

Morning	Midday	Evening	Snacks
<p><b>Bran Flakes with Banana</b> <i>POINTS</i>® value(s)</p> <p>3/4 cup ready-to-eat bran flakes 1</p> <p>1/2 large chopped banana 1</p> <p>1/2 cup skim milk 1</p> <p><b>TOTAL: 3</b></p> <p><b>Peanut Butter and Banana Sandwich</b></p> <p>2 slices light whole wheat toast 1</p> <p>1 tbsp peanut butter 2</p> <p>1/2 large sliced banana 1</p> <p><b>TOTAL: 4</b></p> <p><b>Bagel with Cream Cheese</b></p> <p>1 medium toasted bagel (2 oz) 3</p> <p>3 Tbsp fat-free cream cheese 1</p> <p><b>TOTAL: 4</b></p> <p><b>Yogurt and Berry Waffles</b></p> <p>2 medium toasted low-fat frozen waffles 3</p> <p>1/2 cup light artificially sweetened vanilla yogurt 1</p> <p>1 cup blueberries 1</p> <p><b>TOTAL: 5</b></p> <p><b>Yogurt Sundae</b></p> <p>1 cup light artificially sweetened vanilla yogurt 2</p> <p>1 3/4 cup raspberries 1</p> <p>1/3 cup low-fat granola 2</p> <p><b>TOTAL: 5</b></p> <p><b>Scrambled Egg Wrap</b></p> <p>1 large egg 2</p> <p>3 large egg whites 1</p> <p>2 Tbsp shredded low-fat cheddar cheese 1</p> <p>1 medium whole wheat tortilla 1</p> <p><b>Directions:</b> Scramble egg, egg whites and cheese together. Season to taste with salt and pepper. Wrap in tortilla.</p> <p><b>TOTAL: 5</b></p>	<p><b>Turkey and Roasted Pepper Wrap</b> <i>POINTS</i>® value(s)</p> <p>1 medium whole wheat tortilla 1</p> <p>3 oz deli-sliced turkey breast 2</p> <p>1/4 cup mixed greens 0</p> <p>2 Tbsp diced roasted peppers (water-packed) 0</p> <p>1 Tbsp Dijon mustard 0</p> <p>1 cup fresh vegetables 0</p> <p>2 Tbsp fat-free black bean dip 0</p> <p><b>TOTAL: 3</b></p> <p><b>Pizza and Salad</b></p> <p>1 piece fast-food thin crust cheese pizza 4</p> <p>1 item fast-food side salad 0</p> <p>2 Tbsp fat-free Italian dressing 0</p> <p>1 can diet soda 0</p> <p><b>TOTAL: 4</b></p> <p><b>From a Salad Bar</b></p> <p>3 cups chopped Romaine lettuce 0</p> <p>2 oz cooked chopped skinless chicken breast 2</p> <p>1/2 cup canned chickpeas 2</p> <p>1/4 cup chopped tomatoes 0</p> <p>1/4 cup shredded carrot 0</p> <p>2 Tbsp chopped avocado 1</p> <p>2 Tbsp reduced-calorie Italian salad dressing 1</p> <p><b>TOTAL: 6</b></p> <p><b>Black Bean Quesadilla</b></p> <p>1 cup fresh vegetables sticks 0</p> <p>1/2 cup canned black beans, drained 2</p> <p>2 Tbsp shredded low-fat cheddar cheese 1</p> <p>2 Tbsp pineapple salsa 1</p> <p>1 medium whole wheat tortilla 0</p> <p>2 Tbsp reduced-fat sour cream 1</p> <p>1/4 cup guacamole 2</p> <p><b>Directions:</b> Combine beans, cheese and salsa in a small bowl; spoon over half of tortilla and fold over other half to enclose filling. Cook in a nonstick skillet until warmed through, about 2 to 3 minutes; top with sour cream.</p> <p><b>TOTAL: 6</b></p>	<p><b>Veggie Burger and Salad</b> <i>POINTS</i>® value(s)</p> <p>1 medium toasted reduced-calorie hamburger roll 1</p> <p>1 average frozen vegetarian burger, broiled 2</p> <p>2 pieces sliced tomato and lettuce leaves 0</p> <p>2 tsp mustard or ketchup 0</p> <p>2 cups chopped Romaine lettuce 0</p> <p>1/2 cup halved grape tomatoes and diced cucumber 0</p> <p>2 Tbsp reduced-fat feta cheese 1</p> <p>2 Tbsp reduced-calorie Italian salad dressing 1</p> <p><b>TOTAL: 5</b></p> <p><b>Chinese Takeout</b></p> <p>1 cup hot and sour soup 2</p> <p>1 cup chicken and broccoli 2</p> <p>1/2 cup cooked brown rice 2</p> <p>1 cup green tea 0</p> <p><b>TOTAL: 6</b></p> <p><b>Japanese Dinner Out</b></p> <p>1/2 cup salted edamame 2</p> <p>4 pieces tuna roll sushi 2</p> <p>4 cucumber roll sushi 2</p> <p>1 cup green tea 0</p> <p>1/2 beer, optional* 3*</p> <p><b>TOTAL: 6*</b></p> <p>*plus 3 <i>POINTS</i> values from weekly <i>POINTS</i> Allowance</p> <p><b>Fish and Chips</b></p> <p>5 oz broiled tilapia sprinkled with lemon juice, salt and pepper 3</p> <p>1 cup steamed broccoli with garlic-herb seasoning 0</p> <p>1 large Idaho potato, cut into wedges 3</p> <p>1 serving cooking spray 0</p> <p>1 tsp Kosher salt, or to taste 0</p> <p><b>Directions:</b> Preheat oven to 400°F. Place potato wedges on a nonstick baking sheet and coat with cooking spray. Sprinkle with salt and bake until slightly crisp, shaking pan once, about 20 to 30 minutes.</p> <p><b>TOTAL: 6</b></p>	<p><b>Veggies and Black Bean Dip</b> <i>POINTS</i>® value(s)</p> <p>1/2 cup red pepper strips 0</p> <p>2 Tbsp fat-free black bean dip 0</p> <p><b>TOTAL: 0</b></p> <p><b>Gelatin with Whipped Cream</b></p> <p>1/2 cup sugar-free fruit-flavored gelatin 0</p> <p>2 Tbsp lite whipped topping 0</p> <p><b>TOTAL: 0</b></p> <p><b>Fresh Fruit</b></p> <p>1 medium orange (or 2 small plums) 1</p> <p><b>TOTAL: 1</b></p> <p><b>Celery with Peanut Butter</b></p> <p>2 medium celery spears 0</p> <p>1 Tbsp peanut butter 2</p> <p><b>TOTAL: 2</b></p> <p><b>Chips and Salsa</b></p> <p>12 items baked low-fat tortilla chips 2</p> <p>1/4 cup salsa 0</p> <p><b>TOTAL: 2</b></p> <p><b>Veggies and Hummus</b></p> <p>1 cup fresh vegetable sticks 2</p> <p>1/4 cup store-bought hummus 0</p> <p><b>TOTAL: 2</b></p> <p><b>Milk and "Cookies"</b></p> <p>7 mini chocolate rice cake snacks 0</p> <p>1 cup skim milk 2</p> <p><b>TOTAL: 2</b></p> <p><b>Vanilla Yogurt with Chocolate Chips</b></p> <p>1 cup light artificially sweetened vanilla yogurt 1</p> <p>2 tsp mini chocolate chips 2</p> <p><b>TOTAL: 3</b></p> <p><b>Banana Berry Smoothie</b></p> <p>1 cup blueberries 1</p> <p>1/2 large banana 1</p> <p>1/2 cup light artificially sweetened vanilla yogurt 1</p> <p>4 medium ice cubes 0</p> <p><b>Directions:</b> Place fruit, yogurt and ice into blender; blend on high until combined.</p> <p><b>TOTAL: 3</b></p>