

PROTEIN (All Fish, Beef and Pork)	VEGETABLES (SALAD)	COOKED VEGETABLES	FRESHE FRUITS
COD	Alfalfa Sprouts	Artichoke	Apple 1
FLOUNDER	Artichoke Hearts	Asparagus	Orange 1
HALIBUT	Arugula	Bamboo Shoots	Pineapple 1 cup
HERRING	Avocado	Green Beans	Blueberries ½ Cup
SALMON	Green beans, wax, snap, string	Beet Greens	Raspberries ½ Cup
MACKEREL	Bok Choy	Bok Choy	Strawberries 1 cup
CLAMS	Boston Lettuce	Broccoli	Honey Dew Mellon ¼
CRABMEAT	Brocoli	Broccoli Rabe	Cantalope ½
LOBSTER	Cabbage	Brussel Sprouts	Blackberries ½ Cup
MUSSELS	Cauliflower	Cabbage green or red	Plumbs 2
OYSTERS	Celery	Cardoon	Apricots 3
SHRIMP	Celery Root	Collard Greens	Boysenberries 1Cup
SQUID	Chicory Greens	Chard, Swiss	Cranberries 1 Cup
SARDINES	Chives	Eggplant	Gooseberries 1 Cup
TROUT	Cucumbers	Escarole	Grapefruit ½
SOLE	Radish	Fennel	Peach 1
TUNA	Endive	Hearts of Palm	Tangerine 2
(All Poultry Including)	Escarole	Kale	Rhubarb 1 Cup
CORNISH HEN	Fennel	Kolrabi	Casaba Melon ¼
CHICKEN	Mixed Greens	Leeks	Half Cup Veggies
DUCK	Jicama	Mushrooms	Beets ½ Cup
GOOSE	Mesclun	Mustard Greens	Carrots ½ Cup
OSTRICH	Mung Bean Sprouts	Okra	Onions ½ Cup
PHEASANT	Mushrooms fresh	Onion ½ cup	Pumpkin ½ Cup
QUAIL	Olives black	Peppers	Rutabagas ½ Cup
TURKEY	Olives green	Pumpkin ½ cup	Winter Squash ½ Cup
(All Meat Including)	Onion	Rhubabarb	
Beef, Sausage	Parsley (all fresh herbs)	Sauerkraut	
Goat	Peppers Green, Red, Yellow	Shallots	
Lamb	Radicchio	Scallion	
Pork, Sausage	Radish	Snow Peas in pod	
Veal, Venison	Romaine	Spaghetti Squash	
Sugar Free Bacon	Scallion	Spinach	
Ham	Spinach	Summer Squash	
Liver	Tomatoes Grape	Winter Squash ½ Cup	
Tongue	Tomatoes	Turnips	
Hot Dogs	Watercress	Water Chestnuts	
Soyburger	Pickle	Zucchini	
Milk (16 oz total)			
Yogurt Whole Milk			
Cottage Cheese			
Cold Cuts			
Cheese (2 oz)			