

Meal	Calories	Meal	Calories	Meal	Calories
Light yogurt	80	1/2 c egg substitute	60	1/2 english muffin	55
1 Tbl raisins	35	Turkey sausage patty	60	1/4 c egg substitute	30
1 oz granola	103	1 oz ff cheese	45	1 oz ff cheese	45
Caramel Coffee	95	1/2 grapefruit	40	Turkey sausage patty	60
Total Calories/Meal	313	Total Calories/Meal	205	Total Calories/Meal	190

Meal	Calories	Meal	Calories	Meal	Calories
Lawash bread	70	1 whole egg, "fried"	72	2 light waffles	140
1/2 c egg substitute omelet	60	2 pc light bread	70	1 c strawberries	55
1 oz ff cheese	45	1 pc ff cheese	30	4 Tbl light cool whip	50
Salsa	20	1 tangerine	35	1/4 c ff cottage cheese	40
Total Calories/Meal	195	Total Calories/Meal	207	Total Calories/Meal	285

Meal	Calories	Meal	Calories	Meal	Calories
Breakfast pizza *	170	1 turkey sausage link	40	Light yogurt	80
1 c skim milk	80	1 light waffle	70	1/2 c Fiber One cereal	60
Salsa	20	2 Tbl light syrup	50	1 nectarine	60
Total Calories/Meal	270	Total Calories/Meal	160	Total Calories/Meal	200

Meal	Calories	Meal	Calories	Meal	Calories
1 english muffin	110	1 env oatmeal	140	1/2 c Fiber One cereal	60
2 Tbl PB2	50	2 Tbl light syrup	50	1/2 banana	53
1 Tbl raisins	35	1 Tbl craisins	35	1/2 c skim milk	40
1 Tbl nuts	45	1 Tbl nuts	45	1 Tbl nuts	45
Total Calories/Meal	240	Total Calories/Meal	270	Total Calories/Meal	198

Meal	Calories	Meal	Calories	Meal	Calories
1/2 c ff cottage cheese	80	1/2 c grits	80	Breakfast casserole *	170
2 pineapple rings	56	1 turkey sausage	60	Salsa	20
Caramel Coffee	95	1/2 eng muffin	55	1/2 c grape juice	70
Total Calories/Meal	231	Total Calories/Meal	195	Total Calories/Meal	260

Meal	Calories	Meal	Calories	Meal	Calories
1 env oatmeal	140	1 small apple	72	1 banana	106
2 Tbl PB2	50	2 Tbl PB2	50	2 Tbl PB 2	50
1/2 c skim milk	40	1 oz prociutto/motz chs	70	1/2 c ff cottage cheese	80
Total Calories/Meal	230	Total Calories/Meal	192	Total Calories/Meal	236

Meal	Calories	Meal	Calories	Meal	Calories
1/2 bagel	55	2 peanut butter pancakes	210	2 light waffles	140
2 Tbl light cream cheese	60	20 grapes	68	1 c strawberries	55
1 Tbl raisins	45	1/2 c skim milk	40	4 Tbl light cool whip	50
Total Calories/Meal	160	Total Calories/Meal	318	Total Calories/Meal	245

Meal	Calories	Meal	Calories	Meal	Calories
2 light waffles	140	Multi grain muffin top	100	1 english muffin	100
1/4 c light syrup	100	2 Tbl PB2	50	1 oz Canadian bacon	30
1/2 c skim milk	40	1 small apple	72	1 pc ff cheese	30
1/2 c canned peaches	68	1/2 c milk	40	1/2 c pine/orange juice	60
Total Calories/Meal	348	Total Calories/Meal	262	Total Calories/Meal	220

Meal	Calories	Meal	Calories	Meal	Calories
2 light waffles	140	Fiber One apple muffin	90	2 rice cakes	100
1 c pineapple delight *	98	1 small apple	72	4 Tbl PB2	100
1/2 c skim milk	40	Baby Bel cheese wheel	70	1 c skim milk	80
Total Calories/Meal	278	Total Calories/Meal	232	Total Calories/Meal	280

Meal	Calories	Meal	Calories	Meal	Calories
Lawash bread	70	2 pc light bread	70	1 bagel	110
1/4 c egg substitute omelet	30	3 Tbl PB2	75	2 slices bacon	92
1 oz ff cheese	45	4 Tbl sf jam	40	1/4 c egg substitute	30
1 turkey sausage link	40	1 c skim milk	80		
Total Calories/Meal	185	Total Calories/Meal	265	Total Calories/Meal	232

* This is a personal recipe. Please visit www.thefiveds.com for a copy of the recipe.