

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
3 Starch 3 Meat 2 Veggie 1 Fat (515 calories)	2/3 c whole grain pasta 1 Boca chicken pattie 2 oz light motzarella 1/2 c marinara sauce 2 c green beans	1 Meat 1 1/2 Veggie 2 1/2 Starch (300 calories)	Veggie Burger 1 pc 2% cheese Light bun Pickles, onions 1 oz. baked chips Salsa	5 Veggies 2 Meat 3 Starch 1 Fat (530 calories)	2 c salad greens 2 egg whites, hard boiled 1/2 c chick peas Fresh veggies 12 melba rounds 1 Tbl light ranch dressing

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
3 Meat 1 Starch 2 Veggie 1 Fat (355 calories)	3 oz tuna steak 1/3 c brown rice 2 c zuchini/tomatoes	1 Starch 3 Meat 2 Veggie 1 Fat (355 calories)	3 Tbl pimento cheese spread 10 Kaski crackers 1 1/2 c zuchini/tomatoes	2 Starch 6 Meat 2 Fat 100 calories 1 Veggie (735 calories)	2 oz light tortilla chips 1/2 c refried black beans 2/3 c soy crumbles 2 oz FF shredded cheese 2 Tbl light sour cream 1/2 c salsa Lettuce, tomatoes

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 2 Veggie 1 Fat (295 calories)	1 c Amy's O veg soup 1 Tbl rf parm cheese 1 1/2 light hot dog 2 c broc/caulif Butter/cheese 1/2 c kraut	1 Starch 2 Meat 2 Veggie 1 Fat (265 calories)	1 light hamburger bun 1 soy burger 1 pc FF cheese 2 tsp mayo, ketchup Pickle, tomato, onion 1 c carrots 1 c greens	2 Meat 1 Starch 1 Veggie 1 Fat (270 calories)	5 Boca buffalo wings 1/2 c chick pea salad 1 c zuchini/tomatoes 1 plum

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 2 Veggie 1 Fat (295 calories)	1 pc bread 1 oz turkey meat 1 pc FF cheese lettuce,tomato 2 tsp light mayo 2 c veggie stew	2 Starch 3 Meat (340 calories)	1 lg sweet potato 3 oz chicken Spray butter Cinna/Splenda blend	2 Meat 1 Starch 2 Veggie 1 Fat (295 calories)	2 oz tuna steak 1 serv sweet potato fries 1 c veggie stew 1 c greens

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 1 Fruit 1 Dairy (340 calories)	2 spinach pie 1 oz RF feta cheese 3 dates 1/2 c light cottage cheese 1 c milk	2 Starch 2 Meat 2 Veggie 1 Fat (375 calories)	1 bun 1 Praeger's fish fillet 1 pc FF cheese 1/2 c greens 1 c cauliflower Cheese/butter spray	2 Starch 2 Meat 2 Veggie (330 calories)	1 1/2 c onion soup 1 pc light bread 2 oz light motz cheese Broc/caulif blend

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Starch 4 Meat (400 calories)	2 spinach pie 4 oz chicken w/ BBQ sauce	2 Starch 2 Meat 2 Veggie 1/2 Fat (355 calories)	1 bun 1 ear corn 1 veggie burger 1 pc FF cheese 1 Tbl light mayo Tomato, pickle, onion	5 Meat 2 Starch 1 Veggie (485 calories)	3 oz turkey pastrami 2 pc RF swiss cheese 1 pita bread Lettuce / onions MustaRD

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2 Starch 3 Meat 2 Veggie 1 Fat (435 calories)	1 tortilla 1 ear corn 1/2 refried beans 1 oz FF cheese 8 olives Broccoli, seasoned	2 Starch 2 Meat 2 Veggie 1 Fat (375 calories)	1 bun 1 Praeger's fish fillet 1 pc FF cheese 1 Tbl light mayo 1 c asparagus	2 Meat 1 Starch 2 Veggie 1 Fat (295 calories)	2 oz tuna steak 1/3 c brown rice 2 c veggie stew

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 2 Veggie 1 Fat (295 calories)	1 light bun 1/3 c soy bbq beef 2 c zucchini/tomatoes	1 1/2 Starch 2 Meat (240 calories)	2 pc bread 1 oz turkey pastrami 1 oz FF cheese Lettuce	2 Starch 2 Meat 1 Veggie (305 calories)	2 light buns 2 turkey hot dogs 1 c cabbage soup Condiments

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 1 Fat 1 Veggie 1 Fruit (330 calories)	3 Tbl pimento cheese 2 pc light bread Lettuce 2 plum tomatoes 1/2 banana	1 Starch 3 Meat 1 Veggie 1 Fruit 2 Fat (435 calories)	2 pc light bread 1 1/2 oz turkey 1 1/2 oz FF cheese lettuce, tomato slice 2 tsp light mayo 1/2 banana	2 Starch 1 Veggie 2 Fat 1 Fruit (335 calories)	1 1/2 oz tortilla chips 1/2 c salsa 4 Tbl guac/salsa 3 dates

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
3 Meat 1 Starch 1 Veggie 1 Fruit 2 Fat (435 calories)	2 1/4 oz turkey sausage 1 1/2 c krauf 1 c Amy's O veg soup 1 Tbl rf parm cheese 1/2 orange 1 Tbl flax seed	2 Starch 3 Meat 1 Veggie 1 Fruit 2 Fat (515 calories)	1 1/2 oz tortilla chips 1/4 c refried black beans 1/3 c soy crumbles 1 oz FF cheese Lettuce, tomatoes, jalapenos 1/2 orange 3 prunes	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	3 oz chicken w/ barbeque sauce 1 sm baked potato 1 corn on the cob 1 c watermelon 3 Tbl light sour cream

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
3 Meat 3 Starch 1 Veggie 1 Fruit 1 Fat (550 calories)	3 oz tuna steak 1/3 c brown rice 1 spinach pie 1 corn on the cob 1 c watermelon 1 c cole slaw	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	2 pc bread 1 oz turkey 1 oz salami 1 pc FF cheese Lettuce, tomato 1 c Campbell's butternut squash soup	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	Amy's shepards pie 1 chkn apple sausage 1 pc light bread 1 cheese stick 3 prunes

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Starch 1 Meat 2 Veggie 2 Fruit 1 Fat (435 calories)	2 spinach pie 1 oz feta cheese 2 tomatoes 3 dates 3 prunes 1/3 oz nuts	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	1/3 c rice 1 chicken pattie 2 Tbl parm cheese 1 c veggie soup 1 c watermelon 2 tsp flax seed	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	2 buns 2 veggie burgers Lettuce, tomato, pickles, onion 1 c veggie soup 1 c cole slaw 1/2 banana

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Starch 6 Meat 3 Veggies 2 Fruit (715 calories)	2 pita pockets 3 oz ham/turkey 2 slices cheese 3 oz chicken Tomatoes, carrots, green peppers 1 Tbl light ranch dip	2 Starch 3 Meat 1 Veggie 1 Fruit 2 Fat (515 calories)	1 bun 1 c chicken broth w/ noodles 1 tuna burger 1 pc cheese Lettuce, tomato, onion	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	1 pita pocket 3 oz tuna burger 1 pc FF cheese Lettuce, tomato 1/2 lg apple 1/3 oz nuts

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2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	2 spinach pie 1 pc FF cheese 3 oz tuna burger 1/2 c carrots 1 c broccoli Butter spray/cheese	2 Starch 1 Meat 2 Veggie 1 Fruit (330 calories)	1 bagel 1 oz turkey Lettuce, tomato 1 c asparagus 1/2 orange	2 Starch 3 Meat 1 Veggie 1 Fruit 1 Fat (470 calories)	1 pita pocket 3 oz tuna burger 1 pc FF cheese 1/2 c peas 1 c baby carrots Lettuce, tomato

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Starch 3 Meat 2 Veggie 1 Fat (435 calories)	1 sm baked potato 3 oz chicken w/ BBQ sauce 2 c garlic green beans 12 mini toasts 2 Tbl guac/salsa dip	1 1/2 Starch 1 Meat 3 Veggie 1 Fat (300 calories)	Shepard's Pie 1 c garlic green beans 2 c sweet & sour cabbage soup	2 Starch 3 Meat 1 Veggie 1 Fat (410 calories)	1 light bun 1 corn on the cob 1 veggie burger 1 pc FF cheese 1/4 c chick pea salad Squash/onions Condiments

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1 Starch 2 Meat 2 Veggie 1 Fat (335 calories)	6 Melba rounds 2 oz tuna fish 2 Tbl light mayo 1 c baby carrots	2 Starch 2 Meat 1 Veggie (305 calories)	1 pita bread Marinara sauce 10 turkey pepperoni 1 oz motz cheese Broc, onions, mush, grn ppr	2 Starch 4 Meat 1 Veggie (425 calories)	2 turkey bratwurst 2 light bun Sauerkraut Mustard

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