

# Factor 15 Healthy FOOD SPIRAL<sup>®</sup>



Food Fitness First Inc<sup>®</sup>



## Using The Healthy FOOD SPIRAL® **15 HFS Daily Factors**

Welcome to your weekly menu for the Healthy 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, caffeine free diet colas, unsweetened 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, cream cheese, mayonnaise, whipped topping, 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.



**15**



Using The Healthy FOOD SPIRAL®

# Monday - 15 HFS Daily Factors

## Breakfast (3)

**1G** 1 Grapefruit

**1G** 1 c. Skim Milk

**1G** 2 sl. WW Toast

**0Y** 1 c. Coffee

**0G** Artificial Sweetener

**0G** Salt\*, Pepper

## Lunch (5)

**2G** 4 oz. Baked Chicken

**1G** 1 c. Fresh Pineapple

**0G** 2-3 Carrot Sticks

**1G** 2 WW Rolls w/

**0G** 1 t. FF Margarine

**1G** 1 c. Brown Rice

**0G** ½ c. Broccoli

**0G** 1 c. Garden Salad w/

**0G** 2 T. FF Salad Dressing\*

**0G** 1 cup NSA Punch

## Dinner (4)

**2G** 4 oz. Baked Fish

**0G** 2 c. Salad w/

**0G** 2 T. FF Salad Dressing\*

**0G** ½ c. Cole Slaw, FF

**0G** 1 t. Margarine, FF

**1G** 1 medium Baked Potato

**0G** ½ c. Green Beans

**1G** 2 Apples

**0Y** 1 cup Unsweetened Tea

## Snack (3)

**3Y** 9 Vanilla Wafers

**0Y** 1 Unsweetened Cola

### Notes:



Using The Healthy FOOD SPIRAL®

## Tuesday - 15 HFS Daily Factors

### Breakfast (2)

<b>1G</b>	1 c. Fresh Berries
<b>1G</b>	1 c. Granola
<b>0Y</b>	1 c. Coffee
<b>0G</b>	Artificial Sweetener
<b>0G</b>	Salt*, Pepper
<b>0G</b>	1 T. NSA Jelly

### Lunch (7)

<b>2G</b>	4 oz. Salmon, Grilled
<b>2Y</b>	1/2 c. White Rice
<b>1G</b>	1 c. Strawberries
<b>1G</b>	2 sl. WW Bread
<b>0G</b>	2-3 sl. Lettuce/Tomato
<b>0G</b>	t. Mayonnaise, FF
<b>1G</b>	2-8" Corn Tortilla
<b>0G</b>	1/2 c. Pico de Gallo
<b>0G</b>	1 c. Garden Salad w/
<b>0G</b>	1/2 c. Peppers/Onions
<b>0G</b>	1 cup NSA Lemonade

### Dinner (5)

<b>2G</b>	4 oz. Grilled Chicken
<b>0G</b>	2 c. Salad w/
<b>0G</b>	1 T. FF Salad Dressing*
<b>0G</b>	1/2 c. Cauliflower
<b>0G</b>	1/2 c. Cabbage
<b>0G</b>	1 c. Raw Carrots
<b>1G</b>	2 sl. WW Bread
<b>0G</b>	1 t. Margarine, FF
<b>1G</b>	1 c. Wild Rice
<b>1G</b>	1 c. Melon
<b>0Y</b>	1 cup Unsweetened Tea

### Snack (1)

<b>1G</b>	1 c. Fiber One® Cereal
<b>0Y</b>	1 Unsweetened Cola

### Notes:

# Fast Food Selection Guide



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## Breakfast

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

