**Hayden’s Menu for (Date):\_\_\_\_\_\_\_\_\_\_\_**

**In the Box write:**

**‘B’ for Breakfast Choice**

**‘L’ for Lunch Choice and**

**‘D’ for Dinner Choice**

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**Foods that Hayden CAN eat off the ‘Regular’ Menu:**

* Apples
* Bananas
* Oranges
* Strawberries
* Grapes/Cherries
* Cucumbers
* Lettuce (Romain)
* Snap Peas
* Carrots
* Bell Peppers

**Meal Options: Total Exch:**



1. Waffle or Pancake – Mixquick 0 exchanges \_\_\_\_\_\_\_\_

(Mixed with water, cooked, serve with butter/marg and syrup)



1. Egg – Country Sunrise 2 exchanges \_\_\_\_\_\_\_\_

(1/4 cup Egg Mix plus 1tbl oil and ¼ cup water)



1. Toast – Cambrooke Foods Bread 1.5 exchanges \_\_\_\_\_\_\_\_

(2 slices Cambrooke Foods Bread, Margarine/butter, honey, jam or cinnamon/sugar)



1. French Toast – 3 exchanges \_\_\_\_\_\_\_\_

(2 slices Cambrooke Foods Bread, Egg mixture and syrup)

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**NO Foods:**

* Corn on the Cob
* Meat/Fish
* Eggs
* Dairy
* Legumes/Nuts
* Wheat
* Soy
* Bread/Cake/Cookies
* Rice
* Chocolate
* Aspartame (No Diet beverages)
1. Low Pro Cereal (LP Ringlets) 0 exchanges \_\_\_\_\_\_\_\_

(A bowel full with Almond Milk)

1. Pasta 2 exchanges \_\_\_\_\_\_\_\_

(1 cup dry Aproten Pasta noodles plus

2tbl Shake ‘N Cheese)



1. Grilled Cheese 3 exchanges \_\_\_\_\_\_\_\_

****(2 slices Cambrooke Foods Bread or Little Northern Bakehouse Gluten Free bread, with butter/marg, Low pro cheese slices)

1. Cheeseburger 9 exchanges \_\_\_\_\_\_\_\_

Patty: 3.3 exch

Bun: 5.5 exch

****(Camburger patty with low protein cheese, served on Little Northern Bakehouse burger bun, VERY slightly toasted – just to change the texture of the gluten free bun. Served with Caesar salad [just romaine and Caesar dressing]

Record Snacks here:

1. Lettuce Wraps 7 exchanges \_\_\_\_\_\_\_\_

(Romaine, ‘meat mixture’, avocado, low pro cheese and salsa)



1. “Chicken” Caesar Salad 5.5 exchanges \_\_\_\_\_\_\_\_

 (Meat mix and Caesar dressing/Lettuce)

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1. Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Exchanges?: \_\_\_\_\_\_\_\_

 **Total Exchanges from Meals: \_\_\_\_\_\_\_\_ /20**

 **Remaining Exchanges: \_\_\_\_\_\_\_\_ left**

 **(to get to 20 for the day)**