

The Dongs of Beijing, China

From Hungry Planet by Peter Menzel and Faith D'Aluisio

One Week's Food in July			
Grains & Starchy Foods <ul style="list-style-type: none">• Xiaozhan rice• white bread• French bread• baguettes	Dairy <ul style="list-style-type: none">• yogurt• whole milk• ice cream• butter	Meat, Fish & Eggs <ul style="list-style-type: none">• flatfish• beef flank• pigs feet• beef shank• chicken wings• eggs• beef marinated in soy sauce• salmon• pigs elbows• sausage links• sirloin steak	Fruits, Vegetables & Nuts <ul style="list-style-type: none">• cantaloupe• oranges• firedrake fruit• lemons• plums• tomatoes• cucumbers• cauliflower• celery• carrots• taro• cherry tomatoes• long beans• white onions• dried shiitake mushrooms• fresh shiitake mushrooms• black fungus
Condiments <ul style="list-style-type: none">• peanut oil• olive oil• soy bean juice• orange jam• hot pepper sauce• salad dressing• white sugar• coffee creamer• sesame oil• sweet hot sauce• citron day lily• honey• vinegar• pepper paste• sour cowpea• seafood sauce• MSG• curry powder	Prepared Food <ul style="list-style-type: none">• sushi rolls• eel strips• chicken bullion	Fast Food <ul style="list-style-type: none">• <i>KFC</i>	Beverages <ul style="list-style-type: none">• grapefruit juice• beer• orange juice• orange juice drink• <i>Coca-Cola</i>• red wine• <i>diet Coca-Cola</i>• rice wine• instant coffee• boiled tap water



The Fernandezes of Texas, United States

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One Week's Food in March			
Grains & Starchy Foods <ul style="list-style-type: none"> potatoes homemade tortillas <i>Special K</i> cereal honey wheat bread masa harina all purpose flour French-style bread white rice <i>Cream of Wheat</i> oatmeal dinner rolls <i>Cocoa Pebbles</i> fettuccine vermicelli 	Dairy <ul style="list-style-type: none"> 1% milk skim milk ice cream drinkable yogurt yogurt Colby Jack cheese string cheese 	Meat, Fish & Eggs <ul style="list-style-type: none"> chicken drumsticks jumbo eggs roisserie chicken chicken thigh fillets frozen fish sticks ground beef ground turkey turkey salami shrimp sliced turkey beef top round cubes chicken nuggets smoked chicken 	Fruits, Vegetables & Nuts <ul style="list-style-type: none"> grapefruit bananas Granny Smith apples green grapes strawberries Key limes red apples avocados tomato sauce canned green beans frozen corn tomatoes refried beans iceberg lettuce Italian salad mix yellow onions coleslaw mini carrots mushrooms jalapeno peppers garlic honey roasted peanuts
	Beverages <ul style="list-style-type: none"> spring water apple juice <i>Capri Sun</i> pineapple-orange-banana juice iced tea pink lemonade coffee <i>Ovaltine</i> <i>Kool-Aid</i> 		
Condiments <ul style="list-style-type: none"> vegetable oil BBQ sauce coffee creamer butter spread pancake syrup honey picante sauce season salt ranch salad dressing peanut butter pepper salt 	Snacks & Desserts <ul style="list-style-type: none"> corn chips pretzels fruit popsicles <i>Oreo</i> cookies <i>Ritz</i> crackers <i>Goldfish</i> crackers <i>Ritz Sticks</i> crackers <i>Pringles</i> <i>Fruit Gushers</i> <i>Special K</i> bars microwave popcorn animal crackers 	Prepared Foods <ul style="list-style-type: none"> spaghetti sauce refried beans with cheese <i>Ranch Style</i> beans pancake mix alfredo sauce black beans & rice gumbo mix gravy mix chicken broth 	Fast Food <ul style="list-style-type: none"> Happy Meals Ice cream shakes ice cream cone Restaurants <ul style="list-style-type: none"> <i>Fire Mountain Buffet</i> <i>Cici's Pizza</i>

