

Diet 5- 3000 Calories

<b>Meal</b>	<b>Food</b>	<b>Serving Size</b>	<b>Exchanges</b>
<b>Breakfast 8:00</b>	Waffles	2 4" Waffles	2 Starch
	Light Syrup	2 Tbsp	1 Starch
	Egg Whites	2 each	2 Meat
	Blueberries	1 ½ Cup	2 Fruit
	2% Milk	1 Cup	1 Milk
	Reduced-Fat Butter	1 Tbsp	1 Fat
	Whipped Cream	2 Tbsp	1 Fat
<b>AM Snack 10:30</b>	Banana Nut Bread	1" Slice	2 Starch, 1 Fat
	Banana	½ Medium	1 Fruit
<b>Lunch 1:00</b>	Asiago Cheese Bagel	1 4 oz Bagel	4 Starch
	Deli Sliced Turkey	3 oz	3 Meat
	Regular Cream Cheese	1 Tbsp	2 Fats
	Artificially Sweetened Yogurt	6 oz	1 Milk
	V8 Juice	1 Cup	1 Vegetable
	Raw Baby Carrots	1 Cup	1 Vegetable
<b>PM Snack 3:30</b>	Vanilla Wafers	5 Cookies	1 Starch, 1 Fat
	Chocolate Pudding	½ Cup	1 Starch
	Apple	1 Small	1 Fruit
<b>Dinner 6:30</b>	Cooked Pasta	1 Cup	3 Starch
	Garlic Toast	1 Slice Bread, 1 Tbsp Reduced-Fat Butter	1 Starch, 1 Fat
	Ground Round Beef	3 oz	3 Lean Meat
	Low Fat Parmesan Cheese	1 oz	1 Meat
	Tomato Sauce	1 Cup	2 Vegetable
	Lettuce	2 Cup	Free
	Ranch Dressing	2 Tbsp	2 Fat
<b>HS Snack 8:30</b>	Light Ice Cream	½ Cup	1 Starch, 1 Fat
	Canned Pineapple	½ Cup	1 Fruit
	Chocolate Syrup	1 Tbsp	1 Starch

## Diet 6-2000 Calories-Vegetarian

Meal	Food	Serving Size	Exchanges
<b>Breakfast 7:00</b>	Boca Breakfast Links	1 Link	1 Meat
	Toasted English Muffin	1 Muffin	2 Starch
	100% Strawberry Fruit Spread	1 ½ Tbsp	1 Starch
	Apple	1 Small	1 Fruit
	Peanut Butter	2 Tbsp	2 Fat
<b>AM Snack 10:00</b>	Baked Pita Chips	15-20 Chips	1 Starch
	Soy Milk	1 Cup	1 Milk
<b>Lunch 1:00</b>	Meatless Burger	1 Patty	2 Meat
	Hamburger Bun	1 Bun	2 Starch
	Lettuce	1 Leaf	Free
	Barbeque Sauce	2 Tsp	Free
	Cucumber Slices	1 Cup	1 Vegetable
	Raspberries	1 Cup	1 Fruit
	Almonds	12 Nuts	2 Fat
	Soy Milk	1 Cup	1 Milk
<b>Dinner 5:30</b>	Tofu	8 oz	2 Meat
	Baby Corn	¼ Cup Cooked	½ Vegetable
	Mushrooms	¼ Cup Cooked	½ Vegetable
	Broccoli	¼ Cup Cooked	½ Vegetable
	Sugar Pea Snaps	¼ Cup Cooked	½ Vegetable
	Soybean Oil	2 Tsp	2 Fat
	Lemon Juice	1 Tbsp	Free
	Soy Sauce	1 Tbsp	Free
	Rice	1 Cup Cooked	3 Starch
	Canned Pineapple	½ Cup	1 Fruit
<b>HS Snack 9:00</b>	Rice Cakes	2 4" Cakes	1 Starch
	Soy Milk	1 Cup	1 Milk

Diet 5 3000 Cal	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3	2	4	2	4	2	17	15 255	3 51	1 17
Meat	2		3		4		9		7 63	2 15 5 8
Vege			2		2		4	5 20	2 8	
Fruit	2	1		1		1	5	15 75		
Milk	1		1		1		3	12 36	8 24	1 15 5 8
Fat	2	1	2	1	3	1				5 45
Goal	84	42	84	42	84	42	Total grams	386	146	95
TOTAL	87	42	82	45	82	45	Total Kcals	1544	584	855

Total: 2983 Calories

Diet 6 2000 Veg	B	AM Snack	L	PM Snack	D	HS Snack	Total Exchanges	%C	%P	%F
Starch	3	1	2	-	3	1	10	15 150	3 30	1 10
Meat	1		2	-	2		5		7 35	2 14 5 8
Vege			1	-	2		3	5 15	2 6	
Fruit	1		1	-	1			15 45		
Milk		1	1	-		1	3	12 36	8 24	1 15 5 8
Fat	2		2	-	2		6			5 30
Goal	65	30	65	-	65	30	Total grams	246	95	69
TOTAL	60	27	62	-	70	27	Total Kcals	984	380	621

Total: 1985 Calories