



EASY PLAN

FOOD GROUP CHOICES

BREAKFAST

1. Starch List

- 1 cup Shredded Wheat
- 6 Tbsp Wheat Germ
- 1 cup Bran Cereal
- 1 cup Oatmeal
- 1 cup Cream of Wheat
- 1 cup Grits
- 1 Low Fat Bagel
- 1 slice Whole Wheat Bread
- 1 slice White Bread
- 1 slice Raisin Bread

2. Protein List

- 2-3 Egg Whites
- 1 slice Low Fat Cheese
- 1-2 oz. Lean Meat
- Ex: Ham or Turkey bacon

- Pear
- Apple
- Banana
- Orange
- Strawberries
- Tangerine
- Pineapple
- Mango
- Honey Dew
- Grapefruit
- Blueberries
- Boysenberries
- Papaya
- Guava
- Coconut
- Dried Fruit

SNACK

1. Starch List

- 8 Animal Crackers
- 3 Graham Crackers
- 3/4 oz. Matzo
- 5 slices Melba Toast
- 24 Oyster Crackers
- 3 cups Popcorn (non fat)
- 1/2 cup Pretzels
- 4 Rye Crisp
- 2-4 Whole Wheat Crackers
- 2 Large Rice Cakes

2. Protein List

- 2-4 oz. Yogurt (low fat or fat free)
- 1 slice Low Fat cheese
- 1/2 cup 1% Milk

3. Fruits & Vegetables List

- Peach
- Raisins
- Grapes
- Dates
- Watermelon
- Nectarine
- Plums
- Kiwi
- Cantaloupe
- Apricots
- 1 cup Carrots (cooked or raw)
- 1 cup Scallions
- 1 cup Broccoli
- 1 cup Mushrooms
- 1 cup Zucchini
- Lettuce, Tomato, Onions, Celery

LUNCH/DINNER

1. Starch List

- 1/2 cup beans and peas ex: Kidney, Navy, Lima, Pinto, Split, Lentils, Black-eyed
- 1/2 cup Pasta
- 1/2 cup Rice (brown)
- 1/2 cup Corn
- 6 in Corn on the Cob
- 1/2 cup Plantain
- 1 small baked Potato
- 1 Roll, Biscuit, Muffin, Bread

2. Protein List

- 3 oz. Chicken
- 3 oz. Fish
- 3 oz. Tuna
- 3 oz. Turkey

- 1 cup Mustard Greens
- 1 cup Sweet Potato
- 1 cup Winter Squash
- 1 cup Lima Beans
- 1 cup Corn
- 1 cup Green Peas
- 1 cup Beans (string, white, kidney, blackeye, green)
- 1 cup Collard Greens
- 1 cup Turnip Greens
- 1 cup Artichokes
- 1 cup Cabbage
- 1 cup Okra
- 1 cup Brussel Sprouts
- 1 cup Eggplant
- 1 cup Kale or Leeks