

Meal	Calories	Meal	Calories	Meal	Calories
3 oz tilapia	100	3 oz flounder	90	Veggie Burger	90
2 Tbl FF tartar	20	2 Tbl FF tartar	20	2% cheese	50
1 light bun	80	1 pc FF cheese	30	Bun	80
1 pc FF cheese	30	2 pc light bread	70	Condiments	0
1 c light soup	60	1 c light soup	60	1 c light soup	60
<b>Total Calories/Meal</b>	<b>290</b>	<b>Total Calories/Meal</b>	<b>270</b>	<b>Total Calories/Meal</b>	<b>280</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 turkey cheddar bratwurst	120	3 oz turkey	140	1/4 c Lite Life bar-b-que	70
1 light bun	80	1 med sweet potato	103	1 light bun	80
Condiments	0	1/2 c "stuFFing"	70	1 pc FF cheese	30
1 c light soup	60	Condiments	0	1 c light soup	60
<b>Total Calories/Meal</b>	<b>260</b>	<b>Total Calories/Meal</b>	<b>313</b>	<b>Total Calories/Meal</b>	<b>240</b>

Meal	Calories	Meal	Calories	Meal	Calories
2 1/2 oz imitation crab	200	Taco, hard, fresco style	150	Applebees chili lime salad	250
Cocktail sauce	30	Taco, chkn, fresco style	180	Applebees Fr. onion soup	150
<b>Total Calories/Meal</b>	<b>230</b>	<b>Total Calories/Meal</b>	<b>330</b>	<b>Total Calories/Meal</b>	<b>400</b>

Meal	Calories	Meal	Calories	Meal	Calories
2 turkey hot dogs	90	3 oz turkey	140	2 oz reduced fat tort chips	240
4 Tbl chili sauce	40	1/2 c brown rice	150	1 c refried beans	160
2 light buns	160	potato roll	70	2 oz FF cheese	90
Condiments	0	1/4 c gravy	30	Condiments	0
<b>Total Calories/Meal</b>	<b>290</b>	<b>Total Calories/Meal</b>	<b>390</b>	<b>Total Calories/Meal</b>	<b>490</b>

Meal	Calories	Meal	Calories	Meal	Calories
2 oz tuna fish	60	3 oz chicken breast	120	1 can sardines	191
1 Tbl light mayo	45	3/4 c whole wheat pasta	90	4 melba toasts	78
4 melba toasts	78	1/2 c marinara sauce	60	Salad	50
1 c light soup	60	2 oz reduced fat motz chs	160	2 Tbl FF ranch dress	30
<b>Total Calories/Meal</b>	<b>243</b>	<b>Total Calories/Meal</b>	<b>430</b>	<b>Total Calories/Meal</b>	<b>349</b>

Meal	Calories	Meal	Calories	Meal	Calories
6 Totinos pizza rolls	220	LC Angel Hair Marinara	240	3 oz shrimp	80
2 Tbl FF ranch dress	30	Broccoli/cauliflower	30	Cocktail sauce	30
Diet soda	0	2 Tbl reduced fat parm chs	60	1 c barley veggie soup *	150
<b>Total Calories/Meal</b>	<b>250</b>	<b>Total Calories/Meal</b>	<b>330</b>	<b>Total Calories/Meal</b>	<b>260</b>

Meal	Calories	Meal	Calories	Meal	Calories
Veggie riblet	220	3 oz chicken breast	120	3 oz tilapia	100
1 light bun	80	2 Tbl bar-b-que sauce	40	2 Tbl FF tartar	20
Condiments	0	1 med corn on the cob	80	1 sm baked potato	120
1 c light soup	60	Condiments	0	Salsa	40
<b>Total Calories/Meal</b>	<b>360</b>	<b>Total Calories/Meal</b>	<b>240</b>	<b>Total Calories/Meal</b>	<b>280</b>

Meal	Calories	Meal	Calories	Meal	Calories
2 spinach pie	170	2 stuffed cabbage	125	1 tostada fresco style	200
2 Tbl reduced fat feta chs	70	2 pc light bread	70	1/2 c refried black beans	80
1 c seasoned cabbage	70	2 Tbl Smart Balance	90	1 oz FF cheese	45
<b>Total Calories/Meal</b>	<b>310</b>	<b>Total Calories/Meal</b>	<b>285</b>	<b>Total Calories/Meal</b>	<b>325</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 veggie burger	90	1/2 c refried black beans	80	1 light bun	80
1 light bun	80	1 oz FF cheese	45	2 oz honey ham	42
1 pc FF cheese	30	Lawash bread	70	1 pc FF cheese	30
Condiments	0	Condiments	0	1 Tbl mayo	45
1 c light soup	60	1 c light soup	60	1 oz baked chips	120
<b>Total Calories/Meal</b>	<b>260</b>	<b>Total Calories/Meal</b>	<b>255</b>	<b>Total Calories/Meal</b>	<b>317</b>

Meal	Calories	Meal	Calories	Meal	Calories
Amy's tamale pie	190	LC Cheesy Ckn & Rice	220	LC sesame chicken dinner	230
1 c light soup	60	Broccoli/Cauliflower	60	Broccoli	30
<b>Total Calories/Meal</b>	<b>250</b>	<b>Total Calories/Meal</b>	<b>280</b>	<b>Total Calories/Meal</b>	<b>260</b>

Meal	Calories	Meal	Calories	Meal	Calories
LC Chicken Fettuchini	270	Amy's shepard's pie	150	Wendys small chili	220
Broccoli	30	1 c light soup	60	1 child vanilla frosty	170
<b>Total Calories/Meal</b>	<b>300</b>	<b>Total Calories/Meal</b>	<b>210</b>	<b>Total Calories/Meal</b>	<b>390</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 1/2 c whole wheat pasta	190	McD's snack wrap grilled	260	4 oz imitation crab	100
3/4 c marinara sauce	90	Side salad	20	2 Tbl RF cream cheese	30
2 oz RF motz cheese	160	2 Tbl FF ranch dressing	30	2 Tbl cocktail sauce	30
1 pc light bread	35	1 vanilla cone	150	8 Melba toasts	156
<b>Total Calories/Meal</b>	<b>475</b>	<b>Total Calories/Meal</b>	<b>460</b>	<b>Total Calories/Meal</b>	<b>316</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 1/2 c veggie chili *	180	2 veggie corn dogs	300	SW 6" ham/turkey no chs	290
1 oz FF cheese	40	Condiments	0	SW tomato garden soup	90
4 Melba toasts	78	1 c light soup	60	Condiments	0
<b>Total Calories/Meal</b>	<b>298</b>	<b>Total Calories/Meal</b>	<b>360</b>	<b>Total Calories/Meal</b>	<b>380</b>

Meal	Calories	Meal	Calories	Meal	Calories
6 slices shaved lunch meat	85	2 oz chicken breast shaved	70	Veggie chicken patty	150
1 pita bread	110	2 Tbl light mayo	45	2% cheese	50
3 Tbl FF ranch dress	30	1 pita bread	110	Bun	80
Condiments	0	Condiments	0	Mayo	40
1 c light soup	60	1 c light soup	60	1 c light soup	60
<b>Total Calories/Meal</b>	<b>285</b>	<b>Total Calories/Meal</b>	<b>285</b>	<b>Total Calories/Meal</b>	<b>380</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 pizza Lean Pocket	300	3 oz chicken breast	120	3 oz chicken breast	120
1/4 c marinara sauce	30	1 med "smashed" potato	120	1/2 c brown rice	150
1 oz RF motz cheese	80	1/2 c chicken gravy	60	1/2 c FF cream of chckn soup	70
<b>Total Calories/Meal</b>	<b>410</b>	<b>Total Calories/Meal</b>	<b>300</b>	<b>Total Calories/Meal</b>	<b>340</b>

Meal	Calories	Meal	Calories	Meal	Calories
2 oz lean ham (grilled)	60	2 oz lean roast beef	60	1 turkey cheddar bratwurst	120
1 pc FF cheese (melted)	30	2 pc lights bread	70	3 Mrs. T's pierogies	180
2 pc light bread (toasted)	70	Condiments	0	2 Tbl FF sour cream	25
1 c light soup	60	1 c light soup	60	1/4 c applesauce	50
<b>Total Calories/Meal</b>	<b>220</b>	<b>Total Calories/Meal</b>	<b>190</b>	<b>Total Calories/Meal</b>	<b>375</b>

Meal	Calories	Meal	Calories	Meal	Calories
Spring Salad mix	10	2 turkey hot dogs	90	1 turkey cheddar bratwurst	120
2 oz mandarian oranges	20	2 pc FF cheese	60	1 c sauerkraut	25
1/2 oz pecan halves	105	2 light buns	160	1 lawash bread	70
1 oz Swiss Cheese	100	Condiments	0	Contiments	0
2 Tbl FF vinaigrette dressing	25	1 c light soup	60	1 c light soup	60
<b>Total Calories/Meal</b>	<b>260</b>	<b>Total Calories/Meal</b>	<b>370</b>	<b>Total Calories/Meal</b>	<b>275</b>

Meal	Calories	Meal	Calories	Meal	Calories
Salad greens & veggies	60	1 bagel	110	1 piece pepperoni pizza	200
1/4 c chick peas	70	3 oz lean lunch meat (variety)	90	1 bread stick	90
2 egg whites	34	1 pc FF cheese	30	1/4 c marinara sauce	30
2 Tbl FF ranch dressing	30	Condiments	0	Salad	50
1 c cabbage soup	30	1 c light soup	60	2 Tbl FF ranch dress	30
<b>Total Calories/Meal</b>	<b>224</b>	<b>Total Calories/Meal</b>	<b>290</b>	<b>Total Calories/Meal</b>	<b>400</b>

Meal	Calories	Meal	Calories	Meal	Calories
1 large tomato	33	6 slices shaved lunch meat	85	4 oz salmon, grilled	110
2 oz tuna fish	60	3 pc light bread	105	1 c cooked asparagus	50
1 Tbl light mayo	45	1 1/2 pc FF cheese	45	1/2 c brown rice	150
1 oz RF motz cheese	80	Condiments	0	2 Tbl FF tartar sauce	20
1 slice light bread as crumbs	35	1 c light soup	60	1 pc light bread	35
<b>Total Calories/Meal</b>	<b>253</b>	<b>Total Calories/Meal</b>	<b>295</b>	<b>Total Calories/Meal</b>	<b>365</b>

\* This is a personal recipe. Please visit [www.thefiveds.com](http://www.thefiveds.com) for a copy of the recipe.