

Factor 15 Diabetes FOOD SPIRAL[®]



Food Fitness First Inc[®]



Using The Diabetes FOOD SPIRAL®

15 DFS Daily Factors

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 15 Factors a day. For your convenience we have broken down the week by day.



Legend:

Lg.-Large, NSA - No Sugar Added, Gr.-Grilled, t.-teaspoon, T.-Tablespoon, c.-cup, w/-with, Bk.-Baked, Tom.- Tomato, Cuc- Cucumbers, Ch- Cheese, WW- Whole Wheat, Art. Sw.-Artificial Sweetener, FF- Fat Free, sl.-Slice, Drg.- Dressing, Veggies-Vegetables, SF-Sugar Free, Marg.-Margarine.



Other "GO" foods – 0 Factors-Eat All YOU want:

Nonstick cooking spray, vinegar, dill pickles*, mustard*, lemon/lime juice, unsweetened caffeine free diet colas, unsweetened caffeine free beverages, sugar free gelatin, herbs, Worcestershire sauce*, horseradish, hot sauce, garlic powder, sage, oregano, cinnamon, nutmeg, ginger, paprika, black pepper, cayenne pepper, capers, and other spices.



Limit to 2 T./day

Fat Free- sour cream, margarine, salad dressing, mayonnaise, whipped topping, cream cheese, non-dairy creamer, salsa*, soy sauce*, taco sauce*, ketchup*, steak sauce*, 3 pieces sugar free candy, 3 sticks sugar free gum, 1 T. sugar free jelly and syrup.

*-High in Sodium.

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Monday - 15 DFS Daily Factors

Breakfast (3)

- 1Y** 1/2 Fruit Cocktail
- 1Y** 1 c. 2% Milk
- 1G** 1 sl. WW Toast
- 0G** 1 t. FF Margarine
- 0G** 1 T. NSA Jelly, Jam or Syrup
- 0Y** 1 c. Coffee
- 0G** 1/2 c. Tomato Juice*
- 0G** Artificial Sweetener
- 0G** Salt*, Pepper

Lunch (6)

- 2G** 4 oz. Baked Chicken
- 1G** 1/2 c. Fresh Pineapple
- 0G** 2-3 Carrot Sticks
- 2G** 2 WW Rolls w/
- 0G** 2 t. FF Margarine
- 1Y** 1/2 c. White Rice
- 0G** 1/2 c. Broccoli
- 0G** 1 c. Garden Salad w/
- 0G** 1 T. FF Salad Dressing* or 2 T. Salsa*
- 0G** 1 c. NSA Punch

Dinner (4)

- 1G** 2 oz. Baked Fish
- 0G** 2 c. Salad w/
- 0G** 1 T. FF Salad Dressing*
- 0G** 1/2 c. Cole Slaw, FF
- 0G** 1 T. Margarine, FF
- 1G** 1 small Baked Potato
- 0G** 1 T. Sour Cream, FF
- 1Y** 1 Roll (White)
- 0G** 1/2 c. Green Beans
- 1G** 1 Apple, small
- 0Y** 1 c. NSA Tea

Snack (2)

- 1Y** 6 Vanilla Wafers
- 1G** 1 cup Skim Milk

Notes:



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Wednesday - 15 DFS Daily Factors

Breakfast (3)

- 1G** 1/2 c. Grapes
- 1G** 1 c. Non-Fat Yogurt, NSA (No Sugar Added)
- 1G** 1/2 c. Oatmeal
- 0G** 1 c. Sautéed Veggies
- 0Y** 1 c. Coffee/Sweetener
- 0G** 1/2 c. Tomato Juice*
- 0G** 1 T. NSA Jam, Jelly or Syrup

Lunch (6)

- 2G** 2-6" Corn Tortilla
- 2G** 4 oz. Chicken
- 0G** 2 T. Salsa*
- 0G** 1 c. Pico de Gallo
- 0G** 2 c. Lettuce/Tomato
- 0G** 2 T. Sour Cream, FF
- 1G** 1/2 c. Pineapple, fresh
- 0G** 1 c. Onion/Tomatoes
- 0G** 1 t. Margarine, FF
- 1G** 1/2 c. Refried Beans*
- 0G** 1 c. NSA Punch

Dinner (4)

- 1G** 2 oz. Tilapia w/
- 0G** 1/4 c. Grilled Peppers
- 0G** 1/2 c. Sautéed Mushrooms
- 0G** 1/2 c. Asparagus
- 0G** 1 t. Margarine, FF
- 0G** 1 c. Tossed Salad/
- 0G** 2 T. FF Dressing*
- 0G** 1 c. V-8 Juice*
- 0G** 1/2 c. Steamed Veggies
- 1G** 1/2 c. Berries
- 2G** 2 WW Rolls

Snack (2)

- 1G** 6 WW Crackers*
- 1G** 1 c. Skim Milk

Notes:



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Thursday - 15 DFS Daily Factors

Breakfast (3)

- 1G** 1 Orange, small
- 1G** 1 c. Skim Milk
- 1G** 1/2 c. Shredded Wheat
- 0Y** 1 c. Coffee/Art. Sw.
- 0G** 1/2 c. V-8 Juice*
- 0G** Salt*, Pepper
- 0G** 2 T. NSA Syrup, Jelly or Jam

Lunch (6)

- 2G** 4 oz. Turkey
- 1G** 1/2 c. Wild Rice
- 0G** 2 c. Salad Greens
- 0G** 1 T. Lite Dressing*
- 0G** 1 t. FF Margarine
- 2G** 2 sl. WW Bread
- 1G** 1 Apple for Salad
- 0G** add 1/4 c. Celery
- 0G** on a bed of Lettuce (1 c.)
- 0G** 1 T. Mayonnaise, FF
- 0G** 1 c. NSA Lemonade

Dinner (4)

- 1G** 2 oz. Baked Fish
- 0G** 1 c. Asparagus
- 0G** 1 c. Salad Greens
- 0G** w/1 T. FF Salad Dressing*
- 1G** 1 Roll, WW
- 1G** 1 Tangerine
- 0G** 1 t. Margarine, FF
- 0G** 1/2 c. Beets
- 1G** 1 small Sweet Potato
- 0G** 1 T. Art. Brown Sugar
- 0Y** 1 Diet Coke

Snack (2)

- 1G** 1 c. Skim Milk
- 1G** 3 c. Air Popped Popcorn*

Notes:

Fast Food Selection Guide



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Diabetes FOOD SPIRAL[®]



Breakfast

2G	Egg White & Cheese on Flatbread	2R	Black Forest Ham, Egg and Cheese on Flatbread	5Y	6" Bacon, Egg White & Cheese with Avocado Sandwich
2G	Egg White & Cheese with Avocado on Flatbread	2R	Breakfast BMT Melt with Egg on Flatbread	5Y	6" Black Forest Ham, Egg White and Cheese Sandwich
2Y	Bacon, Egg White & Cheese on Flatbread	2R	Sunrise Subway Melt with Egg on Flatbread	5Y	6" Sunrise Subway Melt with Egg White Sandwich
2Y	Black Forest Ham, Egg White and Cheese on Flatbread	3Y	6" Breakfast BMT Melt with Egg White Sandwich	5Y	6" Steak, Egg & Cheese Sandwich
2Y	Steak, Egg White & Cheese on Flatbread	4Y	6" Bacon, Egg White & Cheese Sandwich	5Y	6" Sunrise Subway Melt with Egg Sandwich
2Y	Sunrise Subway Melt with Egg White on Flatbread	4Y	6" Egg White & Cheese Sandwich	5R	6" Bacon, Egg & Cheese with Avocado Sandwich
2Y	Egg & Cheese on Flatbread	4Y	6" Egg White & Cheese with Avocado Sandwich	5R	6" Breakfast BMT Melt with Egg Sandwich
2Y	Steak, Egg & Cheese on Flatbread	4Y	6" Steak, Egg White & Cheese Sandwich		
2R	Bacon, Egg White & Cheese with Avocado on Flatbread	4Y	6"Western, Egg White & Cheese		
2R	Breakfast BMT Melt with Egg White on Flatbread	4Y	6" Bacon, Egg & Cheese Sandwich		
2R	Bacon, Egg & Cheese with Avocado on Flatbread	4Y	6" Black Forest Ham, Egg and Cheese Sandwich		
2R	Bacon, Egg & Cheese on Flatbread	4Y	6" Egg & Cheese Sandwich		
		4Y	6"Western, Egg & Cheese		





Lunch & Dinner

- 1G** Black Forest Ham Salad
- 1G** Turkey Breast & Ham Salad
- 1G** Turkey Breast Salad
- 1G** Veggie Delight Salad
- 1Y** Chicken Noodle Soup
- 1R** Golden Broccoli & Cheese Soup

- 2G** 6" Veggie Delight
- 2G** Roast Beef Mini Sub
- 2G** Veggie Delight Mini Sub
- 2G** Oven Roasted Chicken Salad
- 2G** Roast Beef Salad
- 2G** Subway Club Salad
- 2Y** Black Forest Ham Mini Sub
- 2Y** Turkey Breast Mini Sub
- 2Y** Applewood Pulled Pork Salad
- 2Y** Double Chicken Salad Salad
- 2Y** Tuscan Chicken Salad
- 2Y** Chicken Teriyaki with Spinach Salad

- 2Y** Sweet Onion Chicken Teriyaki Salad
- 2R** Turkey Jalapeno Melt Salad
- 2R** Clam Chowder
- 2R** Creamy Wild & Brown Rice Soup
- 2R** Loaded Baked Potato Soup
- 2R** Poblano Corn Chowder

- 3G** Creamy Chicken and Dumplings Soup
- 3G** Green Chili & Tomato Soup
- 3G** Vegetable Beef Soup
- 3Y** 6" Black Forest Ham
- 3Y** 6" Oven Roasted Chicken
- 3Y** 6" Roast Beef
- 3Y** 6" Subway Club
- 3Y** 6" Turkey Breast
- 3Y** 6" Turkey Breast & Ham
- 3Y** Chicken Cordon Bleu Salad
- 3Y** Steak & Bacon Melt Salad

- 3R** 6" BLT
- 3R** BLT with Avocado Salad
- 3R** Chipotle Chicken & Cheese Salad
- 3R** Chipotle Steak & Cheese Salad
- 3R** Sriracha Chicken Melt Salad
- 3R** Sriracha Steak Melt Salad

- 4Y** 6" Chicken Cordon Bleu Melt
- 4Y** 6" Cold Cut Combo
- 4Y** 6" Italian BMT
- 4Y** 6" Sriracha Chicken Melt
- 4Y** 6" Tuscan Chicken Melt
- 4Y** 6" Sweet Onion Chicken Teriyaki





Lunch & Dinner

- 4R** 6" Tuna
- 4R** Big Hot Pastrami Salad
- 4R** Big Philly Cheesesteak Salad
- 4R** Spicy Tuna Salad
- 4R** Cheese Flatizza
- 4R** Veggie Flatizza
- 4R** Beef Chili
- 4R** Chili Con Carne

- 5G** Minestrone
- 5Y** 6" Meatballs Marinara
- 5Y** 6" Sriracha Steak Melt
- 5Y** 6" Steak & Bacon
- 5Y** 6" Steak & Cheese
- 5Y** 6" Subway Melt

- 5R** 6" Spicy Italian
- 5R** 6" Spicy Tuna
- 5R** 6" Turkey Jalapeno
- 5R** Fritos Chicken Enchilada Salad
- 5R** Pepperoni Flatizza
- 5R** Spicy Italian Flatizza

- 6Y** 6" Big Philly Cheesesteak
- 6R** 6" Big Hot Pastrami
- 6R** 6" Chicken & Bacon Ranch Melt
- 6R** 6" Chipotle Steak & Cheese with Avocado
- 6R** 6" Fritos Chicken Enchilada Melt

Desserts

- 0G** Apple Slices
- 2Y** Gingerbread Cookie
- 2R** Birthday Berry Cookie
- 2R** Chocolate Chip Cookie
- 2R** Chocolate Chunk Cookie
- 2R** Double Chocolate Cookie
- 2R** M & M Cookie
- 2R** Oatmeal Raisin Cookie
- 2R** Peanut Butter Cookie
- 2R** Raspberry Cheesecake Cookie
- 2R** Sugar Cookie
- 2R** White Macademia Nut Cookie
- 3R** Sugar Cookie
- 3R** White Macademia Nut Cookie

