

- **Bell Pepper (Red, Yellow, and Orange)**
- **Raisin Brand**
- **Oatmeal**
- **Eggs**
- **Turkey Bacon (sausage)**
- **Lemon Juice**
- **Balsamic vinegar**
- **Greentea**
- **Yogurt**
- **Turkey breast slice**
- **Light mayo**
- **Onions**
- **Natural Peanut Butter**
- **Black Beans Black refried beans**
- **Turkey jerky/**
- **Ground turkey**
- **Salsa**
- **Cranberries, Granola**
- **Sorbet**
- **Lettuce**
- **Apple gala or Fiji (one Apple a day)**
- **Celery**
- **Bananas**
- **Fish (you will eat during the evenings)**
- **Brussels Sprouts**
- **Brown rice**
- **Avocado**
- **Pear**
- **Strawberries**
- **Low fat cheese**
- **Grapefruit**
- **Orange**
- **Veggies**
- **Berries**
- **Chicken sausage**
- **Broccoli**
- **Zucchini**
- **Onion**
- **Nuts**
- **Salmon burgers**
- **Turkey burgers**
- **Water**
- **Whole wheat pasta or spinach pasta**
- **Spaghetti sauce**
- **Seasonings**
- **Spinach**

