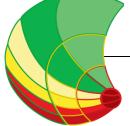
## Factor 22 – Food Plan



	Breakfast	Lunch	Supper	Snacks	Total for Day	
Vegetable Light Greens	0 Factor	0 Factor	0 Factor	0 Factor	0 Factor	
Fruits Dark Green	1 Factor	1 Factor	1 Factor	1 Factor	4 Factors	
Starches Light Yellow	2 Factors	2 Factors	2 Factors	2 Factors	8 Factors	
Dairy Dark Yellow	<sup>2</sup> 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	

*					
C	Vegetable	Breakfast Sliced Tomato	Lunch 2-3 c Salad	Supper 2 c. Broccoli	Snacks Raw Carrots
	Light Greens		Lettuce, Tomato, Pickle 1 t Mustard	Peppers, Onions	
-	Fruits Dark Green	2 Peaches	1 c. Melon	1 c Strawberries	1 c. Grapes
	Starches Light Yellow	2 sl Whole Wheat Toast 1 c Bran Flakes	2 sl Whole Wheat Bread 1 c Brown Rice	2 Whole Wheat Rolls 1 c. Baked Potato	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	Mast
	Fats Dark Red	2 T. Light Margarine	2 T. Lite Italian Dressing	2 T. Lite Margarine	



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