

Exchanges 1 Fruit 1 Meat (120 calories)	Menu 1/2 lg apple 1 light light cheese stick	Exchanges 1 Fruit 1/2 Dairy 1 Fat (145 calories)	Menu 2 Tbl raisins 1 small yogurt 1 tsp flax seed, ground	Exchanges 1 Fruit 1 Fat 1 Meat (165 calories)	Menu 1/2 lg apple 2 Tbl peanut butter
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Exchanges 1 Fruit 1 Fat 1 Meat 100 choice (265 calories)	Menu 1/2 banana Fiber One bar 2 Tbl peanut butter	Exchanges 1 Fruit 1 Fat (105 calories)	Menu 1 orange 1/2 oz almonds	Exchanges 1 Fruit 1/2 Dairy 1 Fat (145 calories)	Menu 1 orange 1 small light yogurt 2 tsp flax seed, ground
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Exchanges 1 Starch 1 Fruit 1/2 Dairy (180 calories)	Menu 1/2 c Fiber One cereal 1/2 c light soy milk 1/2 c peaches, canned	Exchanges 1 Fruit 1 Fat (105 calories)	Menu 1/2 c cantelope 1/3 oz nuts	Exchanges 2 Fruit 1/2 Dairy 1 Meat 1 Fat (265 calories)	Menu Smoothie: 1/2 c tofu 1/2 c light soy milk 1/2 banana, frozen 1/2 c tropical fruit, frozen 1 Tbl flax seed, ground
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Exchanges 1 Fruit 1/2 Dairy 1 Fat (145 calories)	Menu 1 small yogurt 1/2 orange 2 tsp flax seed, ground	Exchanges 1 Fruit 1/2 Dairy 1 Fat (145 calories)	Menu 1/2 lg apple 1 small light yogurt 2 tsp flax seed, ground	Exchanges 1 Fruit 1/2 Dairy 1 Fat (145 calories)	Menu 1/2 banana 1 small light yogurt 1 Tbl flax seed, ground
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Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Fat 100 choice (205 calories)	1/2 lg apple 1/2 oz almonds 100 cal pack	1 Fruit 1 Fat 100 choice (205 calories)	12 cherries 1/3 oz mixed nuts 100 cal pack	1 Fruit 1 Fat 100 choice (205 calories)	1 c strawberries 1/3 oz mixed nuts 1 serving sf angel food cake 3 Tbl light cool whip

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Starch 1 Meat 1 Fat 1 Fruit (325 calories)	1 1/2 oz tortilla chips 1/4 c black bean dip 3 Tbl light sour cream 3 dates	2 Fruit 1 Meat (180 calories)	3 dates 3 prunes 1 light cheese stick	1 Starch 1 Fruit 1/2 Dairy 1 Meat 1 Fat (285 calories)	1/2 c Fiber One cereal 3 chopped dates 1/2 c light soy milk 1/2 c ff cottage cheese 1 Tbl flax seed, ground

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1/2 Dairy 1 Fat (145 calories)	17 grapes 1 small light yogurt 1 Tbl flax seed, ground	1 Fruit 1 Fat 1 Starch (185 calories)	12 cherries 1/3 oz nuts 1 Vitalicious muffin top	1 Milk 1 Starch (160 calories)	1 sf, ff latte 1 Vitalicious muffin top

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Fat 1 Starch (185 calories)	3 prunes 1/3 oz mixed nuts 1 Vitalicious muffin top	1 Fruit 1 Fat 1 Starch (185 calories)	1/2 lg apple 1/3 oz mixed nuts 1 Vitalicious muffin top	1 Fruit 1/2 Dairy 1 Fat (145 calories)	2 tangerines 1 small light yogurt 2 tsp flax seed, ground

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 1 Fruit 1/2 Dairy 1 Meat 1 Fat (285 calories)	1/2 c Fiber One cereal 2 Tbl raisins 1/2 c skim milk 1/4 c ff cottage cheese 2 tsp sf jam 2 tsp flax seed, ground	1 Starch 1 Fruit 1/2 Dairy 1 Meat 1 Fat (285 calories)	1/2 c Fiber One cereal 1/2 c light soy milk 2 Tbl raisins 1/4 c cottage cheese mix 1 Tbl flax seed, ground	1 Starch 1 Dairy (240 calories)	1 Vitalicious muffin top 8 oz skim milk

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 1 Meat 1 Fruit	1 bagel 1 oz turkey meat 3 prunes	1 Fruit 1 Meat (120 calories)	1/2 lg apple 1 light cheese stick	1 Fruit 2 Fat 1 Meat	1 apple 2 Tbl peanut butter 1 Tbl flax seed, ground

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Dairy 1 Fat (185 calories)	Smoothie: 1/2 banana, frozen 1/2 c berries, frozen 1 small light yogurt 1/2 c light soy milk 2 Tbl flax seed, ground	1 Fruit 1/2 Dairy 1 Fat (145 calories)	1/2 banana 1 small light yogurt 2 tsp flax seed, ground	1 Fruit 1 Fat 1 Starch (185 calories)	17 grapes 1/3 oz nuts 17 mini rice cakes

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Fat 1 Meat (170 calories)	1 kiwi 1/3 oz. nuts 1 light cheese stick	1 Fruit 1 Fat 100 choice (205 calories)	17 plum 1/3 oz mixed nuts 100 cal pack	1 Fruit 1/2 Dairy 1 Fat (145 calories)	16 cherries 1 small light yogurt 1 Tbl flax seed, ground

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Meat 1 Veggie (145 calories)	1/2 banana 1 light cheese stick 1 sm tomato	1 Fruit 1 Fat 1 Meat (165 calories)	1/2 orange 1/3 oz mixed nuts 1 light cheese stick	1 Fruit 1 Starch 1 Meat (200 calories)	1/2 orange 1 bagel 1 oz turkey meat

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Meat 1 Fat 1 Starch (185 calories)	2 Tbl peanut butter 1 Vitalicious muffin top	2 Fruit 1 Veggie 1 Fat (190 calories)	17 cherries 7 grapes 4 strawberries Carrots, tomatoes Sm portion dip	1 Fruit 1 Fat 100 choice (205 calories)	1 apple 1/3 oz mixed nuts 100 cal pack

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fruit 1 Meat (120 calories)	Nectarine 1 light cheese stick	1 Fruit 1/2 Dairy 1 Fat (145 calories)	3 dates 1 small light yogurt 1 Tbl flax seed, ground	1 Fruit 1/2 Dairy 1 Fat (145 calories)	12 cherries 1 small light yogurt 1 Tbl flax seed, ground

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Fat 1 Meat (145 calories)	10 green olives 1 oz light cheese	1 Starch 1/2 Meat (110 calories)	1 1/2 oz lawash chips 4 Tbl Hummus	1 Starch 1/2 Dairy (120 calories)	2 pc light bread Spray butter Cinna/Splenda blend 4 oz skim milk