

## Whole Foods Checklist

This worksheet is designed to assist in the development of individualized menu plans for you. Please circle the most appropriate answer for each food item.

Food Group	Food Item	Never Tried	Dislike Food	Like Food	Eat Often
<b>Proteins</b>	Turkey	Never Tried	Dislike Food	Like Food	Eat Often
	Chicken	Never Tried	Dislike Food	Like Food	Eat Often
	Eggs	Never Tried	Dislike Food	Like Food	Eat Often
	Tofu	Never Tried	Dislike Food	Like Food	Eat Often
	Beef	Never Tried	Dislike Food	Like Food	Eat Often
	Lamb	Never Tried	Dislike Food	Like Food	Eat Often
	Buffalo	Never Tried	Dislike Food	Like Food	Eat Often
	Black Beans	Never Tried	Dislike Food	Like Food	Eat Often
	Cannellini beans	Never Tried	Dislike Food	Like Food	Eat Often
	Lentils	Never Tried	Dislike Food	Like Food	Eat Often
	Garbanzo beans	Never Tried	Dislike Food	Like Food	Eat Often
	Split peas	Never Tried	Dislike Food	Like Food	Eat Often
	Tilapia fish	Never Tried	Dislike Food	Like Food	Eat Often
	Salmon	Never Tried	Dislike Food	Like Food	Eat Often
	Shrimp	Never Tried	Dislike Food	Like Food	Eat Often
	Crab cakes	Never Tried	Dislike Food	Like Food	Eat Often
	Mussels	Never Tried	Dislike Food	Like Food	Eat Often
	Oysters	Never Tried	Dislike Food	Like Food	Eat Often
	Tuna (piece)	Never Tried	Dislike Food	Like Food	Eat Often
	Tuna fish (can)	Never Tried	Dislike Food	Like Food	Eat Often
King crab legs/loose crab	Never Tried	Dislike Food	Like Food	Eat Often	
<b>Grains</b>	Brown Rice	Never Tried	Dislike Food	Like Food	Eat Often
	Quinoa	Never Tried	Dislike Food	Like Food	Eat Often
	Whole Wheat Pasta	Never Tried	Dislike Food	Like Food	Eat Often
	Bulgur	Never Tried	Dislike Food	Like Food	Eat Often
	Barley	Never Tried	Dislike Food	Like Food	Eat Often
	Couscous	Never Tried	Dislike Food	Like Food	Eat Often
	Wild rice	Never Tried	Dislike Food	Like Food	Eat Often
	<b>Vegetables</b>	Artichoke	Never Tried	Dislike Food	Like Food
Arugula		Never Tried	Dislike Food	Like Food	Eat Often
Asparagus		Never Tried	Dislike Food	Like Food	Eat Often
Broccoli		Never Tried	Dislike Food	Like Food	Eat Often
Cabbage		Never Tried	Dislike Food	Like Food	Eat Often

<b>Vegetables</b>	Cauliflower	Never Tried	Dislike Food	Like Food	Eat Often
	Celery	Never Tried	Dislike Food	Like Food	Eat Often
	Collard greens	Never Tried	Dislike Food	Like Food	Eat Often
	Cucumber	Never Tried	Dislike Food	Like Food	Eat Often
	Eggplant	Never Tried	Dislike Food	Like Food	Eat Often
	Fennel	Never Tried	Dislike Food	Like Food	Eat Often
	Kale	Never Tried	Dislike Food	Like Food	Eat Often
	Lettuce	Never Tried	Dislike Food	Like Food	Eat Often
	Mushrooms	Never Tried	Dislike Food	Like Food	Eat Often
	Onion	Never Tried	Dislike Food	Like Food	Eat Often
	Pepper	Never Tried	Dislike Food	Like Food	Eat Often
	Spinach	Never Tried	Dislike Food	Like Food	Eat Often
	Spaghetti squash	Never Tried	Dislike Food	Like Food	Eat Often
	Swiss chard	Never Tried	Dislike Food	Like Food	Eat Often
	Tomato	Never Tried	Dislike Food	Like Food	Eat Often
	Zucchini	Never Tried	Dislike Food	Like Food	Eat Often
	Acorn squash	Never Tried	Dislike Food	Like Food	Eat Often
	Carrots	Never Tried	Dislike Food	Like Food	Eat Often
	Corn	Never Tried	Dislike Food	Like Food	Eat Often
	Sweet potatoes	Never Tried	Dislike Food	Like Food	Eat Often
	Beets	Never Tried	Dislike Food	Like Food	Eat Often
<b>Fruits</b>	Apples	Never Tried	Dislike Food	Like Food	Eat Often
	Blackberries	Never Tried	Dislike Food	Like Food	Eat Often
	Blueberries	Never Tried	Dislike Food	Like Food	Eat Often
	Cherries	Never Tried	Dislike Food	Like Food	Eat Often
	Grapefruit	Never Tried	Dislike Food	Like Food	Eat Often
	Kiwi	Never Tried	Dislike Food	Like Food	Eat Often
	Lemon	Never Tried	Dislike Food	Like Food	Eat Often
	Nectarine	Never Tried	Dislike Food	Like Food	Eat Often
	Orange	Never Tried	Dislike Food	Like Food	Eat Often
	Peach	Never Tried	Dislike Food	Like Food	Eat Often
	Pear	Never Tried	Dislike Food	Like Food	Eat Often
	Plum	Never Tried	Dislike Food	Like Food	Eat Often
	Pomegranate	Never Tried	Dislike Food	Like Food	Eat Often
	Raspberries	Never Tried	Dislike Food	Like Food	Eat Often
	Strawberries	Never Tried	Dislike Food	Like Food	Eat Often
	Bananas	Never Tried	Dislike Food	Like Food	Eat Often
	Grapes	Never Tried	Dislike Food	Like Food	Eat Often
	Mango	Never Tried	Dislike Food	Like Food	Eat Often
	Watermelon	Never Tried	Dislike Food	Like Food	Eat Often

<b>Nuts</b>	Almonds	Never Tried	Dislike Food	Like Food	Eat Often
	Walnuts	Never Tried	Dislike Food	Like Food	Eat Often
	Pine nuts	Never Tried	Dislike Food	Like Food	Eat Often
	Pistachios	Never Tried	Dislike Food	Like Food	Eat Often
	Macadamia	Never Tried	Dislike Food	Like Food	Eat Often
	Cashews	Never Tried	Dislike Food	Like Food	Eat Often
	Hazel nuts	Never Tried	Dislike Food	Like Food	Eat Often
	Pecans	Never Tried	Dislike Food	Like Food	Eat Often
<b>Seeds</b>	Pumpkin	Never Tried	Dislike Food	Like Food	Eat Often
	Sunflower	Never Tried	Dislike Food	Like Food	Eat Often
	Sesame	Never Tried	Dislike Food	Like Food	Eat Often
	Flax	Never Tried	Dislike Food	Like Food	Eat Often
	Chia	Never Tried	Dislike Food	Like Food	Eat Often