

	white bread		wheat bread		corn tortilla
	flour tortilla		white rice		brown rice
	water		orange juice		fruit drink
	milk		fried chicken		baked chicken breast
	fish sticks		shrimp		fish sandwich
	baked fish fillet		salmon		black beans
	refried pinto beans		lentils		steak
	pork		oil		cooking spray
	cereal		oatmeal		canned tuna
	cheese		eggs		salt



	apple		orange		banana
	mango		papaya		tomato
	kiwi		lime		berries
	grapes		avocado		melon
	peach		spinach		lettuce
	bell peppers		broccoli		celery
	carrots		beans		peas
	asparagus		cauliflower		cactus

onion





squash

