



LIST OF FOODS

OATMEAL
BROCCOLI
BANANA
EGGS
AVOCADOS
SALMON
YOGURT
BREAD
SQUASH
KIWI
BAGEL
CHICKEN
CHEESE
BROWN RICE
WALNUTS
ORANGES
PASTA
OLIVES
SOYBEANS
COTTAGE CHEESE
STEAK
WATERMELON
ASPARAGUS
BLUEBERRIES
POMEGRANATE
TOFU
TURKEY
POTATOES