

Exchanges 1 Starch 1 Fat 1 Fruit 1/2 Dairy (225 calories)	Menu 1/2 c Fiber One cereal 1/2 oz almonds 1/2 apple 1/2 c skim milk	Exchanges 1 Starch 1 Meat 1 Fruit 2 Fat (290 calories)	Menu 1/2 bagel 2 Tbl. peanut butter 1/2 banana 1 tsp ground flax seed	Exchanges 1 Starch 1 Fat 1 Fruit 1/2 Dairy (225 calories)	Menu 1/2 c Fiber One cereal 1/2 oz almonds 1/2 c. canned peaches 1/2 c light soy milk
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Exchanges 1 Starch 1 Meat 1 Fruit (200 calories)	Menu 1 light english muffin 1 oz turkey lunch meat 1 nectarine	Exchanges 1 Starch 1 Meat 1 Fat 1 Fruit (245 calories)	Menu 1/2 light english muffin 1 poached egg 3 prunes	Exchanges 1 Starch 1 Meat 1 Fat 1 Fruit (245 calories)	Menu 1 light english muffin 1 oz salami 1 peach
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Exchanges 1 Starch 1 Meat 1 Fruit (200 calories)	Menu 1 whole grain waffle 1/4 c FF cottage cheese 1 c strawberries 2 Tbl light cool whip	Exchanges 1 Starch 1 Meat 1 Veggie 1 Fruit (225 calories)	Menu 1/2 bagel 2 veggie/soy sausage 1/2 pear	Exchanges 1 Starch 1 Fruit 1 Fat 2 Meat (305 calories)	Menu 1/2 bagel 1/2 apple 1 oz salami 1 pc FF cheese
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Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 1 Meat 1 Veggie 1 Fruit (225 calories)	1 veggie pancake 2 veggie/soy sausage 3 prunes 2 Tbl FF sour cream	1 Starch 1 Meat 1 Veggie 1 Dairy 1 Fruit 1 Fat (350 calories)	1/2 bagel 2 veggie/soy sausage 1 sm light yogurt 3 dates 1 Tbl flax seed	1 Starch 1 Meat 1 Veggie 1 Fruit (225 calories)	1 veggie pancake 2 veggie/soy sausage 1 c watermelon 1 tsp FF sour cream

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 1 Meat 1 Veggie 1 Fruit (225 calories)	1/2 bagel 2 veggie/soy sausage 1/2 c apple sauce	1 Starch 1 Meat 1 Fruit (200 calories)	1 veggie pattie 1/2 c FF cottage cheese 1/2 c tropical fruit salad, canned	1 Starch 1 Meat 1 Fruit (200 calories)	1 veggie pattie 1 pc FF cheese 1/2 banana

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Fat 1/2 Dairy 1 Fruit (270 calories)	1/2 c Fiber One cereal 1/3 oz almonds / walnuts 1 Tbl flax seed 4 oz light soy milk 1/2 c tropical fruit salad, canned	1/2 Dairy 1 Fruit 2 Fat 1 Starch (270 calories)	1/2 c Fiber One cereal 2 Tbl raisins 1/2 c light soy milk 1 Tbl flax seed 1/3 oz almonds	1 1/2 Starch 1 Meat 1 Fruit (240 calories)	Spinach pie 1 oz RD feta cheese 1/8 cantelope

Exchanges 1 Starch 1 Meat 1 Fruit (200 calories)	Menu 1 light waffle 1 c strawberries, chopped 1/4 c FF cottage cheese 4 Tbl FF cool whip	Exchanges 2 1/2 Meat 2 Veggie 1 Fruit (200 calories)	Menu 1/2 c egg substitute 1 c chopped broc, grn peppers, onion, mush 1 oz FF cheese 10 grapes	Exchanges 1 Starch 1 Meat 1 Fruit (200 calories)	Menu 1/2 bagel 1/4 c FF cottage cheese 1/2 c tropical fruit salad, canned
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Exchanges 1 Starch 1 Fat 1 Fruit 1/2 Dairy (225 calories)	Menu 1/2 c Fiber One cereal 1/3 oz almonds 2 Tbl raisins 1/2 c light soy milk	Exchanges 1 Meat 1 Fat 1 Fruit (165 calories)	Menu 2 Tbl peanut butter 1/2 banana	Exchanges 1 Dairy 1 Fruit 1 1/2 Starch (260 calories)	Menu 1 light yogurt 2 Tbl raisins 1 oz. granola
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Exchanges 2 Starch 1 Fruit 1 Fat 1 Meat (325 calories)	Menu 1 light english muffin 1/2 orange 1 hard boiled egg	Exchanges 1 Starch 1 1/2 Meat 1 Fat 1 Fruit (275 calories)	Menu 1 light english muffin 1/2 c egg substitute 1 slice bacon 12 cherries	Exchanges 2 Starch 1 Fruit 1 Fat 1 Meat (325 calories)	Menu 1 light english muffin 1/2 grapefruit 1 poached egg
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Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
1 Starch 2 Meat 1/2 Fat 1 Fruit (285 calories)	1/2 bagel 1 turkey sausage 3/4 c egg substitute 1/2 orange juice	1 Starch 2 Meat 2 Veggie (250 calories)	1 light tortilla 1/2 c egg substitute 1 c chopped broc, grn ppr, onion, mushrooms 1 oz FF cheese Salsa	1 Starch 2 Meat 1 Fruit (260 calories)	2 pc light bread 2 egg whites 1 pc FF cheese 1/2 c grape juice

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Meat 2 Fat 1 Starch (290 calories)	2 eggs, hard boiled 2 pcs light bread Mustard	2 Starch 1 Fruit 1 Fat (265 calories)	1 env oatmeal 2 Tbl raisins 1/2 oz nuts	1 Starch 1 Meat 1/4 Dairy (160 calories)	2 pcs light bread 1/2 c egg substitute 1/4 c skim milk

Exchanges	Menu	Exchanges	Menu	Exchanges	Menu
2 Meat 2 Fat 1 Veggie (235 calories)	2 eggs, "fried" Stewed tomatoes	1 Starch 2 Meat 1 Veggie (225 calories)	1 light eng muffin 2 veggie/soy sausage 1 pc FF cheese 1/2 c egg substitute	2 Starch 1 Fruit 1 Meat 2 Fat (370 calories)	1 env oatmeal 2 Tbl raisins 2 Tbl peanut butter