

# The 9 Days Exchange List

## TRACK 1

Exchange for 6 oz. chicken or turkey (*1 typical supper main or lunch sandwich topping*)

### Fish Options

- 1 can tuna 2 tbsp. lite mayo or 1 scoop store-bought low-fat tuna.
- 5 oz. salmon or lox
- 8 oz. tilapia, flounder, sole, bronzini, barramundi, Nile perch, or tuna steak.
- 4 Kedem jarred gefilte fish

### Non Fish Options

- Egg salad from 1 whole egg, 2 egg whites, and 2 tbsp. lite mayo
- Omelete with 1 whole egg, 2 egg whites, and 1 slice Tnuva light edam cheese
- 1 cup beans, lentils, or chick peas.
- ½ avocado
- 1 cup low-fat cottage cheese
- 6 oz. lite feta cheese
- 1 Gefen fat free instant soup
- 2 Dr. Praegars veggie burgers

## TRACK 2

Exchange for 4-5 oz. chicken or turkey (*1 typical supper main or lunch sandwich topping*)

### Fish Options

- 3/4 can tuna 1 tbsp. lite mayo
- 4 oz. salmon or lox
- 6 oz. tilapia, flounder, sole, bronzini, Nile perch, or tuna steak.
- 3 Kedem jarred gefilte fish

### Non Fish Options

- Egg salad from 1 whole egg, 1 egg white, and 1 tbsp. lite mayo
- Omelete with 1 whole egg, and 2 egg whites
- 3/4 cup beans, lentils, or chick peas.
- 1/3 avocado
- 3/4 cup low-fat cottage cheese
- 4-5 oz. lite feta cheese
- 1 1/2 Dr. Praegars veggie burgers

**See website for many more non *fleishig* options.**

Now is a very good time to use the website. The website has 100 recipes that fit with the diet. Using the recipes will also give you a better understanding of how the diet works and show you how you can have more flexibility and variety while dieting.