

Factor 21 – Food Plan



	Breakfast	Lunch	Supper	Snacks	Total for Day
Vegetable Light Greens	0 Factors	0 Factors	0 Factors	0 Factors	0 Factors
Fruits Dark Green	1 Factor	1 Factor	1 Factor	0 Factors	3 Factors
Starches Light Yellow	2 Factors	2 Factors	2 Factors	2 Factors	8 Factors
Dairy Dark Yellow	1 Factor	0 Factors	0 Factors	1 Factor	2 Factors
Meats Light Red	1 Factor	2 Factors	2 Factors	0 Factors	5 Factors
Fats Dark Red	1 Factor	1 Factor	1 Factor	0 Factors	3 Factors



Sample Menu

	Breakfast	Lunch	Supper	Snacks
Vegetable Light Greens	Sliced Tomato	2-3 c Salad Lettuce, Tomato, Pickle 1 t Mustard	2 c. Broccoli Peppers, Onions	Raw Carrots
Fruits Dark Green	2 Peaches	1 c. Grapes	1 c Strawberries	
Starches Light Yellow	2 sl Whole Wheat Toast 1 c Bran Flakes	2 sl Whole Wheat Bread 1 c. Baked Potato	2 Whole Wheat Rolls 1 cup Brown Rice	2 c Cheerios
Dairy Dark Yellow	1 c. Light Yogurt			1 c. Skim Milk
Meats Light Red	½ c. Egg Beaters	2 oz Turkey 2 oz. Fat Free Cheese	4 oz Grilled Salmon	
Fats Dark Red	2 T. Lite Margarine	2 T. Lite Italian Dressing	2 t. Olive Oil	

