

Now Allowed

Liquids

- Pacific Organic Beef broth, Chicken broth low sodium, Mushroom Broth, Vegetable Broth

Breads

- Certain *gluten free* products

Protein

- Pork tenderloin
- Some Schneider's Fat Free (Lifestyle) Deli Slices

Vegetable

- Artichokes
- Hearts of Palm
- Wax beans

Fruits

- Blackberries
- Blueberries
- Clementine
- Nectarine
- Raspberries
- Tangerine (mandarin)

Misc.

- Gyros: Authentic Mediterranean Dressing
- Gyros: Italian Dressing
- Gyros: Mango Flavoured Vinaigrette Dressing
- Gyros: Raspberry flavoured Vinaigrette Dressing
- Nando's: Garlic Peri-Peri sauce, Wild Herb Peri-Peri Sauce, Medium Peri-Peri Sauce, Sundried Tomato & Basil Peri-Peri Marinade, Lime & Cilantro Peri-Peri Marinade
- Walden Farms Calorie Free Alfredo Sauces
- Walden Farms Calorie Free BBQ Sauces: Original, Thick'N Spicy, Honey, Hickory Smoked
- Walden Farms Calorie Free Condiments: Ketchup
- Walden Farms Calorie Free Condiments: Bruschetta, Scampi, Seafood Sauce
- Walden Farms Calorie Free Creamy Whipped Peanut Spread
- Walden Farms Calorie Free Dips: Bleu Cheese, Caramel, Chocolate, French Onion, Marshmallow, Ranch
- Walden Farms Calorie Free Fruit Spreads: Apple Butter, Apricot, Blueberry, Grape, Orange, Raspberry, Strawberry
- Walden Farms Calorie Free Marinara Sauce
- Walden Farms Calorie Free Mayo
- Walden Farms Calorie Free Salad Dressing: Asian, Bacon Ranch, Balsamic Vinaigrette, Bleu Cheese, Buttermilk Ranch, Caesar, Coleslaw Dressing, Creamy Bacon, Creamy Italian, French, Honey Dijon, Italian, Italian Sun Dried Tomato, Jersey sweet Onion, Raspberry Vinaigrette, Russian, Thousand Island, Zesty Italian
- Walden Farms Calorie Free Dressing: Single Serve Packets: Creamy Bacon Dressing, Honey Dijon, Italian, Ranch
- Walden Farms Calorie Free Syrups: Blueberry, Chocolate, Pancake, Strawberry
- Walden Farms Calorie Free Syrups: Single Serve Packets: Chocolate syrup, Pancake

Sweetener

- Splenda – tablet / powder form
- Splenda – flavours for Coffee 1g packet (Hazelnut, French Vanilla, Mocha)