



TRANSITION TO GOOD FOOD:



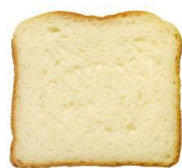
White Flour Products



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!