

PROTEIN

BEANS, PEAS, LENTILS CANS 15-16 OZ, DRY 16 OZ BAG ONLY

ALLOWED

Any Brand, Any Single Variety

- Black Beans
- Black Eyed Peas
- Cowpeas
- Crowder Peas
- Garbanzo Beans (Chick-Pea)
- Great Northern Beans
- Kidney Beans (Red or White)
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Split or Whole Peas (Dry Only)
- Soy Beans

Regular, Low Sodium, No Sodium

NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans, Wax Beans, Snap Beans
- Organic
- Seasonings or Other Ingredients
- Soup Mixes
- Sweet Peas, Green Peas

EGGS CARTONS OF 1 DOZEN

ALLOWED

- Any Brand (except Egglands Best)
- Fresh
- Medium or Large
- White
- Whole



NOT ALLOWED

- Brown
- Cage-Free
- Extra Large
- Liquid Whole Eggs
- Lower Cholesterol Eggs
- Omega-3 Eggs
- Organic
- Specialty Eggs

PEANUT BUTTER 16-18 OZ JAR

ALLOWED

- Any Brand
- Crunchy or Creamy
- Reduced Fat

NOT ALLOWED

- Added Jelly, Honey, or Flavoring
- Marshmallow
- Natural
- Omega-3
- Organic
- Other Nut Butters
- Spreads
- Squeeze Tubes

