

Approved Foods



Complex Carbs:

Yams
Sweet Potato
Red Potato
Purple Potato
Golden Potato
Wild Rie
Brown Rice
White Rice
Couscous
Red Quinoa
Black Quinoa
Pasta
Oatmeal
Cream of Wheat
Honey Nut Cheerios
Honey Bunches of Oats
7-21 Grain Bread
Legumes (beans)

Protein:

Elk
Venison
Bison
Beef
Pork
Antelope
Turkey
Chicken
Cod
Tuna
Trout
Tilapia
Shrimp
Salmon
Halibut
Eggs

