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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
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**The Dongs of Beijing, China**

From Hungry Planet by Peter Menzel and Faith D’Aluisio



**The Fernandezes of Texas, United States**

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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*
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