Higher-Carb Kick Start

20 points per day

Breakfast

	choose 2	
core	food	portion
✔	Shredded wheat biscuits	2
	All-bran-type cereal	1 c.
	Bran flakes	1 c.
	Fortified dry cereal	1 c.
✔	Puffed wheat or rice	2 c.
✔	Oatmeal	1 c.
✔	Cream of Wheat	1 c.
	Whole wheat bread	2 slices
	English muffin	1
✔	Melon cubes	2 c.
✔	orange or apple	1 each
✔	Mixed berries	2 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1 c.
	1% Milk	1 c.
✔	Fat-free milk	1 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 2

4 4

Lunch

	choose 1	
core	food	portion
✔	Whole-wheat pasta	1 c.
	regular pasta	3/4 c.
✔	Brown rice	3/4 c.
	White rice	3/4 c.
✔	Couscous	1 c.
	Large whole-wheat pita	1.5
	whole-wheat bread	3 slices
✔	Potato, white or red, large	1
✔	Corn	1.5 c.
	Fruit salad	1.5 c.
✔	Melon cubes	3 c.
✔	Fat-sugar-free pudding	1 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1.5 c.
	1% Milk	1.5 c.
✔	Fat-free milk	1.5 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 3

3

	choose 1	
core	food	portion
✔	Turkey or chicken breast	2 oz.
✔	Sole, flounder, or haddock	3 oz.
✔	Shrimp or crabmeat	1 c.
✔	Salmon, canned in water	1/4 c.
✔	Egg	1
✔	Fat-free egg substitute	1/2 c.
✔	Vegetarian burger	1
✔	Tofu, firm	1/3 c.
✔	Garbonzo, navy, pinto, white	1/2 c.
	Canned, refried beans	1/2 c.
	Almonds	1/2 oz
	Peanut butter	1 Tbs
	Low-fat cheese	1 oz.
✔	Fat-free cheese	2 oz

Or any protein-rich food on the Core Food List or with a POINTS value of 2

2

	choose 1 or more	
core	food	portion
✔	Asparagus spears	1 c.
✔	Broccoli	1 c.
✔	Cauliflower	1 c.
✔	Green beans	1 c.
✔	Mushrooms	1 c.
✔	Spinach	1 c.
✔	Yellow squash	1 c.
✔	Cucumber slices	1 c.
✔	Celery sticks	1 c.
✔	Bell Pepper strips	1 c.
✔	Baby carrots	10
✔	Tomato slices	1 c.
✔	Salad greens	1 c.
✔	Salsa, fat-free	2 Tbs.

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	choose 2	
core	food	portion
✔	Olive, canola, (good) oil	1 tsp.
	Butter	1 tsp.
	Margarine	1 tsp.
✔	Fat-free margarine	1/4 c.
✔	Olives	10sm or 6lg
✔	Avocado	1/8
	Guacamole	2 Tbs
	Peanuts	10
	Sunflower seeds	1 Tbs.
	Low-fat creamy dressing	1 Tbs.
✔	Fat-free creamy	2 Tbs.
✔	Fat-free mayonnaise	1/4 c.

Or any 2 oil, seed, or nuts with a POINTS value of 1

2 7

Dinner

	choose 1	
core	food	portion
✔	Turkey or chicken breast	3 oz.
✔	Bluefish, catfish, or bass	3 oz.
✔	Shrimp or crabmeat	1.5 c.
✔	Salmon, canned in water	1/3 c.
✔	Egg	1 1/2
✔	Fat-free egg substitute	3/4 c.
✔	Tofu, firm	1/2 c.
	Ground meat substitute	1.5 c.
✔	Black, pinto, or white beans	3/4 c.
✔	Canned, refried beans, fat-free	3/4 c.
	Almonds	3/4 oz
	Peanut butter	1.5 T.
	Regular cheese	1 oz.
✔	Fat-free cheese	3 oz.

Or any protein-rich food on the Core Food List or with a POINTS value of 3

3

	choose 1	
core	food	portion
✔	Whole-wheat pasta	1 c.
	regular pasta	3/4 c.
✔	Brown rice	3/4 c.
	White rice	3/4 c.
✔	Couscous	1 c.
	Flour tortilla	1 med
✔	Potato, white or sweet, large	1
✔	Grean peas	1.5 c.
✔	Mixed berries	3 c.
✔	Apple, kiwi, or pear	1 ea.
✔	Fat-sugar-free pudding	1 c.
	Light yogurt	1 c.
✔	Fat-free plain yogurt	1.5 c.
	1% Milk	1.5 c.
✔	Fat-free milk	1.5 c.

Or any whole-grain product, fruit, or milk product on the Core Food List or with a POINTS value of 3

3

	choose 1 or more	
core	food	portion
✔	Artichoke	1 med.
✔	Asparagus spears	1 c.
✔	Beets	1 c.
✔	Broccoli	1 c.
✔	Cauliflower	1 c.
✔	Collard greens	1 c.
✔	Escarole	1 c.
✔	Muchrooms	1 c.
✔	Wax beans	1 c.
✔	Yellow squash	1 c.
✔	Cucumber slices	1 c.
✔	Bell pepper strips	1 c.
✔	Baby carrots	10
✔	Lettuce	1 c.
✔	Salsa, fat-free	2 Tbs.

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	choose 3	
core	food	portion
✔	Olive, canola, (good) oil	1 tsp.
	Butter	1 tsp.
	Margarine	1 tsp.
✔	Fat-free margarine	1/4 c.
✔	Olives	10sm or 6lg
✔	Avocado	1/8
	Guacamole	2 Tbs
	Peanuts	10
	Sunflower seeds	1 Tbs.
	Low-fat creamy dressing	1 Tbs.
✔	Fat-free creamy	2 Tbs.
✔	Fat-free mayonnaise	1/4 c.

Or any 3 oil, seed, or nuts with a POINTS value of 1

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