

Factor 31 – 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	3 Factors	3 Factors	3 Factors	2 Factors	11 Factors
Dairy Dark Yellow	1 Factor	1 Factor	0 Factors	1 Factor	3 Factors
Meats Light Red	1 Factor	3 Factors	3 Factors	0 Factors	7 Factors
Fats Dark Red	2 Factors	2 Factors	2 Factors	0 Factors	6 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. Melon	1 c Strawberries	1 c. Grapes
Starches Light Yellow	2 sl Whole Wheat Toast 2 c Bran Flakes	2 sl Whole Wheat Bread 1 c. Brown Rice 1 c. Lima Beans	2 Whole Wheat Rolls ½ c. Potatoes	2 c Cheerios
Dairy Dark Yellow	1 c. Skim Milk	1 c. Lite Yogurt		1 c. Skim Milk
Meats Light Red	½ c. Egg Beaters	4 oz Turkey 2 oz. Fat Free Cheese	6 oz Grilled Salmon	
Fats Dark Red	4 T. Light Margarine	2 T. Lite Italian Dressing 2 T. Lite Margarine	2 t. Olive Oil 2 T. Lite Margarine	

