**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, Nile perch, or tuna steak.

**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
* ½ cup lite feta cheese
* 2 slices of T’nuva Light Edam Cheese.
* 4 flat tbsp. chummus (1/4 cup)
* 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.

**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
* 2/3 cup beans, lentils, or chick peas.
* 1/3 avocado
* 3/4 cup low-fat cottage cheese
* 1/3 cup lite feta cheese
* 2 slices of any 60 cal Cheese.
* 3 flat tbsp. chummus
* 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.