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| **One Week’s Food in July** | | | |
| **Grains & Starchy Foods**   * Xiaozhan rice * white bread * French bread * baguettes | **Dairy**   * yogurt * whole milk * ice cream * butter | **Meat, Fish & Eggs**   * 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**   * 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**   * 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**   * sushi rolls * eel strips * chicken bullion | **Fast Food**   * *KFC* | **Beverages**   * grapefruit juice * beer * orange juice * orange juice drink * *Coca-Cola* * red wine * *diet Coca-Cola* * rice wine * instant coffee * boiled tap water |

**The Dongs of Beijing, China**

From Hungry Planet by Peter Menzel and Faith D’Aluisio

China: The Dong family of Beijing.

Food expenditure for one week: 1,233.76 Yuan or $155.06.
Favorite foods: fried shredded pork with sweet and sour sauce.


**The Fernandezes of Texas, United States**

From Hungry Planet by Peter Menzel and Faith D’Aluisio

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| **One Week’s Food in March** | | | |
| **Grains & Starchy Foods**   * potatoes * homemade tortillas * *Special K* cereal * honey wheat bread * masa harina * all purpose flour * French-style bread * white rice * *Cream of Wheat* * oatmeal * dinner rolls * *Cocoa Pebbles* * fettuccine * vermicelli | **Dairy**   * 1% milk * skim milk * ice cream * drinkable yogurt * yougurt * Colby Jack cheese * string cheese | **Meat, Fish & Eggs**   * chicken drumsticks * jumbo eggs * rotisserie 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**   * 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**   * spring water * apple juice * *Capri Sun* * pineapple-orange-banana juice * iced tea * pink lemonade * coffee * *Ovaltine* * *Kool-Aid* |
| **Condiments**   * vegetable oil * BBQ sauce * coffee creamer * butter spread * pancake syrup * honey * picante sauce * season salt * ranch salad dressing * peanut butter * pepper * salt | **Snacks & Desserts**   * corn chips * pretzels * fruit popsicles * *Oreo* cookies * *Ritz* crackers * *Goldfish* crackers * *Ritz Sticks* crackers * *Pringles* * *Fruit Gushers* * *Special K* bars * microwave popcorn * animal crackers | **Prepared Foods**   * spaghetti sauce * refried beans with cheese * *Ranch Style* beans * pancake mix * alfredo sauce * black beans & rice * gumbo mix * gravy mix * chicken broth | **Fast Food**   * Happy Meals * Ice cream shakes * ice cream cone   **Restaurants**   * *Fire Mountain Buffet* * *Cici’s Pizza* |

