* Meats
  + Red Meats
    - Beef
    - Lamb
    - Goat
  + Other
    - Fish
    - Chicken
    - Turkey
* Vegetables
  + Yummy ones
    - Potatoes
    - Asparagus
    - Peas
  + Yucky ones
    - Brussel Sprouts
    - Kale
    - Salad