

Vegetables & Fruit

- | | | | |
|--|---------------------------------------|--|--|
| <input type="checkbox"/> carrots | <input type="checkbox"/> oranges | <input type="checkbox"/> carottes | <input type="checkbox"/> oranges |
| <input type="checkbox"/> celery | <input type="checkbox"/> broccoli | <input type="checkbox"/> céleri | <input type="checkbox"/> brocoli |
| <input type="checkbox"/> lettuce | <input type="checkbox"/> pears | <input type="checkbox"/> laitue | <input type="checkbox"/> poires |
| <input type="checkbox"/> frozen vegetables | <input type="checkbox"/> kiwi | <input type="checkbox"/> légumes congelés | <input type="checkbox"/> kiwi |
| <input type="checkbox"/> onions | <input type="checkbox"/> bananas | <input type="checkbox"/> oignons | <input type="checkbox"/> bananes |
| <input type="checkbox"/> tomato paste | <input type="checkbox"/> apple | <input type="checkbox"/> pâte de tomates | <input type="checkbox"/> pomme |
| <input type="checkbox"/> green peppers | <input type="checkbox"/> raisins | <input type="checkbox"/> poivrons verts | <input type="checkbox"/> raisins secs |
| <input type="checkbox"/> potatoes | <input type="checkbox"/> grapes _____ | <input type="checkbox"/> pomme de terre | <input type="checkbox"/> raisins _____ |
| <input type="checkbox"/> canned tomatoes | <input type="checkbox"/> juice _____ | <input type="checkbox"/> tomates en conserve | <input type="checkbox"/> jus _____ |
| <input type="checkbox"/> tomato juice | <input type="checkbox"/> juice _____ | <input type="checkbox"/> jus de tomate | <input type="checkbox"/> jus _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Légumes et fruit

Vegetables & Fruit

- | | | | |
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| <input type="checkbox"/> potatoes | <input type="checkbox"/> grapes _____ | <input type="checkbox"/> pomme de terre | <input type="checkbox"/> raisins _____ |
| <input type="checkbox"/> canned tomatoes | <input type="checkbox"/> juice _____ | <input type="checkbox"/> tomates en conserve | <input type="checkbox"/> jus _____ |
| <input type="checkbox"/> tomato juice | <input type="checkbox"/> juice _____ | <input type="checkbox"/> jus de tomate | <input type="checkbox"/> jus _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Légumes et fruit

Grain Products

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> oatmeal | <input type="checkbox"/> whole wheat noodles | <input type="checkbox"/> avoine | <input type="checkbox"/> nouilles de blé entier |
| <input type="checkbox"/> whole grain bagels | <input type="checkbox"/> whole grain bread | <input type="checkbox"/> bagel de grains entiers | <input type="checkbox"/> pain de grains entiers |
| <input type="checkbox"/> cereal _____ | <input type="checkbox"/> whole grain pita | <input type="checkbox"/> céréale _____ | <input type="checkbox"/> pita de grains entiers |
| <input type="checkbox"/> cereal _____ | <input type="checkbox"/> brown rice | <input type="checkbox"/> céréale _____ | <input type="checkbox"/> riz brun |
| <input type="checkbox"/> whole grain crackers | <input type="checkbox"/> whole wheat tortilla | <input type="checkbox"/> craquelins de grains entiers | <input type="checkbox"/> tortilla de blé entier |
| <input type="checkbox"/> flour _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> farine _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Produits céréaliers

Grain Products

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> oatmeal | <input type="checkbox"/> whole wheat noodles | <input type="checkbox"/> avoine | <input type="checkbox"/> nouilles de blé entier |
| <input type="checkbox"/> whole grain bagels | <input type="checkbox"/> whole grain bread | <input type="checkbox"/> bagel de grains entiers | <input type="checkbox"/> pain de grains entiers |
| <input type="checkbox"/> cereal _____ | <input type="checkbox"/> whole grain pita | <input type="checkbox"/> céréale _____ | <input type="checkbox"/> pita de grains entiers |
| <input type="checkbox"/> cereal _____ | <input type="checkbox"/> brown rice | <input type="checkbox"/> céréale _____ | <input type="checkbox"/> riz brun |
| <input type="checkbox"/> whole grain crackers | <input type="checkbox"/> whole wheat tortilla | <input type="checkbox"/> craquelins de grains entiers | <input type="checkbox"/> tortilla de blé entier |
| <input type="checkbox"/> flour _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> farine _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Produits céréaliers

Meat & Alternatives

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> beef _____ | <input type="checkbox"/> fish _____ | <input type="checkbox"/> boeuf _____ | <input type="checkbox"/> poisson _____ |
| <input type="checkbox"/> ground beef | <input type="checkbox"/> shellfish _____ | <input type="checkbox"/> bœuf haché | <input type="checkbox"/> fruits de mer _____ |
| <input type="checkbox"/> pork _____ | <input type="checkbox"/> canned salmon | <input type="checkbox"/> porc _____ | <input type="checkbox"/> saumon en conserve |
| <input type="checkbox"/> turkey _____ | <input type="checkbox"/> canned tuna | <input type="checkbox"/> dinde | <input type="checkbox"/> thon en conserve |
| <input type="checkbox"/> chicken _____ | <input type="checkbox"/> eggs | <input type="checkbox"/> poulet _____ | <input type="checkbox"/> œufs |
| <input type="checkbox"/> canned beans | <input type="checkbox"/> tofu | <input type="checkbox"/> fèves en conserve | <input type="checkbox"/> tofu |
| <input type="checkbox"/> peanut butter | <input type="checkbox"/> nuts _____ | <input type="checkbox"/> beurre d'arachides | <input type="checkbox"/> noix _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> seeds | <input type="checkbox"/> _____ | <input type="checkbox"/> graines |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Viandes et substituts

Meat & Alternatives

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> beef _____ | <input type="checkbox"/> fish _____ | <input type="checkbox"/> boeuf _____ | <input type="checkbox"/> poisson _____ |
| <input type="checkbox"/> ground beef | <input type="checkbox"/> shellfish _____ | <input type="checkbox"/> bœuf haché | <input type="checkbox"/> fruits de mer _____ |
| <input type="checkbox"/> pork _____ | <input type="checkbox"/> canned salmon | <input type="checkbox"/> porc _____ | <input type="checkbox"/> saumon en conserve |
| <input type="checkbox"/> turkey _____ | <input type="checkbox"/> canned tuna | <input type="checkbox"/> dinde | <input type="checkbox"/> thon en conserve |
| <input type="checkbox"/> chicken _____ | <input type="checkbox"/> eggs | <input type="checkbox"/> poulet _____ | <input type="checkbox"/> œufs |
| <input type="checkbox"/> canned beans | <input type="checkbox"/> tofu | <input type="checkbox"/> fèves en conserve | <input type="checkbox"/> tofu |
| <input type="checkbox"/> peanut butter | <input type="checkbox"/> nuts _____ | <input type="checkbox"/> beurre d'arachides | <input type="checkbox"/> noix _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> seeds | <input type="checkbox"/> _____ | <input type="checkbox"/> graines |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Viandes et substituts

Milk & Alternatives

- | | | | |
|---------------------------------|---------------------------------------|----------------------------------|--|
| <input type="checkbox"/> milk | <input type="checkbox"/> cheese _____ | <input type="checkbox"/> lait | <input type="checkbox"/> fromage _____ |
| <input type="checkbox"/> yogurt | <input type="checkbox"/> cheese _____ | <input type="checkbox"/> yogourt | <input type="checkbox"/> fromage _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Lait et substituts

Milk & Alternatives

- | | | | |
|---------------------------------|---------------------------------------|----------------------------------|--|
| <input type="checkbox"/> milk | <input type="checkbox"/> cheese _____ | <input type="checkbox"/> lait | <input type="checkbox"/> fromage _____ |
| <input type="checkbox"/> yogurt | <input type="checkbox"/> cheese _____ | <input type="checkbox"/> yogourt | <input type="checkbox"/> fromage _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Lait et substituts

Requests/Others

- | | | | |
|---|--------------------------------|--|--------------------------------|
| <input type="checkbox"/> spices _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> épices _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> salad dressing _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> vinaigrette _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> water _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> eau _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> margarine _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> margarine _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Demandes/Les autres

Requests/Others

- | | | | |
|---|--------------------------------|--|--------------------------------|
| <input type="checkbox"/> spices _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> épices _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> salad dressing _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> vinaigrette _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> water _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> eau _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> margarine _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> margarine _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Demandes/Les autres