



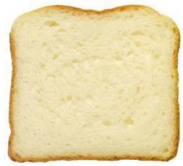
TRANSITION TO GOOD FOOD:



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!