**Whole Foods Checklist**

 **Please circle the appropriate boxes**

 **\*please note any foods you are allergic or sensitive to**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food Group** | **Food Item** | **Never Tried** |  **Dislike** |  **like** | **Eat Often** |
| Proteins | turkey | Never Tried | Dislike | like | Eat Often |
|  | Chicken  | Never Tried | Dislike | like | Eat Often |
|  | eggs | Never Tried | Dislike | like | Eat Often |
|  | tofu | Never Tried | Dislike | like | Eat Often |
|  | Beef  | Never Tried | Dislike | like | Eat Often |
|  | lamb | Never Tried | Dislike | like | Eat Often |
|  | buffalo | Never Tried | Dislike | like | Eat Often |
|  | Black beans | Never Tried | Dislike | like | Eat Often |
|  | Garbanzo beans | Never Tried | Dislike | like | Eat Often |
|  | lentils | Never Tried | Dislike | like | Eat Often |
|  | Cannellini beans | Never Tried | Dislike | like | Eat Often |
|  | Split peas | Never Tried | Dislike | like | Eat Often |
|  | cod | Never Tried | Dislike | like | Eat Often |
|  | salmon | Never Tried | Dislike | like | Eat Often |
|  | shrimp | Never Tried | Dislike | like | Eat Often |
|  | crab | Never Tried | Dislike | like | Eat Often |
|  | mussels | Never Tried | Dislike | like | Eat Often |
|  | oysters | Never Tried | Dislike | like | Eat Often |
|  | tuna | Never Tried | Dislike | like | Eat Often |
|  | Tuna (can) | Never Tried | Dislike | like | Eat Often |
| Grains | Brown rice | Never Tried | Dislike | like | Eat Often |
|  | Quinoa | Never Tried | Dislike | like | Eat Often |
|  | Basmati white rice | Never Tried | Dislike | like | Eat Often |
|  | bulgur | Never Tried | Dislike | like | Eat Often |
|  | teff | Never Tried | Dislike | like | Eat Often |
|  | millet | Never Tried | Dislike | like | Eat Often |
|  | Wild rice | Never Tried | Dislike | like | Eat Often |
|  | Red rice | Never Tried | Dislike | like | Eat Often |
|  | oats | Never Tried | Dislike | like | Eat Often |
| Vegetables | artichoke | Never Tried | Dislike | like | Eat Often |
|  | arugula | Never Tried | Dislike | like | Eat Often |
|  | asparagus | Never Tried | Dislike | like | Eat Often |
|  | broccoli | Never Tried | Dislike | like | Eat Often |
|  | cabbage | Never Tried | Dislike | like | Eat Often |
|  | celery | Never Tried | Dislike | like | Eat Often |
|  | Collard greens | Never Tried | Dislike | like | Eat Often |
|  | cucumber | Never Tried | Dislike | like | Eat Often |
|  | eggplant | Never Tried | Dislike | like | Eat Often |
|  | kale | Never Tried | Dislike | like | Eat Often |
|  | lettuce | Never Tried | Dislike | like | Eat Often |
|  | mushrooms | Never Tried | Dislike | like | Eat Often |
|  | onion | Never Tried | Dislike | like | Eat Often |
|  | pepper | Never Tried | Dislike | like | Eat Often |
|  | spinach | Never Tried | Dislike | like | Eat Often |
|  | Spaghetti squash | Never Tried | Dislike | like | Eat Often |
|  | Swiss chard | Never Tried | Dislike | like | Eat Often |
|  | tomato | Never Tried | Dislike | like | Eat Often |
|  | Zucchini  | Never Tried | Dislike | like | Eat Often |
|  | Acorn squash  | Never Tried | Dislike | like | Eat Often |
|  | carrots | Never Tried | Dislike | like | Eat Often |
|  | Corn  | Never Tried | Dislike | like | Eat Often |
|  | Sweet potatoes  | Never Tried | Dislike | like | Eat Often |
|  | Cauliflower  | Never Tried | Dislike | like | Eat Often |
|  | beets | Never Tried | Dislike | like | Eat Often |
|  | White potatoes  | Never Tried | Dislike | like | Eat Often |
|  | Brussels sprouts  | Never Tried | Dislike | like | Eat Often |
| fruits | apples | Never Tried | Dislike | like | Eat Often |
|  | blackberries | Never Tried | Dislike | like | Eat Often |
|  | blueberries | Never Tried | Dislike | like | Eat Often |
|  | cherries | Never Tried | Dislike | like | Eat Often |
|  | grapefruit | Never Tried | Dislike | like | Eat Often |
|  | kiwi | Never Tried | Dislike | like | Eat Often |
|  | lemon | Never Tried | Dislike | like | Eat Often |
|  | nectarine | Never Tried | Dislike | like | Eat Often |
|  | orange | Never Tried | Dislike | like | Eat Often |
|  | Peach  | Never Tried | Dislike | like | Eat Often |
|  | pear | Never Tried | Dislike | like | Eat Often |
|  | plum | Never Tried | Dislike | like | Eat Often |
|  | Pomegran-ate | Never Tried | Dislike | like | Eat Often |
|  | raspberries | Never Tried | Dislike | like | Eat Often |
|  | bananas | Never Tried | Dislike | like | Eat Often |
|  | strawberries | Never Tried | Dislike | like | Eat Often |
|  | mango | Never Tried | Dislike | like | Eat Often |
|  | watermelon | Never Tried | Dislike | like | Eat Often |
|  | Green grapes | Never Tried | Dislike | like | Eat Often |
|  | Purple grapes | Never Tried | Dislike | like | Eat Often |
|  | Cantaloupe  | Never Tried | Dislike | like | Eat Often |
|  | honeydew | Never Tried | Dislike | like | Eat Often |
|  | almonds | Never Tried | Dislike | like | Eat Often |
|  | walnuts | Never Tried | Dislike | like | Eat Often |
|  | pistachios | Never Tried | Dislike | like | Eat Often |
|  | Macadamia  | Never Tried | Dislike | like | Eat Often |
|  | cashews | Never Tried | Dislike | like | Eat Often |
|  | hazelnut | Never Tried | Dislike | like | Eat Often |
|  | pecans | Never Tried | Dislike | like | Eat Often |
|  |  | Never Tried | Dislike | like | Eat Often |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| seeds | pumpkin | Never tried | dislike | like | Eat often  |
|  | sunflower | Never tried | dislike | like | Eat often |
|  | hemp | Never tried | dislike | like | Eat often |
|  | flax | Never tried | dislike | like | Eat often |
|  | chia | Never tried | dislike | like | Eat often |
|  | sesame | Never tried | dislike | like | Eat often |