1. Fruit salad

* Orange
* salad dressing
* Banana
* Almonds
* Cashew nuts
* Grapes
* Apples

1. Sandwich
2. Vegetable sandwich on wheat (https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344622/sources)

|  |
| --- |
|  |

* Peppers
* Wheat bread
* Tomatoes
* Onions
* Pickles
* Cucumber
* Olives
* Lettuce
* Pepper

1. Chicken salad sandwich on white

* Bread, white, commercially prepared
* Chicken or turkey salad, made with mayonnaise

1. Barbecue beef sandwich, on wheat bun

* Barbecue beef
* Wheat bun
* sauce

1. Barbecue
2. Chicken Barbecue
   * Chicken
   * Barbecue Sauce
3. Vegetable Paneer Barbeque

* Paneer
* Capsicum
* Potato
* Barbeque sauce

1. Salad
   1. Bean Salad
   * Yellow beans
   * Green beans
   * Pepper
   * Salad dressing
   * Onion
   * Kidney Beans
   1. Cooked bean sprouts
   * Table salt
   * Mung beans
   * Soy beans
   * Oil
2. Rice
3. Beans and Rice
   * White rice
   * Kidney beans
4. Beans and white rice with meat
   * Pinto beans
   * Ham
   * Beef
   * Black beans
   * White rice
5. Biryani with meat
   * Water
   * Basil
   * Milk
   * Peppers
   * Onion
   * Tomato
   * Lamb/chicken
   * Salt
   * Yoghurt
   * Turmeric
   * Cinnamon
   * Garlic
   * White rice
   * Ginger
   * Potatoes
   * Butter
   * Cumin seed
   * Coriander leaves
6. Vegetable Biryani(https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344473/nutrients)
   * + Potatoes
     + Water
     + Salt
     + Carrots
     + Spices
     + Salted butter
     + Tomatoes
     + Peas
     + White rice
     + Onions
7. Burrito
8. Burrito beef cheese
   * Cheese
   * Tortilla
   * Beef
   * Water
9. Burrito with beans, cheese
   * Cheese
   * Beans
   * Salt
   * Tortillas
10. Cake and croissant
11. Doughnut, cake type, with icing(<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2343549/nutrients>)

* Doughnuts, cake-type, plain
* Frostings, vanilla, creamy, ready-to-eat

1. Croissant, chocolate(https://fdc.nal.usda.gov/fdc-app.html#/food-details/2343160/sources)

* Candies, semisweet chocolate
* Croissants, butter

1. Doughnut, chocolate(https://fdc.nal.usda.gov/fdc-app.html#/food-details/2343547/sources)

* Doughnuts, cake-type, plain
* Cocoa, dry powder, unsweetened
* Frostings, vanilla, creamy, ready-to-eat

1. Chicken wing
2. Chicken wing stewed
   * + Chicken wing stewed
     + Salt
3. Chicken breast, grilled with sauce
   * + Vegetable oil
     + Barbecue sauce
     + Chicken breast, baked
4. Frozen
5. Chicken nuggets from frozen
6. Potato tots, frozen, baked(https://fdc.nal.usda.gov/fdc-app.html#/food-details/2345009/nutrients)
7. Chicken, fried, with potatoes, vegetable, frozen meal(<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2342551/nutrients>)
8. Pizza with meat and vegetables, from frozen, thin crust(<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344144/nutrients>)
9. Pizza, cheese, from frozen, thin crust(<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344096/sources>)
10. Soup
11. Chicken or turkey noodle soup, home recipe
    * Chicken
    * Noodles
    * Chicken broth soup
    * Raw celery
    * Vegetable oil
    * Fresh parsley
    * Carrots
    * Onion
12. Instant soup, noodle(<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344648/nutrients>)

* Soup, chicken noodle, dry, mix
* Water

1. Vegetable soup
   * Tomato
   * Beans
   * Onion
   * Soup, Bouillon canned
   * Carrot
   * Corn
   * Peas
   * Vegetable oil
   * Raw celery
   * Potato
   * Parsley
2. Chinese
3. Fried Rice (https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344436/sources)
4. Fried Rice with chicken (<https://fdc.nal.usda.gov/fdc-app.html#/food-details/2344438/nutrients>)
5. Milk
6. Cow Milk
7. Oat milk
8. Soymilk
9. Oil
10. Olive oil
11. Sunflower oil
12. Rapeseed oil
13. Coconut oil
14. Sesame oil
15. Drinks
16. Tea
17. Coffee
18. Vodka
19. Soft drink
20. Wine
21. Bread
22. White bread
23. Whole wheat bread
24. Multigrain bread
25. Nuts
26. Cashew
27. Walnut
28. Peanut
29. Almond
30. Pistachios
31. Beans
32. Chickpea
33. Kidney Beans
34. Soybean
35. Black-eyed pea