox"/> Chicken (Sausage) _____      | <input type="checkbox"/> Scallops _____        | <input type="checkbox"/> _____                |
| <input type="checkbox"/> Chicken (Whole) _____        | <input type="checkbox"/> Seafood (Other) _____ | <input type="checkbox"/> _____                |

## Vegetables

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|--|---|--|--|
| <input type="checkbox"/> Acorn Squash        | <input type="checkbox"/> Celery                         | <input type="checkbox"/> Lettuce (all)   | <input type="checkbox"/> Sugar Snap Peas   |
| <input type="checkbox"/> Artichoke           | <input type="checkbox"/> Collard Greens                 | <input type="checkbox"/> Lima Beans      | <input type="checkbox"/> Spaghetti Squash  |
| <input type="checkbox"/> Arugula             | <input type="checkbox"/> Corn                           | <input type="checkbox"/> Mushrooms (all) | <input type="checkbox"/> Spinach           |
| <input type="checkbox"/> Asparagus           | <input type="checkbox"/> Cucumber                       | <input type="checkbox"/> Okra            | <input type="checkbox"/> Sprouts           |
| <input type="checkbox"/> Beets               | <input type="checkbox"/> Delicata Squash                | <input type="checkbox"/> Onion           | <input type="checkbox"/> Summer Squash     |
| <input type="checkbox"/> Bell Peppers        | <input type="checkbox"/> Eggplant                       | <input type="checkbox"/> Parsnips        | <input type="checkbox"/> Sweet Potato/Yams |
| <input type="checkbox"/> Bok Choy            | <input type="checkbox"/> Endive                         | <input type="checkbox"/> Peas            | <input type="checkbox"/> Swiss Chard       |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Fennel (Anise)                 | <input type="checkbox"/> Potatoes (all)  | <input type="checkbox"/> Tomato            |
| <input type="checkbox"/> Broccoli Rabe       | <input type="checkbox"/> Frisée (Curly Endive)          | <input type="checkbox"/> Pumpkin         | <input type="checkbox"/> Turnip            |
| <input type="checkbox"/> Brussels Sprouts    | <input type="checkbox"/> Garlic                         | <input type="checkbox"/> Radish          | <input type="checkbox"/> Zucchini          |
| <input type="checkbox"/> Butternut Squash    | <input type="checkbox"/> Green Beans                    | <input type="checkbox"/> Rutabaga        | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Cabbage             | <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Rhubarb         | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Carrots             | <input type="checkbox"/> Jalapeño/Hot Peppers (all)     | <input type="checkbox"/> Romaine         | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Cauliflower         | <input type="checkbox"/> Kale                           | <input type="checkbox"/> Shallots        | <input type="checkbox"/> _____             |
|  | <input type="checkbox"/> Leeks                          | <input type="checkbox"/> Snow Peas       | <input type="checkbox"/> _____             |

## Fruit

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|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Nectarines    | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Apricots     | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Jicama       | <input type="checkbox"/> Papaya        | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi         | <input type="checkbox"/> Peaches       | <input type="checkbox"/> Tangerines   |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Lemon        | <input type="checkbox"/> Pears (all)   | <input type="checkbox"/> Watermelon   |
| <input type="checkbox"/> Cherries     | <input type="checkbox"/> Lime         | <input type="checkbox"/> Pineapple     | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Dates        | <input type="checkbox"/> Mango        | <input type="checkbox"/> Plantains     | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Figs         | <input type="checkbox"/> Melon        | <input type="checkbox"/> Plum          | <input type="checkbox"/> _____        |

