

# Factor 25 – Food Plan



	Breakfast	Lunch	Supper	Snacks	Total for Day
<b>Vegetable Light Greens</b>	0 Factor	0 Factor	0 Factor	0 Factor	0 Factor
<b>Fruits Dark Green</b>	1 Factor	1 Factor	1 Factor	1 Factor	4 Factors
<b>Starches Light Yellow</b>	2 Factors	2 Factors	3 Factors	2 Factors	9 Factors
<b>Dairy Dark Yellow</b>	1 Factor	0 Factors	0 Factors	1 Factor	2 Factors
<b>Meats Light Red</b>	1 Factor	2 Factors	3 Factors	0 Factors	6 Factors
<b>Fats Dark Red</b>	1 Factor	1 Factor	2 Factors	0 Factors	4 Factors



## Sample Menu

	Breakfast	Lunch	Supper	Snacks
<b>Vegetable Light Greens</b>	Sliced Tomato	2-3 c Salad Lettuce, Tomato, Pickle 1 t Mustard	2 c. Broccoli Peppers, Onions	Raw Carrots
<b>Fruits Dark Green</b>	2 Peaches	1 c. Melon	1 c Strawberries	1 c. Grapes
<b>Starches Light Yellow</b>	2 sl Whole Wheat Toast 1 c Bran Flakes	2 sl Whole Wheat Bread 1 c Brown Rice	2 Whole Wheat Rolls ½ c. Mashed Potatoes	2 c Cheerios
<b>Dairy Dark Yellow</b>	1 c. Light Yogurt			1 c. Skim Milk
<b>Meats Light Red</b>	½ c. Egg Beaters	2 oz Turkey 2 oz. Fat Free Cheese	6 oz Grilled Salmon	
<b>Fats Dark Red</b>	2 T. Lite Margarine	2 T. Lite Italian Dressing	2 t. Olive Oil 2 T. Lite Margarine	

