



TRANSITION TO GOOD FOOD:



White Flour Products

Whole Wheat Flour Products

Whole Wheat Berries



White Breads

Wheat Bread

Dave's Killer Bread

Cooked Wheat



Instant Rice

Regular White Rice

Brown Basmati Rice

Wild Rice



White Pasta

Whole Grain Pasta

1/2 veg 1/2 pasta

Spaghetti Squash



Breakfast Sugar

Whole Grain Cereal

Nut & Fruit Granola

Oat Groats Cereal



Instant Mash

Mashed Potatoes w/Skin

Purple Potato Mash

Mashed Cauliflower
Cauliflower mash



White Potato



Red potato



Purple Potato



Jerusalem Artichokes, Root Veggies:
Beets, Rutabegas, Turnips, Parsnips



Fruity Sugar



Fruit Pies/Crisps



Fruity Yogurt & Smoothies



Frozen/Fresh Fruit



Fake Meats



Tofu



Tempeh & Miso



Cooked & Green Beans



Non-Dairy



Dairy fed Drugs & Hormones



Organic/Farm Dairy



Goat/sheep Dairy



Mystery Meat w/ Nitrates & Fillers



All Natural Meats



Fresh Organic Meat



Wild Catch



Junk Food Snacks



Whole Grain Crackers, Aged Cheese



Fruit, Nuts, Veg, Hummus



Television & Web Surfing



Get Out. Walk.



Swimming Things!



Jog it off.



Run & Play!