

**Instructions:** each row specifies what to eat at each meal time. You may choose a single box in each row and all within the same meal time are equivalent and exchangeable.

TIME	1	2	3	4	5	6	7
8:00 a.m.	<b>Banana</b> - 1 piece (2 Fruit SFS)	<b>Strawberry Papaya smoothie</b> - 1 cup strawberries (1 Fruit SFS) - 1 cup papaya (1 Fruit SFS)	<b>Pear</b> - 1 piece (2 Fruit SFS)	<b>Grapes</b> - 36 pieces (2 Fruit SFS)	<b>Apple</b> - 1 piece (1 Fruit SFS) <b>Kiwi</b> - 1 piece (1 Fruit SFS)	<b>Grapefruit</b> - 1 piece (1 Fruit SFS) <b>Watermelon</b> - 1 cup watermelon (1 Fruit SFS)	<b>Berries</b> - 1 cup berry mix (1 Fruit SFS) <b>Melon</b> - 1 cup melon (1 Fruit SFS)
	<b>Pancakes</b> - 2 small pieces of 40g each (2 Cereal B SFS) - 1 tsp. butter (1 Fat A SFS) - 3 tsp. maple syrup (1.5 Sugar A SFS)	<b>Toasted bread with jam and butter</b> - 2 whole wheat bread slices - 3 tsp. butter (2 Cereal B SFS + 1 Fat A SFS) - 3 tsp. jam (1.5 Sugar SFS)	<b>Waffle</b> - 2 small pieces of 40g each (2 Cereal B SFS) - 1 tsp. butter (1 Fat A SFS) - 3 tsp. maple syrup (1.5 Sugar SFS)	<b>Toasted bread with jam and cream cheese</b> - 2 whole wheat bread slices - 3 tsp. cream cheese (2 Cereal B SFS + 1 Fat A SFS) - 4 tsp. jam (1.5 Sugar SFS)	<b>Croissant</b> - 1 piece of 60g (2 Cereal B SFS + 1 Fat A SFS) - 4 tsp. jam (1.5 Sugar SFS)	<b>Apple Strudel</b> - 1 piece of 70g (2 Cereal B SFS + 1 Fat A SFS) - 4 tsp. jam (1.5 Sugar SFS)	<b>Bagel with jam and cream cheese</b> - 1 whole wheat bagel of 50g - 3 tsp. cream cheese (2 Cereal B SFS + 1 Fat A SFS) - 4 tsp. jam (1.5 Sugar SFS)
11:00 a.m.	<b>Grapes</b> - 18 pieces (1 Fruit SFS)	<b>Apple</b> - 1 piece (1 Fruit SFS)	<b>Melon</b> - 1 cup melon (1 Fruit SFS)	<b>Orange</b> - 2 pieces (1 Fruit SFS)	<b>Watermelon</b> - 1 cup watermelon (1 Fruit SFS)	<b>Tangerine</b> - 2 pieces (1 Fruit SFS)	<b>Strawberries</b> - 1 cup (1 Fruit SFS)
	<b>Almonds</b> – 10 pieces (1 Fat B SFS) <b>Crystallized Fruit</b> – 3 pieces (1 Sugar SFS)	<b>Peanut Butter</b> – 1 tbsp. (1 Fat B SFS) <b>Marshmallows</b> – 2 big pieces (15g) (1 Sugar SFS)	<b>Pistachio</b> – 18 pieces (1 Fat B SFS) <b>Lolly Pop</b> – 1 piece (1 Sugar SFS)	<b>Honey Roasted Peanuts</b> – 15 pieces (1 Fat B SFS + 1 Sugar SFS)	<b>Nuts</b> – 3 pieces (1 Fat B SFS) <b>Jelly</b> – ½ cup (1 Sugar SFS)	<b>Almond Butter</b> – 1 tbsp. (1 Fat B SFS) <b>Mini Marshmallows</b> – 18 pieces (15g) (1 Sugar SFS)	<b>Hazelnut Cream</b> – 1 tbsp. (1 Fat B SFS + 1 Sugar SFS)
2:00 p.m.	<b>Watermelon Water</b> - 1 cup watermelon (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water	<b>Pineapple-Cucumber Water</b> - 1 cup pineapple (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water - ½ cucumber piece (1/2 Vegetable SFS) - ½ lemon piece	<b>Strawberry Lemonade</b> - 1 cup strawberries (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water - 1 lemon piece	<b>Kiwi Lemonade</b> - 1 kiwi (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water - 1 lemon piece	<b>Tangerine Water</b> - 2 tangerine pieces (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water	<b>Berry Lemonade</b> - 1 cup berries (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water - 1 lemon piece	<b>Orange Water</b> - 1 orange piece (1 Fruit SFS) - 2 tsp. sugar (1 Sugar SFS) - Free amount of water
	<b>Avocado Green Salad</b> - 1/3 avocado piece (1 Fat A SFS) - 1 cup vegetables: spinach, cucumber, bell pepper and alfalfa (1 Vegetable SFS) <b>Chicken Fajitas</b> - 50g chicken breast (2 AO A SFS) - 1 tsp. oil (1 Fat A SFS) - 1 cup vegetables: Bell pepper, onion and mushrooms (1 Vegetable SFS) <b>Whole Beans</b> - ½ cup (1 Leguminous SFS) <b>Steamed Pasta</b> - 1 cup (2 Cereal A SFS)	<b>Asparagus with Butter</b> - 1 tsp. butter (1 Fat A SFS) - 1 cup asparagus (1 Vegetable SFS) <b>Pan Seared Salmon</b> - 60g salmon (2 AO A SFS) - 1 tsp. oil (1 Fat A SFS) - 1 cup vegetables: spinach and mushrooms (1 Vegetable SFS) <b>Lentils</b> - ½ cup (1 Leguminous SFS) <b>Steamed Pasta</b> - 1 cup (2 Cereal A SFS)	<b>Caesar's Salad with Chicken</b> - 40g chicken breast (1 AO A SFS) - 3 cups lettuce (1 Vegetable SFS) - 2 tsp. parmesan cheese (1 AO A SFS + ½ Fat SFS) - 1 tsp. ranch dressing (2 Fat SFS) - 1 cup bread croutons (2 Cereal SFS) <b>Garlic-cilantro black bean salad</b> - Free amount garlic and cilantro - ½ cup beans (1 Leguminous SFS)	<b>Chickpea Salad</b> - 1 cup vegetables: carrot, mushrooms, tomato, (1 Vegetable SFS) - ½ cup chickpea (1 Leguminous SFS) - 1 tsp. olive oil (1 Fat A SFS) - 1/3 avocado piece (1 Fat A SFS) <b>Lasagna</b> - 1 cup of steamed pasta (2 Cereal SFS) - 30g cooked ground beef (1 AO A SFS) - 40g mozzarella (1 AO A SFS) - ½ cup tomato sauce (1 Vegetable SFS)	<b>Spinach with whole beans</b> - ½ cup beans (1 Leguminous SFS) - 2 tsp. oil (2 Fat A SFS) - 1 cup vegetables: spinach, onion and garlic (1 Vegetable SFS) <b>Chicken noodle soup</b> - 50g chicken breast (2 AO A SFS) - 1 cup vegetables: carrot, pumpkin, Garlic, onion and celery (1 Vegetable SFS) - 1 cup noodles (2 Cereal A SFS)	<b>Lentils</b> - ½ cup (1 Leguminous SFS) <b>Chicken Stew</b> - 50g chicken breast (2 AO A SFS) - 2 tsp. avocado oil (2 Fat A SFS) - 1 cup steamed vegetables (carrot, onion, pea, tomato) (2 Vegetable SFS) - 1 baked potato (2 Cereal A SFS)	<b>Avocado Salad</b> - 1/3 avocado piece (1 Fat A SFS) - 2 cups vegetables: spinach, cucumber, tomato, mushrooms, bell pepper and alfalfa (2 Vegetable SFS) <b>Lemon pepper fish</b> - 80g tilapia (2 AO A SFS) - Free amount lemon juice, garlic and pepper - 1 tsp. olive oil (1 Fat A SFS) <b>Cooked brown rice</b> - 2/3 cup (2 Cereal A SFS) <b>Whole Beans</b> - ½ cup (1 Leguminous SFS)
	<b>Apple</b> - 1 piece (1 Fruit SFS)	<b>Melon</b> - 1 cup melon (1 Fruit SFS)	<b>Orange</b> - 2 pieces (1 Fruit SFS)	<b>Watermelon</b> - 1 cup watermelon (1 Fruit SFS)	<b>Tangerine</b> - 2 pieces (1 Fruit SFS)	<b>Strawberries</b> - 1 cup (1 Fruit SFS)	<b>Grapes</b> - 18 pieces (1 Fruit SFS)
	<b>Orange</b> - 2 pieces (1 Fruit SFS) <b>Pistachios</b> – 18 pieces (1 Fat B SFS)	<b>Watermelon</b> - 1 cup watermelon (1 Fruit SFS) <b>Nuts</b> – 3 pieces (1 Fat B SFS)	<b>Tangerine</b> - 2 pieces (1 Fruit SFS) <b>Peanuts</b> – 15 pieces (1 Fat B SFS)	<b>Strawberries</b> - 1 cup (1 Fruit SFS) <b>Almond Butter</b> – 1 tbsp. (1 Fat B SFS)	<b>Grapes</b> - 18 pieces (1 Fruit SFS) <b>Almonds</b> – 10 pieces (1 Fat B SFS)	<b>Apple</b> - 1 piece (1 Fruit SFS) <b>Peanut Butter</b> – 1 tbsp. (1 Fat B SFS)	<b>Melon</b> - 1 cup melon (1 Fruit SFS) <b>Sesame</b> – 4 tsp. (1 Fat B SFS)
8:00 p.m.	<b>Tomato</b> – 1 piece (1 Vegetable SFS)	<b>Cucumber</b> – 1 cup (1 Vegetable SFS)	<b>Lettuce</b> – 3 cups (1 Vegetable SFS)	<b>Spinach</b> – 1 cup (1 Vegetable SFS)	<b>Carrot</b> – 1 cup (1 Vegetable SFS)	<b>Bell pepper</b> – 1 cup (1 Vegetable SFS)	<b>Alfalfa</b> – 1 cup (1 Vegetable SFS)
	<b>Boiled egg</b> - 2 egg whites (1 AO A SFS) <b>Toasted bread with butter</b> - 1 slice of whole bread (1 Cereal A SFS) - 1 tbsp. butter (1 Fat A SFS)	<b>Avocado Tuna</b> - 30g tuna (1 AO A SFS) - 1/3 avocado (1 Fat A SFS) - 1 slice whole bread (1 Cereal A SFS)	<b>Sandwich</b> - 25g ham (1 AO A SFS) - 1 tsp. mayonnaise (1 Fat A SFS) - 1 slice whole bread (1 Cereal A SFS)	<b>Cheese Avocado sandwich</b> - 40g low fat cheese mozzarella (1 AO A SFS) - 1/3 avocado (1 Fat A SFS) - 1 slice whole bread (1 Cereal A SFS)	<b>Sushi</b> - 30g tuna (1 AO A SFS) - 1/3 avocado (1 Fat A SFS) - 1/3 cup rice (1 Cereal A SFS)	<b>Flat Bread Pizza</b> - 40g low fat cheese mozzarella (1 AO A SFS) - 1 bacon slice (1 Fat A SFS) - ½ flat bread – (1 Cereal A SFS)	<b>Wrap Avocado</b> - 40g low fat cheese mozzarella (1 AO A SFS) - 1/3 avocado (1 Fat A SFS) - ½ flat bread (1 Cereal A SFS)