

The EZ Diet Plan

Tried counting calories? Tried the Atkins diet? Tried all those fad diets? Tired of it all? Ready to try a diet that was geared specifically for NSU students? This diet was designed specifically for NSU students that eat mainly on campus, especially for students with a meal plan. As the manager of the fitness center here at NSU, I have experienced a low retention rate when it comes to diets and I decided to make dieting as simple as counting. With the help of Jackie Soto-Tyler from dining services and Daniel Bryant from the Fitness Center, we have put every meal on the NSU campus on a point system, just like the famous weight watcher system. If you have any questions please do not hesitate to contact me in my office at 823-8948.

How does the EZ Diet Plan work?

Follow these simple steps:

1. Find out how many points you should take in a day, and try to stick to that number or stay under it. Remember to be honest in this section and don't try to count standing all day at work or walking up the steps to class as an active person.
2. Begin eating your normal meals on campus and keeping track, of how many points you have eaten throughout the day, trying to stay at or under the amount of points you are allowed.
3. Not enough points? Still hungry? Begin working out at the fitness center or increasing your workouts to allow for more points for you to consume.
4. Pay attention to the serving size! This can not be stressed enough. Putting two packs of ranch dressing on your salad and not counting for it only hurts you.
5. Remember this is not just a 30 day trial, or a 60 day process. This is a life style change that you must commit to. Being healthy never takes a vacation. You should build good healthy eating habits through this plan and take it with you long after you graduate and leave NSU.
6. This is simple, but not easy. If you have never been on a diet before or have never watched what you eat, you may want to start a couple points over your target and slowly work towards cutting back on you're eating until your at or under your target point setting.
7. This plan is fairly new and with dining services adding new meals or snacks occasionally your meal might not be found. Try to associate with something close in the plan and contact the fitness center about your findings so that we can add that food to the list.

Good Luck and Let's Begin!

Best wishes in your weight loss goals,

Matthew Ludwick, Wellness Center Manager

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How many points do you get a day?

You must first find out how active you are, please choose one of the following:

Sedentary – You do not work out at all.

Light Activity – You work out very little. You take long walks on occasion, and work out 1-2 times a week, but are inconsistent.

Moderate Activity – You work out consistently 3 times a week while doing cardiovascular exercise at least 30 min. and strength train at least 2 times a week.

Very Active - You consistently do cardiovascular exercise 5 times a week for at least 30 min. and strength train 3-5 times a week. You must do cardiovascular exercises to qualify for this category.

Males

Sedentary - 19

Light Activity - 22

Moderate Activity - 24

Very Active – 28

Females

Sedentary - 17

Light Activity - 20

Moderate Activity - 22

Very Active – 25

Understanding the serving size

- **A rounded handful** - one 1/2 cup vegetables or fruit, 1/2 cup of cooked rice or pasta, or a snack serving of crisps or pretzels
- **Woman's fist** - another way of visualising a serving of vegetables, or one piece of whole fruit
- **Small handful or golf ball** - 1/4 cup
- **A matchbox** - a 1 oz serving of meat, or a serving of cheese
- **Deck of cards, or the palm of your hand** (excluding fingers) - a 3 – 4oz serving (recommended serving) of meat, fish or poultry, or ten chips/french fries
- **Thin paperback book** - a 8 oz serving of meat
- **Check book** - a serving of fish (approximately 3 oz)
- **Tennis ball** - 1/2 cup of pasta, or a serving of ice cream
- **Computer mouse** - a medium baked potato
- **Compact disc** - one serving of pancake or small waffle
- **Thumb tip or one dice** - one teaspoon of margarine
- **A ping pong ball** - two tablespoons of peanut butter
- **Small milk carton** - 8 oz glass
- **A baseball** - 8 oz cup of yogurt, one cup of beans, or one cup of dry cereal

Chick Fila	Serving Size	Points
Original Chicken Sandwich	1 sandwich	5.0
Char grilled Sandwich	1 sandwich	3.0
Chargrilled club sandwich	1 sandwich	3.5
Chicken Strips	4 count	4.5
Chicken Salad sandwich	1 sandwich	5.0
Chicken nuggets	12 count	5.5
Chicken nuggets	8 count	3.5
Salads		
Char grilled Chicken garden	1 salad	2.0
Chicken Strip Salad	1 salad	4.5
South West Salad	1 salad	2.5
Dressings		
Buttermilk Ranch	1 packet	4.0
Caesar Dressing	1 packet	4.0
Thousand Island	1 packet	4.0
Blue Cheese	1 packet	3.5
Wraps		
Char grilled Wrap	1 wrap	4.0
Chicken Caesar Wrap	1 wrap	5.0
Spicy Chicken Wrap	1 wrap	4.0
Waffle Fries	Medium size	3.50
Waffle Fries	Large size	4.50
Sauce		
Honey Mustard	1 package	.50
BBQ	1 packet	.50
Polynesian/buttermilk/buffalo	1 packet	.50
Drinks		
Sprite	Medium	2.0
	Large	2.50
Coca-Cola	Medium	2.0
	Large	2.50

Powerade	Medium	1.50
	Large	2.0
Hi-C	Medium	2.0
	Large	2.50
Vault	Medium	2.50
	Large	3.0
Diet Coke	Medium	.50
	Large	1.0
Homemade lemonade	Medium	3.5
	Large	4.0
Cherry coke	Medium	2.5
	Large	3.0
Cereal		
Rice Krispy cereal	1 cup with 2% milk	2.0
Fruit loops cereal	1 cup with 2% milk	2.0
Frosted Flakes cereal	1 cup with 2% milk	2.0
Apple Jacks cereal	1 cup with 2% milk	2.0
Corn Flakes cereal	1 cup with 2% milk	1.5
Waffle	1 waffle	2.5
Butter	10 grams	.50
Syrup	60 grams (1.5 second pour)	2.0
Apple	1 apple	1.0
Bagel	1 plain	3.0
Cream Cheese	30 grams	1.0
Orange	1 orange	1.0
Salad Bar		
Asparagus	6 spears	.50
Crumbled Bacon	Quarter cup	1.0
Kidney Beans	1 cup	1.0
Beets	Half cup	.50
Broccoli	Half cup	.50
Red cabbage	84 grams	.50
Carrots	1 cup	.50
Cauliflower	100 grams	.25
Celery	55 grams	.25
Bleu Cheese	31 grams	1.5
Cheddar Cheese	21 grams	1.0
Feta Cheese	28 grams	1.0
Monterey Jack Cheese	28 grams	1.0

Parmesan Cheese	5 grams	.25
Chicken Breast Grilled	84 grams	1.0
Chow Mein Noodles	2 oz.	2.0
Baby Corn	1.25 oz.	1.0
Croutons	7 grams	1.0
Cucumbers	133 grams	1.0
Hard cooked eggs	1 egg	1.0
Diced Ham	56 grams	1.0
Jalapeno Peppers	8 grams	1.0
Mushrooms	1 cup	1.0
Spinach	1 cup	.25
Sour Cream	30 grams	1.0
Tuna	2.7 oz.	1.0
Walnuts	52 grams	1.5
Dressings		
Ranch	1 oz. (2 spoonfuls)	2.00
Olive Oil	1 spoonful	1.25
Canola Oil	1 spoonful	1.25
Balsamic Vinegar	15 grams	.25
Red Wine Vinegar	15 grams	.25
Champagne Vinegar	15 grams	.25
Sandwiches		
BLT	1 sandwich	4.0
Alpine Swiss Burger	1 burger	3.0
Black Bean Burger	1 burger	4.0
BLT Burger	1 burger	3.25
Cajun Chicken Breast with melted Mozerella	1 sandwich	5.0
BBQ Rib on roll	1 sandwich	4.5
Caribbean grilled chicken	1 sandwich	4.0
Cheese Steak Hoagie	1 sandwich	5.5
Cheesy Brooklyn Bagel	1 sandwich	5.0
Chicken Club Sandwich	1 sandwich	3.5
Chicken Patty Sandwich	1 sandwich	3.5
Chicken on roll buffalo style	1 sandwich	6.0
Fish Sandwich	1 sandwich	3.5
Grilled Teryaki Turkey	1 sandwich	5.0
Grilled Tuna Cheese and Onion	1 sandwich	4.0
Hamburger	1 sandwich	3.50

Hot Chili Burger with Monterey Jack Cheese	1 burger	4.0
Hot Dog	1 hot dog	4.0
Hot ham and cheese on a bagel	1 bagel	3.0
L.A grilled chicken Kaiser	1 sandwich	4.0
Pork Roll Sausage on a bun	1 sandwich	4.0
Red Lentil Sandwich	1 sandwich	3.50
Steak sandwich	1 sandwich	4.25
Toasted Cheese Sandwich	1 sandwich	4.50
Toasted Cheese Sandwich with Trix Yogurt	1 sandwich	5.0
Triple Decker toasted Ham and Cheese	1 sandwich	6.0
Triple Decker toasted mozerella and tomatoe	1 sandwich	5.0
Turkey and Cheese Sandwich	1 sandwich	6.0
Turkey hot dog on a bun	1 hot dog	3.0
Turkey Rueben Sandwich	1 sandwich	3.0
Cuban Roast Pork Sandwich	1 sandwich	6.50
Veggie Burger	1 sandwich	2.75
Vegetarian Chicken sandwich or nuggets	1 sandwich or 7 nuggets	3.50
Vegetarian Chicken Patty	1 sandwich	3.0
Oriental Roast Pork Garlic Toast	1 sandwich	7.0
San Francisco Melt	1 sandwich	6.75
Hot Entrees		
Armenian Stuffed Meatballs	2 meatballs	3.5
Arooq Chicken Fritters	1 fritter	2.75
Fusilli Estevi – Summer Corkscrew Pasta	2 cups	5.0
German Pork Schnitzel	1 pork chop	5.5
Two Cannelloni	2 Cannelloni	6.5
Hoisin Chicken	2 cups	7.0
Honey Baked Chicken	1 chicken breast	6.0
Hot and Spicy Chicken, Oriental Style	1 chicken breast	6.25
Jamaican Beef Patties	1 patty	6.0

Jamaican Fricassee Chicken	1 chicken breast	3.5
Japanese Grilled Marinated Chicken	1 chicken breast	5.25
Japanese Pork Cutlet	1 pork chop	6.0
Korean Ribs Braised with Sesame Sauce	¼ rack	6.0
Latin American Pork Roast	1 pork chop	3.5
Lazy Lasagna	4 oz. ground beef	7.5
Luleh Kabob	4 oz. meat	3.75
Macaroni and Cheese	2 oz.	6.0
Meat Lover's Lasagna	4 oz. meat	6.5
Homemade Meatballs	2 meatballs	3.75
Meatloaf	4 oz. meat	3.5
Mexican Lasagna	4 oz. serving	8.0
Baked Cajun Fish	4 oz. serving	5.0
Mexicali Tamales	4 oz. serving	5.50
Moroccan Chicken Tagine with 7 vegetables	4oz. serving	7.0
Mozerrela Stick with sauce	1 mozerrela stick	3.0
Nacho Beef Casserole	2 cups (or half plate)	6.0
Nachos with beef and cheese	3oz. (or quarter plate)	4.25
Nachos with easy cheese and sauce	3oz. (or quarter plate)	11.0
Oven Fried Chicken	One piece of chicken	4.0
Pasta Broccoli Soufflé	Half plate	3.75
Pasta Chicken and Tomato casserole	3 oz.	6.0
Pasta with Sausage and Tomato Sauce	3.0z	7.0
Pasticcio (Greek Baked Macaroni with Beef)	3 oz.	7.5
Baked Macaroni and Cheese	3 oz.	5.0

Entrees Continued	Serving Size	Points
Penne Rigati with Chicken Mushrooms and Tarragon	2 cups	3.25
Pennsylvania Dutch Chicken Pot Pie with noodles	Quarter plate	5.0

Phillipino fried meat with noodles	2 cups	7.5
Phillipine simmered pork	2 cups	8.0
Popcorn Chicken	2 nuggets	1.0
Pork Stir Fry	2 cups	5.0
Puerto Rican Chicken Asopao	1 piece of breast, wing or thigh.	6.0
Puerto Rican Citrus Pork	3 oz.	3.0
Quiche	2 oz	2.0
Quiche #2	1 piece	4.0
Rajasthani Baked Chicken	1 piece of Chicken	3.25
Baked Ziti or Rigatoni	2 cups	5.5
Ranchers Pie	1 slice of pie	3.0
Rigatoni with 4 cheeses	Quarter plate	6.0
Rigatoni with Italian Sausage	Quarter plate	
Roast Chicken	1 piece of Chicken	2.5
Roast Pork with Mustard Sauce.	One 3 oz. slice	4.0
Roast Turkey with dressing	One 2oz. slice	3.0
Rotini with Chicken, Lemon Sauce and dill	2 cups	3.50
Salmon Cake	1 slice of cake	2.50
Savory beef and brown gravy	1 serving with a ladle	2.50
Scalloped Potatoes and Ham	1 cup	5.50
Shrimp Poppers	21 pieces or 3oz.	3.00
Simple Taco Meat	1 cup	3.75
Salisbury Steak	One 2oz. steak	2.00
Sloppy Joe Cupcakes	1 sandwich	5.00
South African Chicken Bobotie	1 piece of chicken	3.0
Entrees Continued	Serving Size	Points
BBQ pork Chicken Style	One 2oz slice	2.50
Southwest Tomahawk Stew	1 cup	4.0
Spaghetti and Meatballs	Half plate	5.0
Spaghetti and Meat sauce	1.5 cups	5.25
Spicy Fried Chicken Strips in a basket with mash potatoes and bread stick	1 slice of bread One paper boat of chicken strips	5.25
Stuffed Crust Dippers with Sauce	4 pieces with dipping sauce	6.0

Stuffed Green Peppers Armenian Style	1 pepper	3.0
BBQ Chicken	4 oz.	5.0
Stuff tomatoes Armenian Style.	1 tomato	2.50
Sweet and Sour Pork	1 cup	5.0
Szechuan Chicken	1 cup	3.50
Thai Pork with Garlic and black pepper	3 cooked slices	4.00

Thai Spicy Chicken Curry	4 oz.	10.00
Taco Bake Casserole	1 cup	3.5
Tarragon Marinated Chicken	4 oz.	2.0
Three Cheese Lasagna	4 oz.	5.25
Triple Dippers (Chicken Nuggets, Tater Tots, and Soft Pretzel Nuggets)	1 serving	5.00
Chicken or Turkey with Stuffing or Casserole	1 serving	5.50
Turkey Pot Pie	1 serving	4.00
Veal Parmesan	1 serving	4.25
Vegetable Chicken Biryani	1 serving	4.25
Vegetable Chili	1 serving	2.5
Beef a Roni	1 serving	2.5
Vegetarian Lasagna	1 serving	9.0
Walking Tacos	1 serving	3.0
Warm Catalina Chicken Salad	1 serving	5.25
Warm Chicken Caesar Salad	1 serving	5.00
Warm Pizza Dunkers with Cheese	1 serving	4.25
Yankee Pot Roast	1 serving	2.75
Beef and Bean Chili	1 serving	1.75
Beef Stew	1 cup	2.75
Bella Zucchini	1 serving	5.25
Bow Ties with Chicken, Buckwheat and Onions	1 serving	3.5
Breakfast for Lunch Cups or Boats	1 serving	9.5
Cajun Chicken Breast	1 breast	1.5
Cannelloni with Beef and Spinach	1 serving	4.5

Cantonese Barbeque Pork	4 oz.	4.75
Cheesy Chicken and Rice	1 serving	5.00
Cheesy Macaroni with Ham	1 cup	4.00
Cheesy Chicken and Tomato Bake	1 cup	2.00
Chicken Ala King	1 cup	3.00
Chicken and Ham Jambalaya	1 cup	3.50
Chicken and noodles	1 cup	3.00
Chicken and Rice Quesadillas	1 Quesadilla	4.00
Chicken and Bean Chilli	1 cup	2.25
Chicken Cheese and Red Bean Enchiladas	2 enchiladas	5.0
Chicken Pasta Broccoli and Alfredo	2 cups	5.25
Chicken Cacciatore	1 cup	3.25
Chicken Chow Mein	1 cup	2.50
Chicken Nachos	Quarter plate	4.00
Chicken Nuggets or sticks	5 nuggets	2.00
Chicken or Pork Lo Mein	2 cups	4.00
Chicken Parmesan	Quarter plate	4.00
Chicken Pot Pie with Biscuit Topping	1 cup plus 1 biscuit	4.50
Chicken Taco Meat	1 cup	3.50
Chicken Tetrazzini	1 cup	3.50
Chicken Turkey with Gravy	1 cup	3.00
Chinese Chicken with Pineapple	1 cup	2.00
Corn Dog	1 corn dog	3.00
Corn Dog nuggets	1 corn dog nugget	1.00
Country Rich Meatloaf	1 slice	3.25
Creamy Noodle Tuna Casserole	1 cup	3.00
Dumpkht Chicken Braised with almonds and raisins.	4 oz serving	5.0
Easy Creamy Mac and Cheese	2 cups	6.0
Eggplant Parmesan with Spaghetti and Sauce	1 eggplant	7.0
Ethiopian spicy lentil stew	1 cup	7.0
Extra Crispy Fried chicken	1 piece	5.0

Falafal	Quarter plate	3.0
Fish Sticks	1 fish stick	1.0
Frittata with Cheese	Quarter plate	3.0

Pizza Tratoria	Serving Size	Points
Bruschetta Pizza	1 slice	5.00
Greek Style Pizza	1 slice	5.00
Garlic Cheese Pizza	1 piece	6.00
Armenian Meat Pizza	1 slice	5.25
Cheese Calzone	1 piece	8.00
Ham and Cheese Hot Pocket	1 piece	8.00
Pizza Bagels	2 bagels	5.25
Plain Pizza	1 slice	5.25
Mexican Pita Pizzas	1 slice	3.25
Bacon Pizza	1 slice	7.00
Double Cheese Red and White Pizza	1 slice	5.00
Grilled Vegetable Stuffed Pizza	1 slice	8.50
Personal Pizza	1 piece	6.00
Bronco Vegetarian Pizza	1 slice	4.50
French Bread Pizza	2 pieces	7.00
Italian Stromboli	Quarter plate	7.00
Pizza Wrap	1 piece	6.25
Spinach Ricotta Pizza	1 slice	4.50
Menutainment	Serving Size	Points
Angle hair Pasta Primavera with Chicken	Half Plate	6.00
Chicken Stir Fry	Half Plate	5.75
Jade Shredded Chicken	2 cups	5.00
Orecchiette (little ears) with pasta and broccoli	2 cups	4.75
Pasta Shells with walnut sauce	Quarter plate	5.25
Rigatoni Quatre Formaggio	Half Plate	10.0
Six Treasure Medly	Half Plate	4.00
Spaghetti Carbonara	Half Plate	6.00
Soups		

Black eye pea soup	2 cups or 1 bowl	2.00
Broccoli Cheese soup	2 cups or 1 bowl	4.00
Chicken and Rice soup	2 cups or 1 bowl	2.75
Chicken noodle soup	2 cups or 1 bowl	2.75
Chicken or Turkey Corn Chowder	2 cups or 1 bowl	3.25
Chicken Vegetable Soup	2 cups or 1 bowl	2.25
Corn Chowder	2 cups or 1 bowl	2.75
Creamy Chicken Soup	2 cups or 1 bowl	4.00
Creamy Turkey Soup	2 cups or 1 bowl	4.00
Creamy Vegetable soup	2 cups or 1 bowl	3.25
Dilled Pea Soup	2 cups or 1 bowl	1.75
Gumbo Soup	2 cups or 1 bowl	2.00
Ham and Cheese Chowder	2 cups or 1 bowl	5.00
Ham and sweet potato Chowder	2 cups or 1 bowl	4.75
Hearty Vegetable Soup	2 cups or 1 bowl	2.75
Lentil Soup	2 cups or 1 bowl	3.25
Minestrone	2 cups or 1 bowl	2.00
Navy Bean Soup	2 cups or 1 bowl	2.00
Peppery Garbanzo Bean Soup	2 cups or 1 bowl	1.50
Pizza Soup	2 cups or 1 bowl	1.75
Potato Chicken Chowder	2 cups or 1 bowl	2.00
Taco Twist Soup	2 cups or 1 bowl	1.50
Tomato Soup with Macaroni	2 cups or 1 bowl	1.50
Tomato Soup with Rice	2 cups or 1 bowl	1.50
Turkey and Rice Soup	2 cups or 1 bowl	2.50
Turkey Noodle Soup	2 cups or 1 bowl	1.50
Turkey Vegetable Soup	2 cups or 1 bowl	1.50
Vegetable Beef Soup	2 cups or 1 bowl	1.50
Breakfast Items	Serving Size	Points
Orange Juice	1 cup	1.75
Apple Juice	1 cup	1.75
Grape Juice	1 cup	1.75
Cranberry Juice	1 cup	1.75
Pineapple Juice	1 cup	1.75
Baked Bananas	1 Banana	4.25
Banana Bread	1 slice	3.75
Blueberry Breakfast Pizza	1 slice	4.00
Peach Breakfast Pizza	1 slice	4.00
Strawberry Breakfast Pizza	1 slice	4.00

Breakfast Calzone	1 calzone	7.00
Breakfast Bagels		
Egg and Cheese	1 breakfast bagel	5.00
Egg, Cheese, and Ham	1 breakfast bagel	5.25
Breakfast bagel with egg, cheese, and sausage	1 breakfast bagel	6.0
Breakfast bagel with egg and ham	1 breakfast bagel	4.25
Breakfast bagel with egg and sausage	1 breakfast bagel	5.00
Breakfast bagel with ham and cheese	1 breakfast bagel	5.25
Breakfast bagel with cheese, sausage	1 breakfast bagel	5.50
Breakfast English muffin with egg	1 breakfast bagel	2.25
Breakfast English muffin with egg and cheese	1 breakfast bagel	3.00
Breakfast English muffin with egg, cheese, and ham	1 breakfast bagel	3.75
Breakfast Items (continued)		
Cheesy Grits	1 cup	2.50
Country Skillet Breakfast Wrap	1 wrap	5.75
Cinnamon Toast	1 slice	1.00
Plain Donut	1 donut	4.00
Sugar Coated Donut	1 donut	4.50
Chocolate Covered Donut	1 donut	5.25
Fruited Sweet Potatoes Bread	1 slice	2.00
Farina	2 cups, 1 bowl	2.00
Hominy Grits	2 cups, 1 bowl	2.50
Oatmeal	2 cups, 1 bowl	4.00
Italian Sausage and egg wrap	1 wrap	6.00
Mexican Breakfast wrap	1 wrap	6.25
Muffin Bar	1 muffin	2.00
Scrambled Egg Pizza	1 slice	4.50

Spiced Apple Topping	¼ cup	1.00
Strawberry Sauce	¼ cup	1.00
Sunshine Muffin	1 muffin	1.50
Toast	2 pieces toast	2.25
Vegetable Frittata	1 Frittata	1.75
Waffle Breakfast Sandwich	1 sandwich	3.00
Western Breakfast Pizza	2 slice	5.50
Western Egg Croissant or Bagel	1 croissant	3.00
Smoothies	Serving size	Points
Bananna Berry	1 smoothie	2.00
Blueberry Orange	1 smoothie	3.00
Cantaloupe Berry	1 smoothie	4.00
Orange Peach	1 smoothie	3.50
Pineapple Bananna	1 smoothie	3.00
Hot Sandwiches	Serving Size	Points
Austin Steak Twister	1 sandwich	7.5
Barbequed Chicken on a Bun	1 sandwich	3.0
Barbequed Meat Loaf Grill	1 sandwich	6.5
Barbequed Pork on a Bun	1 sandwich	4.5
BBQ Chicken Wrap	1 wrap	7.0
Beef and Bean Burrito with Cheese	1 burrito	3.5
Beef Fajitas	1 fajita	5.0
Beef Gyro	1 gyro	3.5
Beef Taco	1 taco	5.0
Buffalo Chicken Wrap	1 wrap	7.5
Buffalo Chicken Wrap #2	1 wrap	7.5
California Cheese steak Wrap	1 wrap	8.0
Cheese Quesadilla with Cajun Sauce	1 quesadilla	5.5
Cheese Steak Wrap	1 wrap	7.0
Chicken and Cheese Quesadilla	1 quesadilla	4.5
Chicken Fajitas	1 fajita	5.0
Chicken Fajitas #2	1 fajita	6.0
Chicken Cordon Bleu Wrap	1 wrap	7.0
Chicken Gyros	1 gyro	2.5
Chicken Parmesan Wrap or Hero	1 wrap or hero	6.0

Chicken Parmagiana Wrap #2	1 wrap	7.5
Chicken Ranchero Wrap	1 wrap	7.5
Chicken Wrap	1 wrap	3.0
Cuban Chicken, Rice and Bean Wrap	1 wrap	10.5
Cuban Pressed Sandwich	1 Sandwich	7.0
Egg Sandwich with Peppers and Cheese	1 Sandwich	5.0
Greek Chicken Pita	1 pita	6.0
Homestyle Meat Loaf Sandwich with Brown Gravy	Sandwich	4.5
Pot Roast and Monterey Jack Wrap	1 wrap	10.0
Pot Roast Sandwich with horseradish mayonnaise	1 sandwich	6.0
Roast Turkey Pita Pockets	1 pita pockets	5.5
Rueben	1 sandwich	4.25
Salisbury Steak Hero	1 hero	4.0
Sausage and Pepper Hero	1 hero	5.5
Saucy Italian Meatloaf Hero	1 hero	6.0
Seoul Wrap	1 wrap	8.5
Sloppy Joe on a Bun #1	1 sloppy joe	3.25
Sloppy Joe on a Roll #2	1 sloppy joe	5.0
Southern Barbequed Meatloaf Sandwich	1 sandwich	6.0
Stromboli Grinder	1 grinder	4.75
Texas Wrangler Chicken Quesadilla	1 quesadilla	7.5
Thanksgiving Wraps	1 wraps	8.0
Tuna Melts	1 melt	7.5
Turkey and Cheese Bagel Melt	1 melt	4.5
Veal Parmesan on a Roll	1 roll	5.5
Whirly Bird Sandwich	1 sandwich	4.0
Packaged Salads (The points for the below salads does not include dressings or toppings that you might add)	Serving Size	Points
Antipasto Salad	1 salad	3.00
Bagel and Yogurt Bag lunch	1 bag	8.00

Bounty Salad	1 packaged salad	6.50
Cheese and Macaroni Salad Platter	1 packaged salad	6.00
Chef Salad Platter	1 packaged salad	4.00
Cheese platter with fresh fruit	1 packaged salad	4.50
Chicken salad platter	1 packaged salad	4.00
Chicken Caesar Salad	1 packaged salad	5.00
Cobb Salad	1 packaged salad	5.25
Cold Sandwich Bag Lunch	1 bag	7.00
Cottage Cheese and Fruit Platter	1 platter	3.00
Crackers Ham and Cheese Bag Lunch	1 bag	4.00
Fried Chicken Salad	1 packaged salad	6.00
Junior Chef Salad with Go-Gurt Yogurt stick	1 package	2.00
Mini Bagels and Creamy Cheese Spread Bag Lunch	1 bag	4.00
Nachos bag lunch	1 bag	6.25
Garden Salad Platter	1 platter	1.50
Pizza Bagel Bag lunch	1 bag	5.00
Pizza Dunks Bag Lunch	1 bag	4.75
Salad cup	1 cup	1.75
Spicy Chicken Tortilla Salad	1 packaged salad	5.00
Swiss Salad Shake	1 packaged salad	2.50
Taco Salad	1 packaged salad	3.50
Tropical Fruit and Ham tossed salad	1 packaged salad	2.00
Tuna Salad Platter	1 platter	7.50
Turkey Club Salad	1 packaged salad	5.50
Western Salad Platter	1 platter	4.00
Yogurt Parfait	1 cup	4.00
Composed Salads (Points for salads do not include extra toppings such as salad dressings)	Serving Size	Points
Apple Salad	1 salad with ½ cup fruit	2.00
Armenian Salad	1 salad	1.25
Basil and Tomato Couscous Salad	1 salad	1.25
Bean Sprout Salad	1 salad	.75

Broccoli and Oven Roasted Mushroom Salad	1 salad	1.00
Buffalo Style Chicken Salad	1 salad	7.50
Buttermilk Coleslaw	1 package	2.50
Cabbage Patch Slaw	1 package	1.50
Cheese Salad Italienne	1 salad	4.00
Chicken Salad	1 salad	2.00
Chunky Tuna Salad	1 salad	1.00
Cold Bayou Rice	1 cup	2.75
Cole Slaw	1 package	.75
Creamy Raisin, Carrot, and Pineapple Salad	1 salad	1.50
Creamy Cheese Spread	4 oz.	1.50
Creole Salad	1 salad	6.5
Cuckoo Chicken Salad	1 salad	5.0
Cucumber and Citrus Salad	1 salad	0.25
Egg Salad	1 salad	1.50
Garden Salad	1 salad	0.50
German Potato Salad	1 salad	1.00
Greek Potato Salad	1 salad	1.25
Greek Style Marinated Vegetables	½ cup vegetables	1.00
Green Bean Salad	1 salad	1.00
Green Bean and Almond Salad	1 salad	2.00
Green Goddess Potato Salad	1 salad	1.50
Ham Salad	1 salad	2.00
Hummus	2 oz.	2.00
Insalata D'Estate	1 salad	1.00
Italian Pasta Salad	1 salad	2.00
Italian Stuffed Tomato Salad	1 salad	2.00
Korean Pickled Cabbage	½ cup	0.25
Macaroni Salad	1 salad	1.75
Macaroni Salad with Ham	1 salad	2.25
New Orleans Olive Salad	1 salad	1.25
North African Lentil Salad	1 salad	4.00
Panzanella	1 serving	1.50
Pasta Salad with Vegetables	1 salad	1.00
Pickled Beet Salad	1 salad	1.50
Rainbow Salad	1 salad	1.00
Ratatouille	1 serving	1.00

Red Potato Salad	1 salad	1.50
Rustic Garden Slaw	1 package	0.50
Salsa	½ cup	0.25
Spinach and Romaine with Almonds	1 salad	1.00
Spinach Salad with Bacon and Roasted Red Bell Pepper Vinaigrette	1 salad	2.00
Sweet and Sour Celery	¼ cup	0.10
Sweet Corn Salad	1 salad	1.00
Tabbouleh	1 serving	1.00
Texas Tabbouleh	1 serving	2.00
Three Bean Salad	1 salad	1.00
Tossed Salad	1 salad	0.10
Tuna Salad	1 salad	1.50
West African Abidjian Cabbage Salad	1 salad	1.00
Desserts	Serving Size	Points
Apple Crisp	1 slice	3.0
Apple Raisin Cobbler	1 slice	3.0
Peanut Butter Glaze	One 7oz. cup	4.0
Rasin Cookies	1 cookie	2.0
Rainbow Apples	2 halves	3.0
Rasberry Apple Sauce	1 cup	2.0
Rice Krispy Treats	2 x 2 inch piece	2.0
Spice Icing	Two tablespoons	2.50
Sugar Cookies	1 cookie	2.00
Sweet potatoe pie	1 slice	3.00
Sweetened Cherries	Half cup	3.50
Trail Mix	1 cup	2.00
Vanilla Cream Frosting	1 table spoon	1.50
Apple Cranberry Crisp	Half cup	4.00
Apple Sauce Cake	1 slice	3.00
Baked Apple slices	1 cup	3.50
Desserts (continued)		
Black Forest Cake Bar	1 piece	4.00
Blueberry crunch	1 cup	5.00
Cabinet Pudding – Homestyle	1 cup	7.00

Caribbean Quick Cocunut bread	1 slice	3.00
Carrot Cake	1 piece	3.00
Cherry Chocolate Chip Cake	1 piece	3.50
Cherry Crisp	1 piece	3.00
Cherry Snow	1 cup	4.00
Double Berry Slushie	1 cup	6.00
Fruit Goop	1 cup	2.50
Fun Trail Mix	1 cup	3.00
Orange Rice Pudding	1 cup	4.00
Peach Chutney with Walnuts and Rasins	Half cup	4.00
Peanut Butter Cake	1 slice	4.00
Peanut Butter Chocolate No Bake Bars	1 slice	5.00
Peanut butter cookies	1 cookie	2.00
Fruit Cups	Serving Size	Points
Apple	1 apple	0.75
Applesauce	1 container	0.50
Apple slices	¼ cup	0.25
Apple slices	½ cup	0.50
Frozen blackberries	¼ cup	0.25
Frozen blackberries	½ cup	0.50
Frozen blueberries	½ cup	0.50
Frozen blueberries	¼ cup	0.25
Cantaloupe chunks	½ cup	0.25
Cherries	½ cup	1.00
Date pieces	½ cup	2.50
Fig nuggets	½ cup	2.50
Fresh grapefruit	½ cup	2.50
Mandarin oranges	½ cup	0.25
Canned mixed fruit	1 cup	1.50
Orange juice	1 cup	1.25
Orange slices	1 orange	0.50
Canned Peaches	1 cup	1.25
Pear	1 pear	1.00
Canned Pineapples	½ cup	0.50
Canned Plums	½ cup	0.75
Prunes	½ cup	1.00
Seedless Raisins	½ cup	2.50
Frozen strawberries	½ cup	0.25
Watermelon chunks	½ cup	0.25

Hot Vegetables and Grains	Serving Size	Points
Alabama Hopping John	Half cup	2.00
Armenian Potato Balls	2 Potato balls	3.00
Baked Stuff Potatoes	1 potato	3.50
Basic Cooked Couscous	Half cup	2.00
Boston Baked Beans	Half cup	3.00
Bread Stuffing	Half cup	3.00
Brown Rice	Half cup	2.00
Brown Rice Pilaf	Half cup	2.25
Buttered Noodles	Half cup	2.50
Cajun BBQ Beans	Half cup	1.75
Cajun Black Eyed Peas	Half cup	1.50
Carrots and Green Onions	Half cup	1.50
Cheddar Potato Strips	Half cup	2.00
Cheesy Garlic Toast	Half roll	3.00
Cheesy Macaroni	One cup	2.50
Collar Greens	Half cup	.50
Cornbread Stuffing	Half cup	3.00
Corn pudding	Half cup	1.75
Creamy Scalloped Potatoes	Half cup	2.00
Creole Ratatouille	Half cup	2.50
Cuban Yellow Rice	Half cup	2.50
Fiesta Rice	Half cup	2.50
French Fries	Quarter plate	3.00
Tater tots	Quarter plate	3.00
Onion rings	10 onion rings	5.00
Garlic Bread	1 piece	2.00
Herbed Broccoli and Cauliflower	½ cup	1.25
Home Fried Potatoes	½ cup	2.00
Focaccia Bread	2 servings	4.50
Indian Moghlai Spinach	½ cup	2.00
Indian Sweet Potato Pooris or Parathas	½ cup	6.50
Jamaican Rice and Beans	¾ cup	3.25
Lo Mein Noodles	1 cup	2.50
Lemon Yellow Rice Pilaf	1 cup	2.50
Mashed Potato Filling	½ cup	0.75
Garlic Mashed Potatoes	½ cup	1.00
Cheddar Mashed Potatoes	½ cup	1.50
Bacon Cheddar Mashed Potatoes	½ cup	2.00

Mexicali Corn	½ cup	1.25
Mexican Succotash	½ cup	1.00
Noodles, Cabbage, and Caraway	¾ cup	1.75
Orange Glazed Carrots	½ cup	1.50
Orange Glazed Sweet Potatoes	½ cup	2.00
Orange Rice Pilaf	½ cup	1.25
Oriental Fried Rice	¾ cup	1.75
Oven Roasted Potatoes	½ cup	1.50
Pierogies, Potato and Cheese, Deep Fried	3 each	3.75
Potatoes Au Gratin	1 cup	2.25
Potatoes Cooked with Ginger	½ cup	2.00
Quick Baked Herbed Potatoes	½ cup	1.00
Ratatouille	½ cup	1.00
Refried Beans	1 cup	2.50
Rice and Beans	1 cup	2.50
Rice Pilaf with Orzo	½ cup	2.00
Rice Vegetable Casserole	¼ cup	1.50
Roasted Italian Vegetables	½ cup	1.50
Roasted Tomatoes with Rosemary	4 tomato slices	1.25
Scalloped Potatoes	½ cup	1.75
Side of Pasta with Tomato Sauce	½ cup	1.50
Spanish Rice Ole Wethersfield	¾ cup	1.75
Stir Fried Vegetables	½ cup	1.00
Swahili Gombo (Okra)	½ cup	1.25
Sweet Potatoes	½ cup	2.00
Thai Red Fried Rice	¾ cup	1.75
Stewed Tomatoes	½ cup	0.75
Tomatoes served with Rice and Cheese	1 cup	1.75
White Rice	1 cup	1.50
Baked Beans	½ cup	1.75
German Potato Dumplings	½ cup	1.00
Glazed Baby Carrots and Squash with Mustard Greens	½ cup	1.00

Tropical Smoothie	Serving Size	points
Low fat smoothie		All smoothies with splenda. Add 2 points if you don't use splenda
Blimie Limey	1 smoothie	2.00
Blue Lagoon	1 smoothie	1.25
Jetty Punch	1 smoothie	1.75
Kiwi Quencher	1 smoothie	2.25
Mango Magic	1 smoothie	2.00
Paradise Point	1 smoothie	2.50
Strawberry Beach	1 smoothie	1.50
Sunrise Sunset	1 smoothie	2.00
Health Nut	1 smoothie	3.25
Immune Blast	1 smoothie	2.50
Lean machine	1 smoothie	1.50
Peanut Paradise	1 smoothie	5.00
Acai Berry Boost	1 smoothie	2.25
Pomegranite Plunge	1 smoothie	2.75
Mocha Madness	1 smoothie	4.50
Bahama Mama	1 smoothie	3.50
Beach Bum	1 smoothie	3.75
Tropi-coloda	1 smoothie	3.00
Toasted Wraps		
Buffalo Chicken	1 wrap	6.25
Cordon Bleu	1 wrap	7.00
King Caesar	1 wrap	6.00
Totally Turkey	1 wrap	6.25
Bistro Sandwiches		
Cranberry Walnut Chicken Salad	1 sandwich	7.50
Turkey Bacon Ranch	1 sandwich	4.25
Turkey Guacamole	1 sandwich	6.00
Ultimate Club	1 sandwich	5.25

Grilled Flat Breads		
Baja Chicken	1 sandwich	4.50
Chicken Pesto	1 sandwich	4.50
Honey Ham and Swiss	1 sandwich	4.25
Grilled Chesse	1 sandwich	4.50
Gourmet Salads		
Chicken Caesar	1 salad	5.00

Garden Salad	1 salad	4.75
Breakfast wraps		
All American	1 wrap	6.00
Salsa Sunrise	1 wrap	6.00
Western	1 wrap	6.75

Pizza Hut	Serving Size	Points
Sausage Egg Cheese Biscuit	1 biscuit	6.0
Egg and Cheese Biscuit	1 biscuit	5.0
Bacon Egg and Cheese	1 biscuit	6.0
Hash Browns	4 oz.	2.5
Coffee	1, 8oz. cup	2.0
Personal Cheese Pizza	1 pizza	6.5
Personal Pepperoni Pizza	1 pizza	7.5
Veggie Lovers Pizza	1 pizza	6.0
Italian Sausage Pizza	1 pizza	7.5
Buffalo Wings	6 wings	10.0
Bread Sticks	1 bread stick	2.0
Cinnamon Sticks	1 cinnamon stick	1.5
Cinnamon Stick icing	1 dipping cup	5.0