

Processed Foods	3.0-5.5	Bottled Tea	Ice Cream	Dark Soda
Biscuits	Pizza	Fast Food	8.5-10.0	Granola
Nuts	Wheat Bread	FREE	Beans	Chips
Binders	Chocolate	Mac and Cheese	Cream Soups	Milk
Candy Bars	Dietitian	Bran Cereal	Beers	Fruit Punch

Wheat Bread	Mac and Cheese	Granola	Fruit Punch	Milk
Beans	Binders	Dark Soda	Biscuits	Dietitian
8.5-10.0	Cheese	FREE	3.0-5.5	Cream Soups
Processed Foods	Beers	Yogurt	Ice Cream	Fast Food
Bottled Tea	Chips	Chocolate	Candy Bars	Pizza

Biscuits	Milk	Chocolate	Ice Cream	3.0-5.5
Wheat Bread	Granola	Bottled Tea	Binders	Dietitian
Chips	Cheese	FREE	Beans	8.5-10.0
Beers	Nuts	Dark Soda	Bran Cereal	Fruit Punch
Pizza	Processed Foods	Cream Soups	Candy Bars	Bones